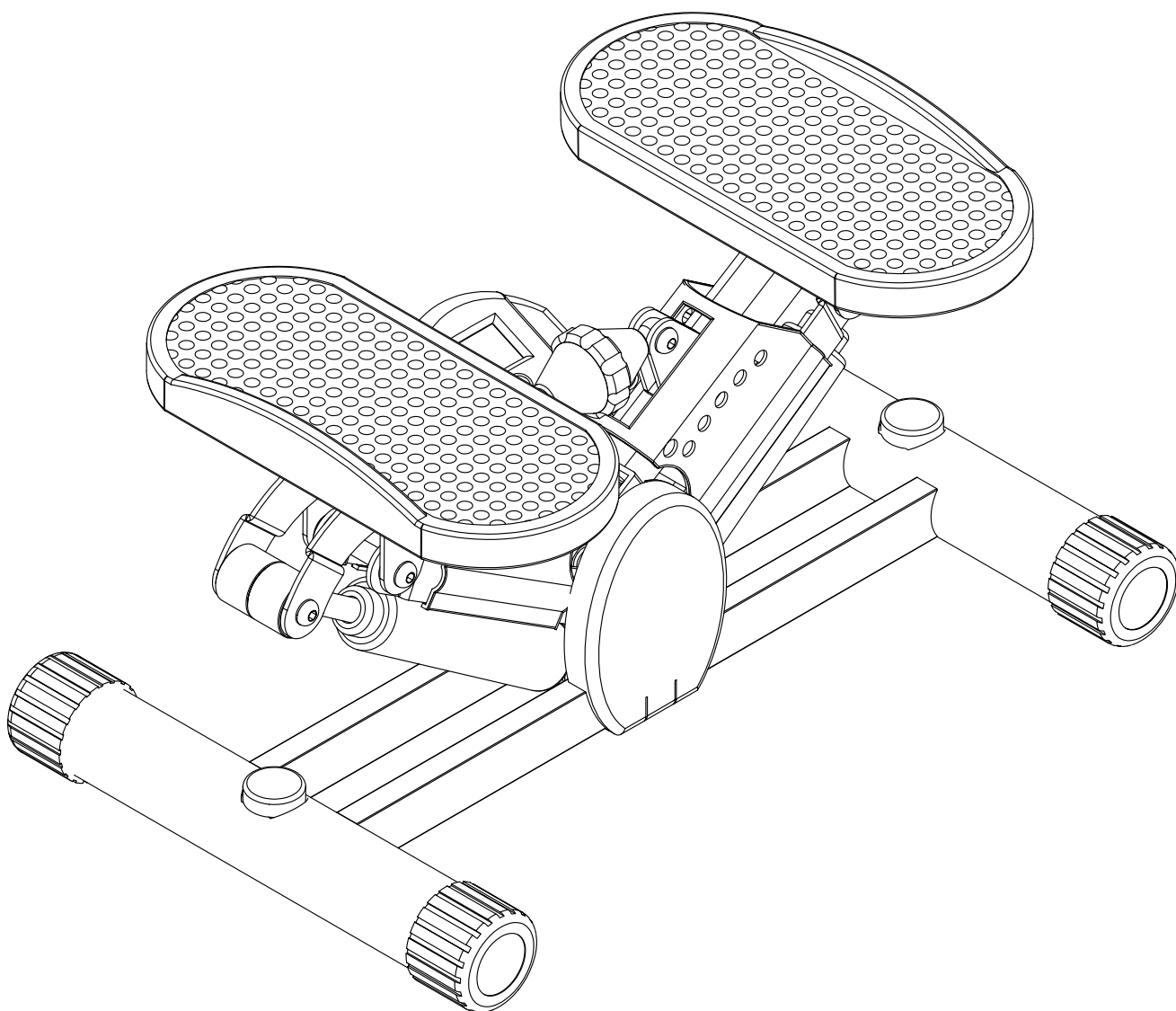


# ST 330

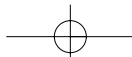
**NOTICE D'UTILISATION**  
**OPERATING INSTRUCTIONS**  
**MODO DE EMPLEO**  
**GEBRAUCHSANWEISUNG**

**ISTRUZIONI PER L'USO**  
**GEbruikSHANDLEIDING**  
**MANUAL DE UTILIZAÇÃO**  
**INSTRUKCJA UŻYTKOWANIA**

**使用说明书**



**D O M Y O S**



# ST 330

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  
请妥善保管说明书

**DECATHLON**

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

**[www.decathlon.com](http://www.decathlon.com)**

**D O M Y O S**

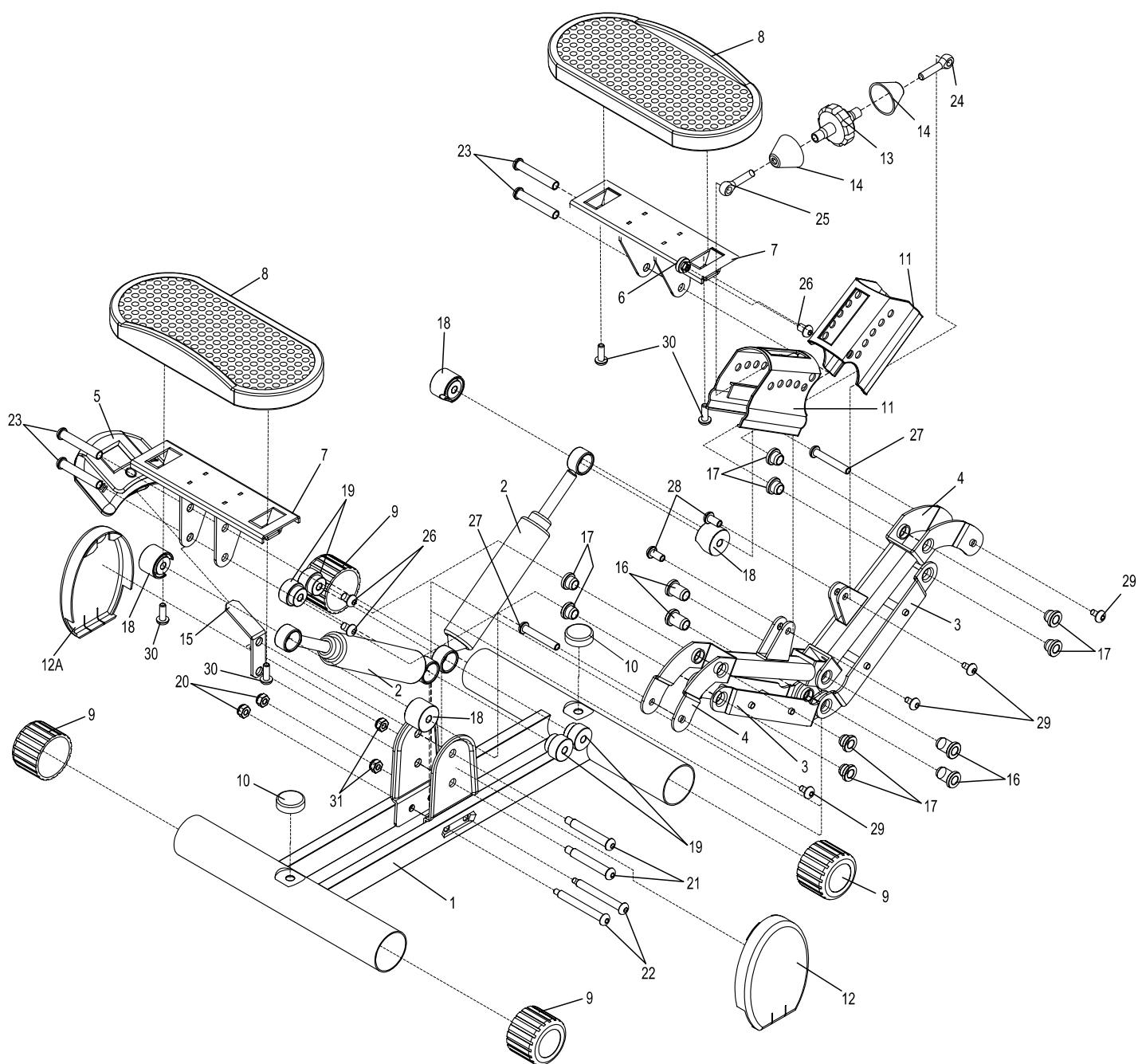


Réf. pack : 660.038

**decathlon  
creation©**

Made in Taiwan

Réalisation : EVOLUTION + 32 / 69 88 87 89



# E N G L I S H

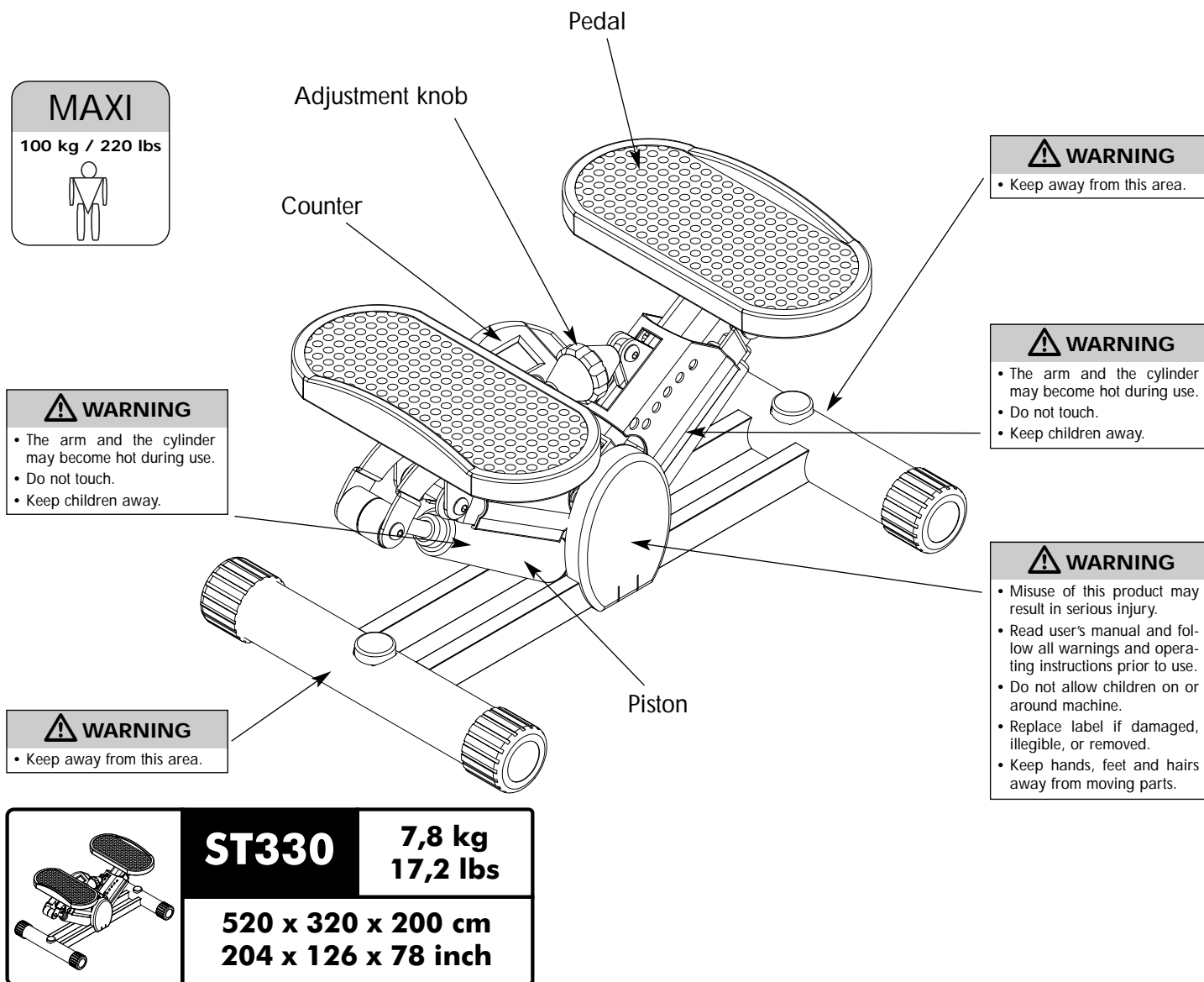
You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us.

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.fr.

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

## PRESENTATION

The stepper is a staircase simulator that uses hydraulic pumps for doing these exercises on the spot. The stepper is a cardio-training machine. Using cardio-training (aerobics exercise) principles, it improves your endurance (maximum oxygen absorption capacity) and your physical condition and helps you burn calories (control and lose weight in association with a diet plan). Beyond the cardio-vascular and breathing benefits of exercise, the stepper strengthens the bottom, hips and calves with an impact-free movement.



## SETTINGS

**Warning: you should get off the stepper to make any adjustments.**

To set movement resistance, loosen or tighten the knob to adjust the height and inter-step distance.

If you reduce the distance of the steps from the ground, movement will be easier.

Increasing the height will make movement more difficult.

# ENGLISH

## 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. This appliance is in compliance with European and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 8 classes HC - GB17498)
4. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
5. DOMYOS disclaims all responsibility concerning claims for injury or for damages suffered by any persons or property arising from the normal or abnormal use of this product by the purchaser or by any other person (valid only in the United States).
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. The product should only be used by one person at a time.
8. 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.
9. It is the user's responsibility to regularly examine the product to detect any wear or damage and to immediately replace any defective element by an origin part supplied by the DECATHLON After-Sales Service, and to keep it out of service until it is repaired. Do not let setting devices protrude. Immediately replace any used or defective parts.
10. 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.
11. Tie long hair so that it does not get in the way when exercising.
12. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
13. Keep children and pets away from the product at all times.
14. Keep hands and feet away from moving parts.
15. Do not tinker with your ST330.
16. In the event of damage to your ST330, bring the appliance back to your Decathlon store and do not use the ST330 before it is completely repaired. Only use Decathlon spare parts.
17. Do not store the product in a humid place (edge of swimming pool, bathroom...).
18. Keep your back straight when using the product. Do not arch your back.
19. 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.
20. Care should be taken when getting on and off the product.
21. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
22. Care should be taken when mounting/dismounting the product.
23. Stop exercising progressively.
24. 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.

## USE

The stepper is fitted with pedals that are dependent on each other. The braking system will therefore depend on the speed that you apply during training.

To increase the anaerobic intensity of the exercise, set the distance in a lower position but do the exercise quicker (minimum training 30 minutes). Use this type of exercise three times a week.

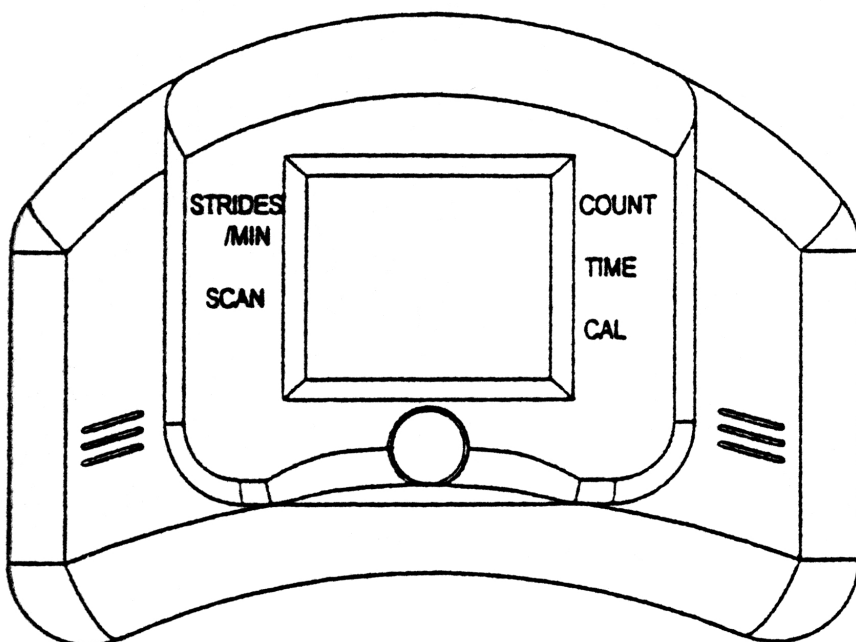
To increase muscle tone, set the pistons to a harder position and do the exercise as a series broken down with moments of rest. You can use this type of exercise every other day.

Always start by warming up slowly with low resistance for several minutes.

GO BACK UPWARDS BEFORE THE STEPS IMPACT THE BASE pour greater efficiency and to protect your articulations.

# E N G L I S H

## COMPUTER ST 330



### FUNCTION OF COMPUTER :

Press to select each function and hold on the button for 3 seconds, all value will be rest to zero.

SCAN : automatically scan each function in sequence.

TIME : counts from zero up to 99:59 in one second increment.

CALORIES : accumulates the calorie consumption during exercise. This is a rough guide only and should be used as a comparison over several exercise session.

COUNT : accumulates the numbers of stride during work-out session.

STRIDES/MIN : displays strides in every time.

### NOTE :

1. To turn on the power, just press any button or start exercise.
2. With no signal transmitted to the computer for 4 minutes, the computer will shut off the LCD display automatically.

### 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.

# E N G L I S H

## EXERCISES

For consistent exertion of the legs and thighs, make sure you keep an absolutely vertical position (basic position). However, with the ST330 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 ST330 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.

## GENERAL CARDIO-TRAINING PRINCIPLE

If you are a beginner, start training for a few days with a low resistance and peddling speed, without forcing and taking the rest time necessary. Progressively increase the number and duration of the sessions.

### Maintenance/Warm up: progressive effort from 10 minutes.

For training aimed at keeping you in shape or physiotherapy, you can use the machine daily for about 10 minutes. This type of exercise will aim to wake up your muscles and articulations or may be used as a warm up for physical activity.

To increase muscle tone in the legs, choose higher resistance and increase exercise time. Of course, you can vary running speed throughout your session.

### Aerobics work for getting fit: moderate effort for quite a long time (35mm to 1 hour).

If you want to lose weight, this type of exercise associated with a diet, is the only way to increase the quantity of energy consumed by the body. Doing this, it is pointless forcing beyond your own limits. Regular training will provide the best results.

Choose a relatively low running speed and exercise at your rhythm but for a minimum of 30 minutes. This exercise should produce light sweating on the skin that should not wear you out. The duration of exercise, over a slow rhythm, will require your body to draw is energy from your fat as long as you pedal more than 30 minutes, at least three times a week.

### Aerobic training for endurance: intense effort for 20 to 40 minutes.

This type of training aims to significantly strengthen the cardiac muscle and improve breathing work.

Resistance and/or running speed is increased so as to improve breathing during exercise. Effort is more intense than for fitness work.

Throughout your training, you will be able to hold this effort for longer, with better rhythm and better breathing. You can use this type of

training at least three times a week.

Training more intensely (anaerobic work and red zone work) is reserved for athletes and requires properly adapted preparation.

After each training session, jog for several minutes reducing speed and resistance to come to a halt and return the body progressively 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 -

# E N G L I S H

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

### CARDIO-TRAINING EXERCISE

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

### CONTROLLING YOUR HEARTBEAT

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

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

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

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

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

### PHASES OF A PHYSICAL ACTIVITY

#### **A Warm-up phase : progressive effort.**

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

- 1) The muscular system is prepared in a SPECIAL STRETCHING SESSION which PREPARES FOR EACH ACTIVITY : each group of muscles is used, joints are 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.

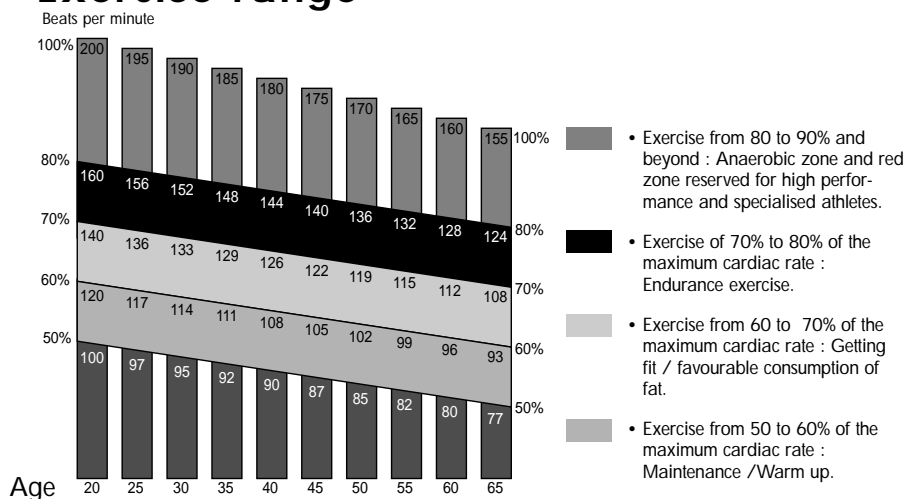
#### **C Slowing down**

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.**