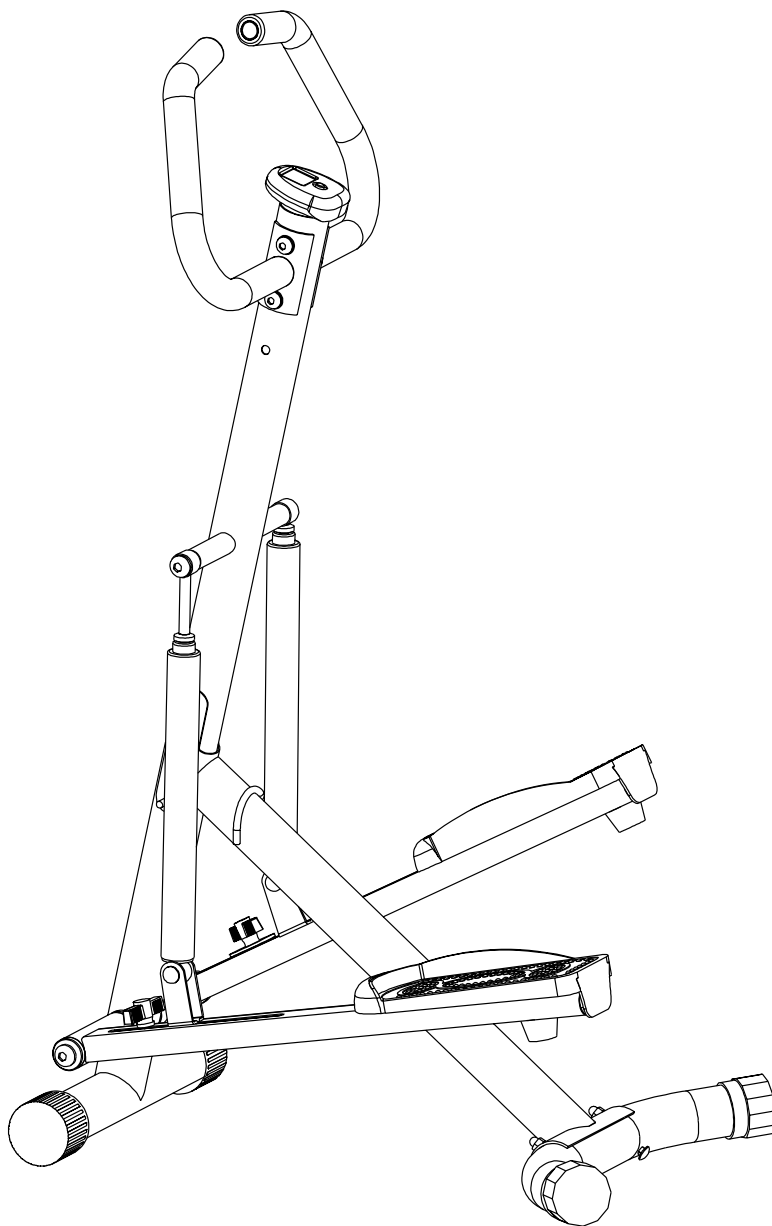


ST 230

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

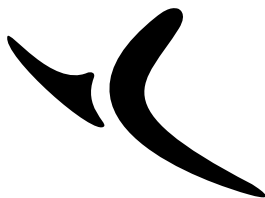
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
使用说明书
HASZNÁLATI ÚTMUTATÓ



DOMYOS

ST 230

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



D O M Y O S

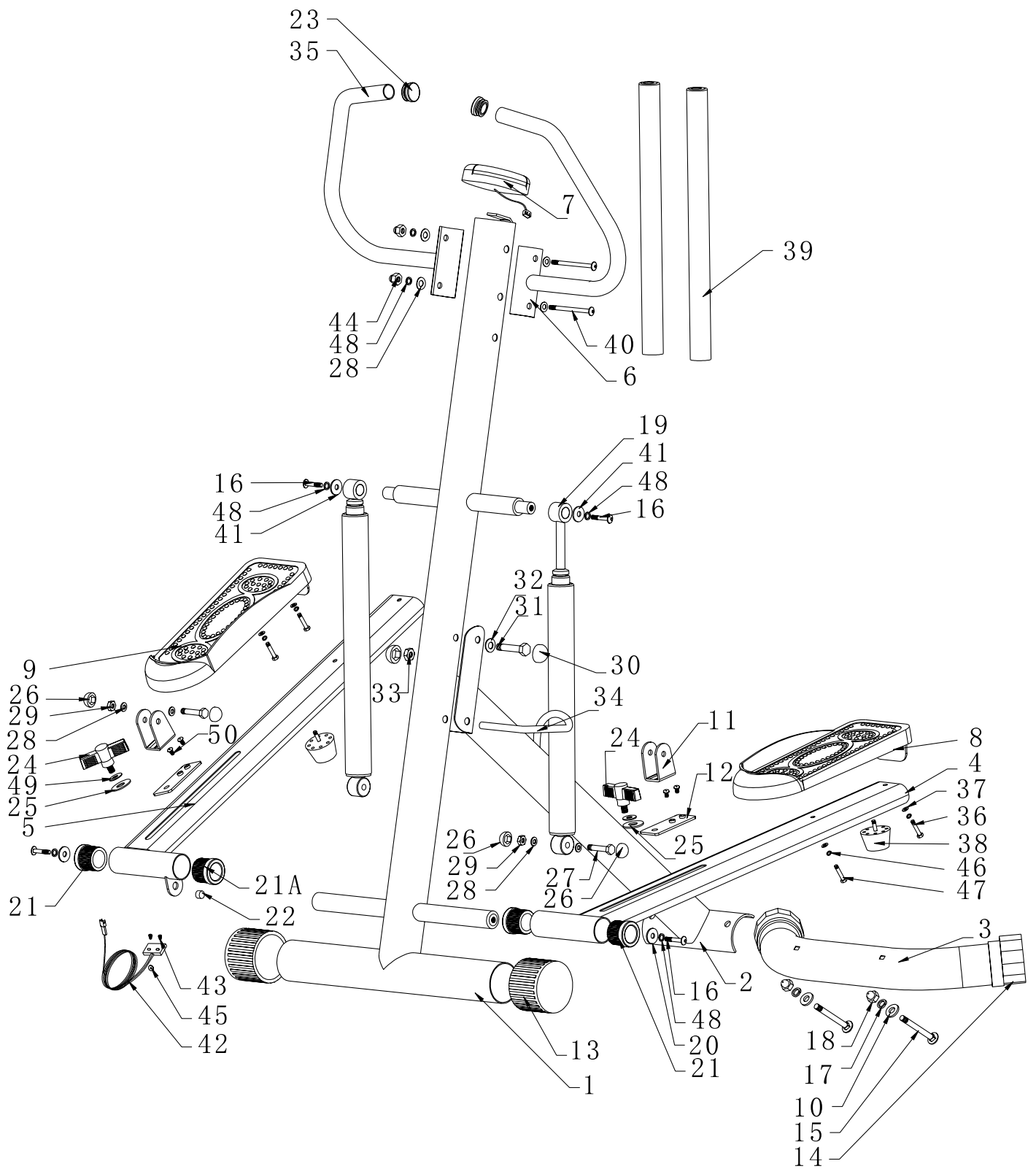
decathlon
creation©

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www.decathlon.com

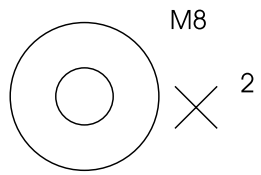
Made in China - Hecho en China - 制造中国

Réf. pack : 611.509 - CNPJ : 02.314.041/0001-88

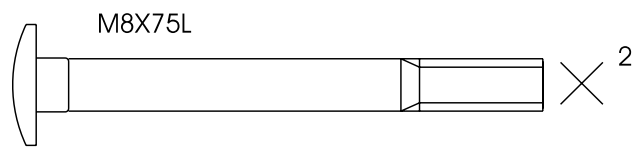




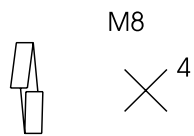
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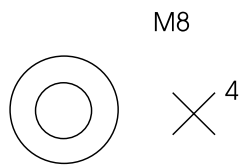
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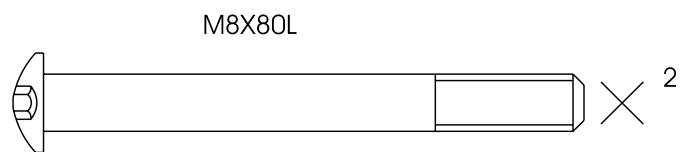
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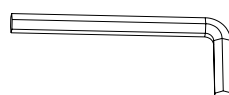
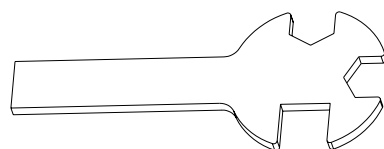
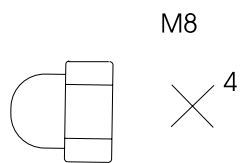
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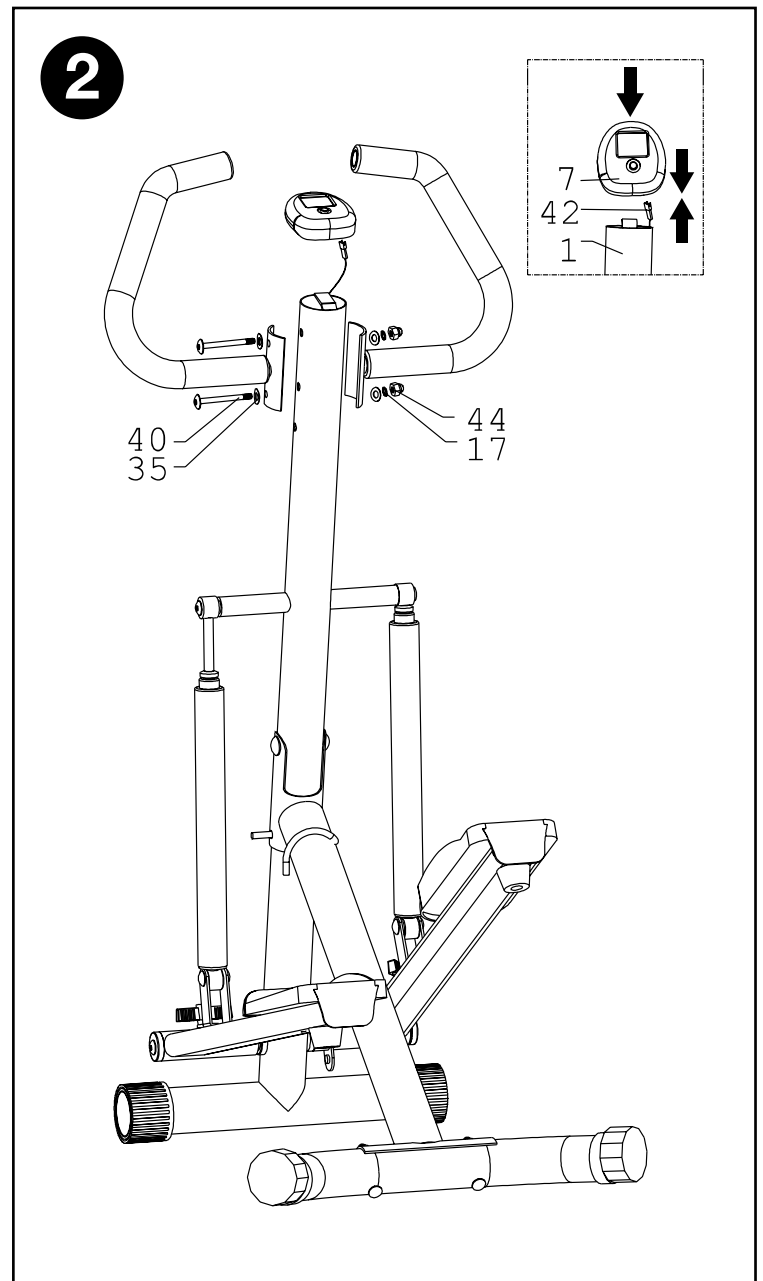
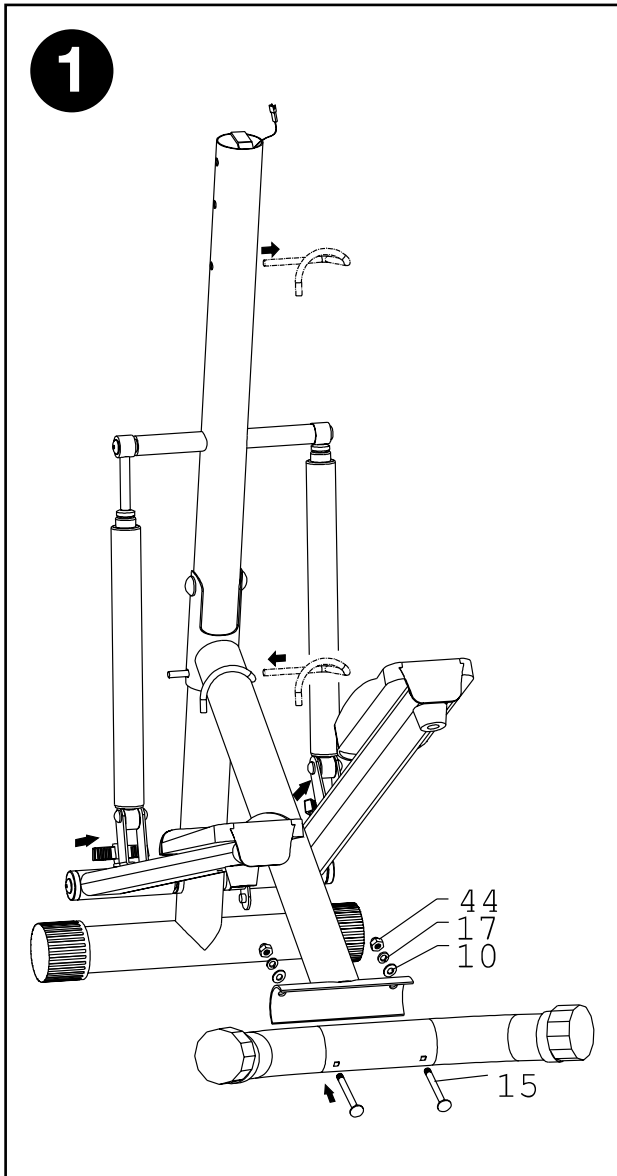


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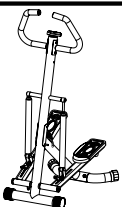
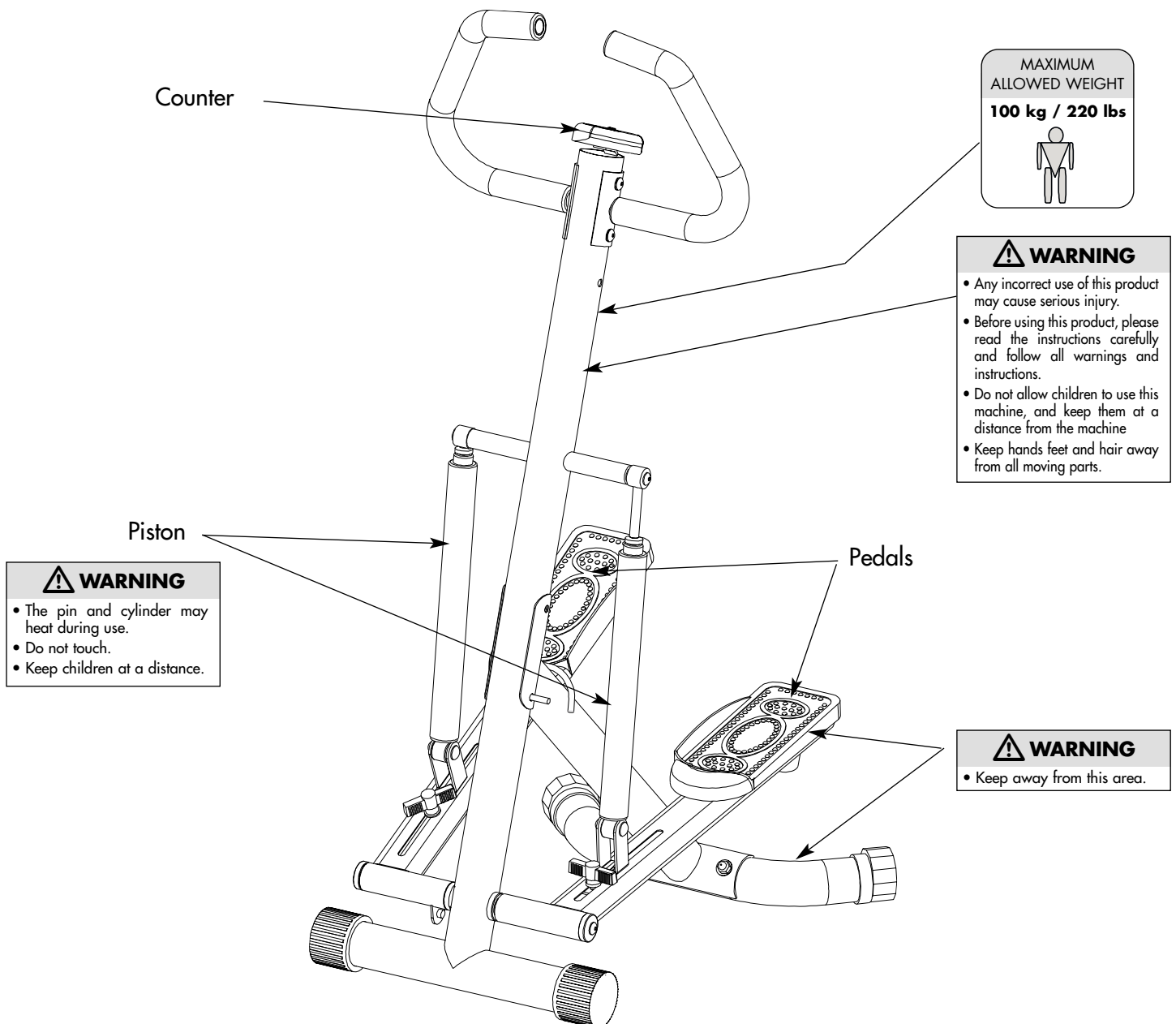




You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us.
 We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness.
 This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your 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 stepper is a stair climbing simulator activated by hydraulic pumps allowing you to exercise on the spot.
 The stepper is a cardio-training appliance. Through the cardio-training exercise principle (aerobic), the stepper helps you to improve your endurance (maximum oxygen absorption capacity), your physical fitness and burn calories (control and loss of weight in association with a diet).
 Besides the cardio-vascular and respiratory benefits of the exercise, the stepper tones up the buttocks, thighs, calves through movement without impact



ST230

**17 kg
37,4 lbs**

**790 x 620 x 1320 mm
31 x 24 x 52 inch**

SECURITY

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

1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. An adult should do the assembly of the appliance.
3. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
4. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
5. Use the product indoors, away from moisture and dust, on a level surface and in a clear area. Be sure there is enough space for safe access and passage around the product. Cover the floor beneath the product for protection.
6. It is the user's responsibility to inspect and tighten all loose parts after assembling and every time before using the appliance. Do not let setting devices protrude. Immediately replace worn out or defective parts.
7. Always wear athletic shoes for foot protection while exercising. Always wear appropriate clothing when exercising. **DO NOT** wear loose clothing that could become caught in the machine. Remove all jewelry.
8. Tie long hair so that it does not get in the way when exercising.
9. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
10. Keep children and pets away from the product at all times.
11. Keep hands and feet away from moving parts.
12. Consult your doctor before starting an exercise program.
13. Consult your doctor if you have not practiced any sport for several years.
14. Do not tinker with your ST230.
15. In the event of damage to your ST230, bring the appliance back to your Decathlon store and do not use the ST230 before it is completely repaired. Only use Decathlon spare parts.
16. Keep your back straight when using the product. Do not arch your back.
17. Maintain a continuous, smooth motion when exercising. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
18. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
19. Always hold the handlebar when getting on, getting down, or using the product.
20. Care should be taken when mounting/dismounting the product.
21. Stop exercising progressively.
22. User's maximum weight: 100 kg – 220 lbs.

WARNING

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

MAINTENANCE

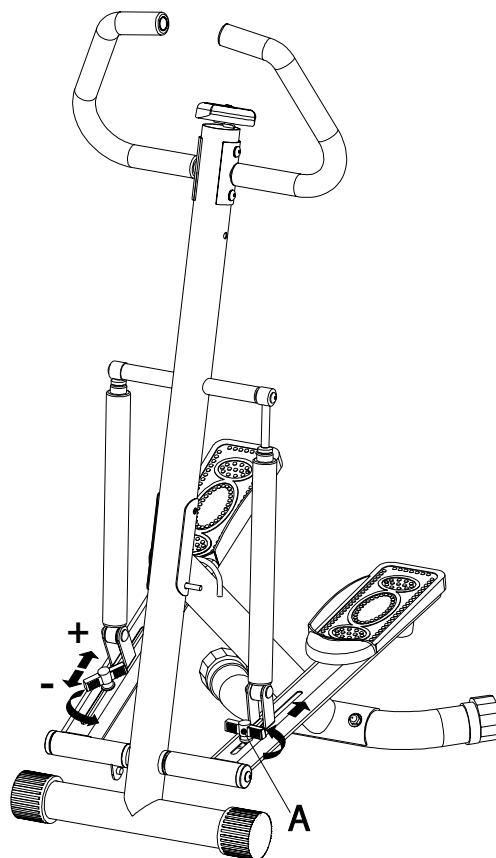
The stepper only needs minimum maintenance:

- Clean with a sponge soaked in soapy water and dry with a dry cloth.
- Regularly check the tightening of screws (piston axes, steps attachment screws, main framework screws).

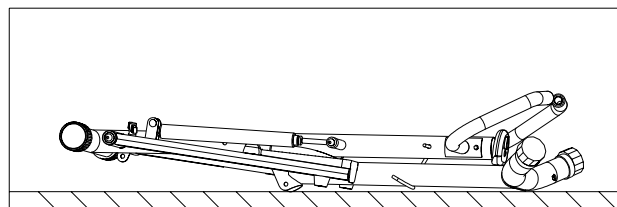
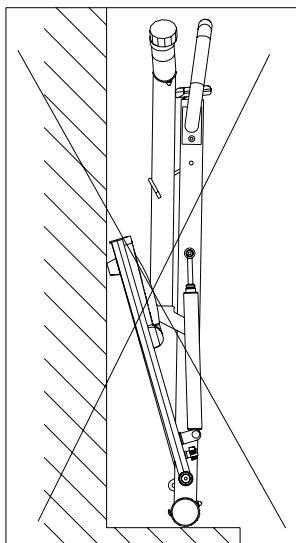
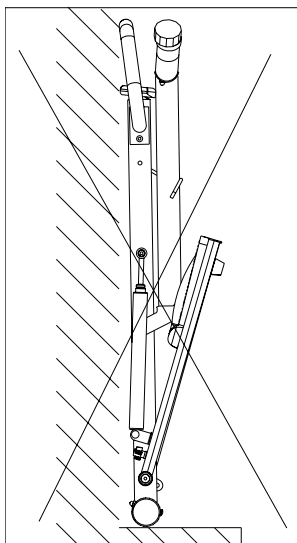
SETTINGS

Warning: You must step down from the stepper before adjusting the settings (resistance, handlebar)

The resistance of each step can be adjusted by loosening knob (A) and placing it opposite the desired force.
Once positioned fully tighten the knob.
Repeat the process with the other knob.



STORAGE



METER ST 230

RESET BUTTON :

This button allows you to move from one function to another, prolonged pressing allows resetting all the functions.

STARTING :

The meter automatically turns off after a few minutes if the appliance is not used. The meter is reset to zero when it lights up and it starts counting 5 seconds after lighting up.

FUNCTIONS :

- SCAN :** Automatically displays each function (time, repetitions, total repetitions, calories) in turn for viewing.
- TIME :** Displays the time spent from 0 to 99 min 59s. Counting starts at the beginning of the exercise and stops when you finish exercising.
- REP :** Displays the number of repetitions from 0 to 9999.
- REP/MIN :** Displays the number of repetitions per minute from 0 to 240 rep/min.
- CAL :** Displays the calories burned from 0 to 999.9 cal.

BATTERIES : Use 1.5 V batteries of AA type. Bring worn out batteries to a collection point.

PRECAUTIONS :

- Do not expose to sunlight.
- Do not put in contact with water.

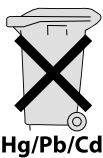


Warning: the calculation of calories burned is an estimate and should not be considered as a medical fact.

We advise you to consult your doctor or your dietician to establish the nourishment and energy intake appropriate to your physical condition and to the sports activities that you are considering doing.

REPLACING THE BATTERY :

- Install the LR6 (AA) 1.5V battery in the compartment at the rear of the meter.
- Make sure the battery is correctly put in place and respect the polarities.
- If however, the display does not or only partially appears, remove the battery, wait 15 seconds and put it back in place.
- Display values are automatically reset to zero when you remove the battery.
- If you do not use the meter for a long time, remove the battery to avoid the oxidation of contacts harmful to the appliance's correct operation.
- To protect the environment, discard worn out batteries in a unit provided for this purpose.



Danger : Never mixes batteries with other waste

Hg/Pb/Cd

UTILIZATION

The stepper is equipped with pedals independent of one another. The braking system will thus depend on the speed you apply when training. Adjust each piston to the same resistance.

To increase the exercise's aerobic intensity, set the pistons to quite a low position and do the exercising on a rapid tempo (training for at least 30 minutes). This type of exercise should be done three times a week.

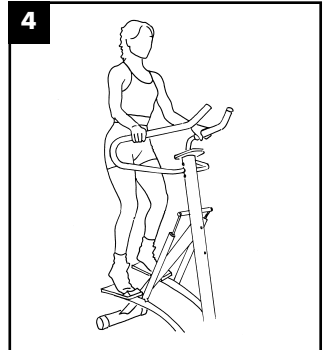
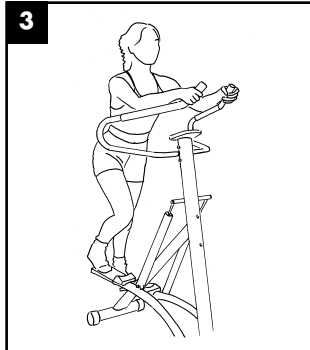
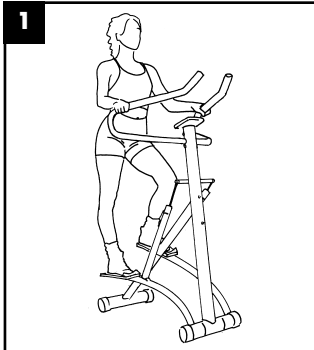
To increase muscular toning, set the pistons on quite a hard position and do the exercising in the form of a series interrupted by periods of rest. You can do your training every other day for this type of exercise.

Always start by warming up at a slow rhythm and weak resistance for a few minutes.

GO UPWARDS BEFORE THE STEPS HIT THE BASE for better exercising efficiency and to protect your joints.

EXERCISES

For consistent exertion of the legs and thighs, make sure you keep an absolutely vertical position (basic position). However, with the ST 230 you can focus on specific muscle groups.



1 • BASIC POSITION :

Absolutely vertical position, back straight, abdominals flexed, hips tipped forward, push on your heels, arms bent.

2 • TARGETING ON THE MUSCLES AT THE BACK OF THE THIGHS :

The muscle located at the back of the thigh is used when bending the leg, thus bringing the heel back towards the thigh. On the ST 230 all you have to do, therefore, is reproduce this movement, bringing the heel to the thigh. To do so, bend down slightly whilst keeping your trunk upright so as to reach a half-sitting position without leaning over entirely.

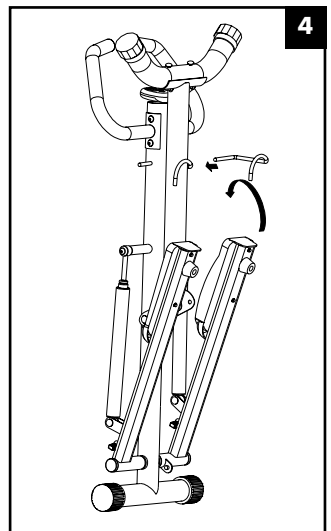
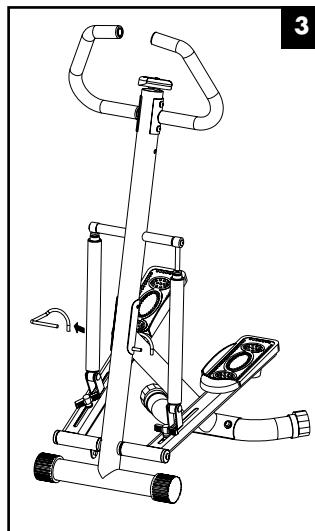
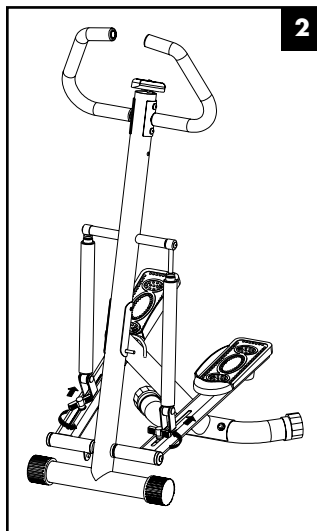
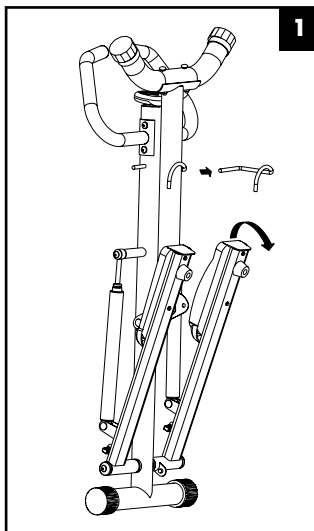
3 • TARGETING THE THIGH MUSCLES :

To amplify the movement exercising the thighs, ease your feet half-way off the pedals, lean forward bringing your weight to bear on the handle bars and flex your abdominals so as to keep your back straight and avoid arching it.

4 • TARGETING THE CALVES :

To exert your calves significantly all you need do is work out on the tip of your toes.

UNFOLDING/FOLDING



Unfolding step 1: (refer to figure 1)

1. Remove the hook that connects the main frame and the connecting tube ;

2. Turn down the left and right pedal tubes

Unfolding step 2: (refer to figure 2)

1. Connect the main frame and connecting tube with the hook again;

2. Select the proper cylinder position with the adjusting system.

Folding step 1: (refer to figure 3)

1. Remove the hook that connects the main frame and the connecting tube

Folding step 2: (refer to figure 4)

1. Fold the left and right pedals support tubes, then reassemble the main frame and the connection tube using the hook.

△ Make sure the locking hook is correctly placed

GENERAL CARDIO-TRAINING PRINCIPLE

If you are a beginner, start training for several days with a feeble resistance, without forcing, and if necessary taking the time to rest. Progressively increase the number or the length of training sessions.

Keeping fit / warming up: Progressive effort starting with 10 minutes.

To maintain one's fitness or for re-education, you can do training every day for ten minutes. This type of exercise will keep muscles and articulations fit or it can be done for warming up in view of physical activity.

To increase the toning up of legs, select a more important resistance and increase the training time.

Of course, you can vary the resistance throughout your training session.

Aerobic training for physical fitness: Moderate effort during a long time length (35mn to 1 hour).

If you want to lose weight, this type of exercise, together with a diet, is the only means of increasing the quantity of energy consumed by the organism. To do so, there is no use forcing beyond one's limits. Only the regularity of training allows obtaining the best results.

Select a relatively feeble resistance and do the exercise at your rhythm but for at least 30 minutes. This exercise should make a bit of sweat appear on the skin but should in no case make you get out of breath. It is the length of the exercise, on a slow rhythm that will make your organism draw its energy in your reserves of fat on the condition of rowing for over thirty minutes, at least three times a week.

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

This type of training aims at a significant reinforcement of the cardiac muscle and the improvement of breathing.

The resistance is increased so as to increase breathing pendant the exercise. The effort is more sustained than for fitness exercising.

As the training progresses, you will be able to stand the effort longer, on a better rhythm or with greater resistance. You can do training at least three times a week for this type of training.

Training on a more forceful rhythm (anaerobic and red zone exercising) is reserved for athletes and requires an adapted preparation.

After each training session, devote a few minutes to rowing while lessening the speed and the resistance in order to calm down and progressively bring the organism to rest.

TRADE WARRANTY

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

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

All the products for which the warranty is applicable, shall be accepted by DECATHLON in one of its authorized service centers, sent postage paid together with the proof of 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 DECATHLON
- The commercial use of the product concerned

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

DECATHLON

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

ENGLISH

CARDIO - TRAINING

CARDIO-TRAINING EXERCISE

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

CONTROLLING YOUR HEARTBEAT

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

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

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

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

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

PHASES OF A PHYSICAL ACTIVITY

A Warm-up phase : progressive effort.

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

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

B Training

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

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

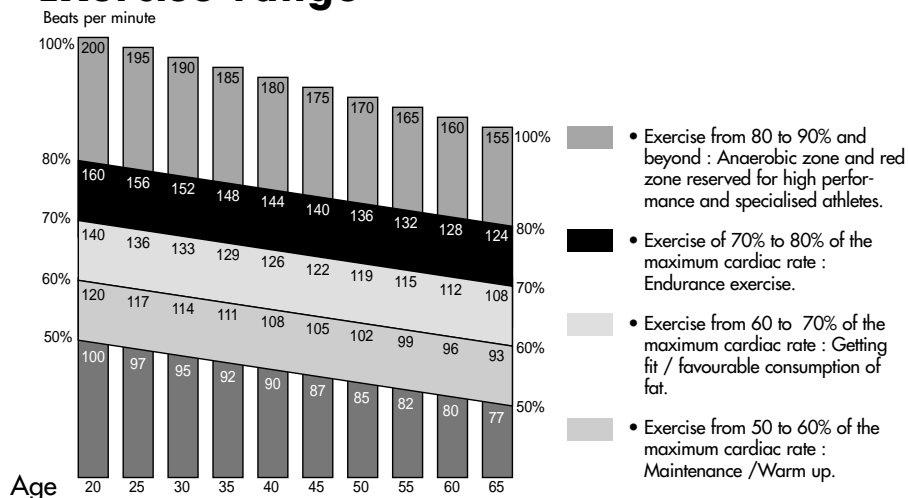
C Slowing down

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

D Stretching

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

Exercise range



WARNING, TECHNICAL INSET WARNING TO USERS

You must work towards getting fit in a controlled manner.

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

**CONSULT A DOCTOR
BEFORE PRACTISING ANY SPORT.**