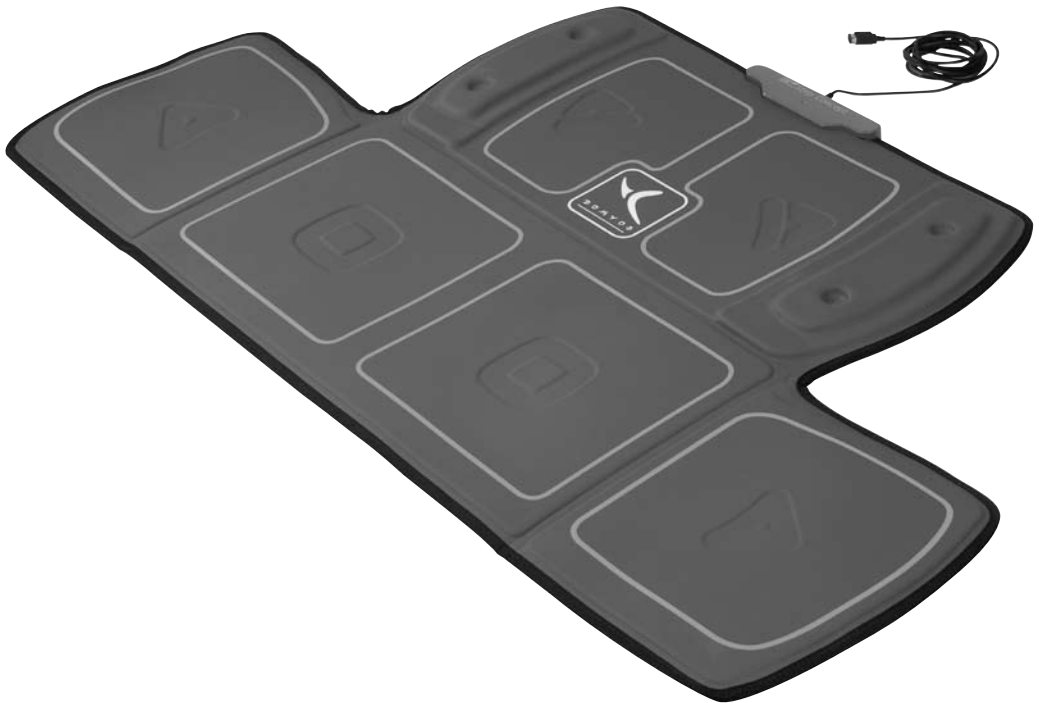


**NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO**

**INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
ISTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
使用说明书**



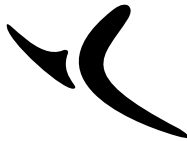
D O M Y O S



STEP CONCEPT

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
请妥善保存说明书

Réalisation : EVOLUTION + 32 / 69 250 500



DOMYOS

**decathlon
creation©**

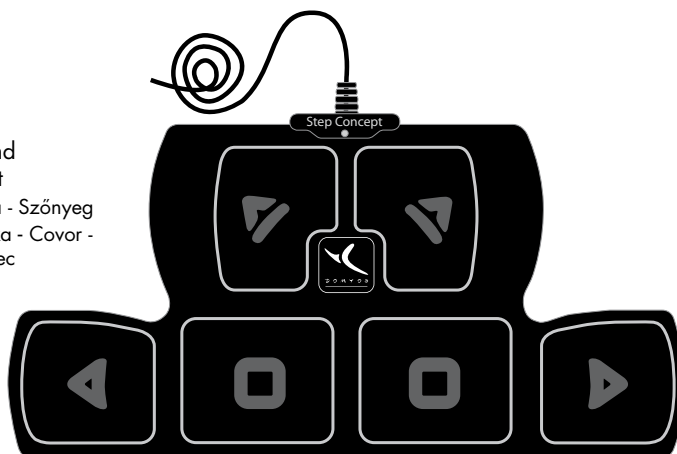
DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in China - Hecho en China - 中国 制造 - Произведено в Китае

Réf. pack : 1036.292 - CNPJ : 02.314.041/0001-88 **合格品**

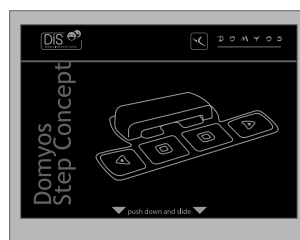


Câble - cable - Cable
 Kabel - Cavo - Kabel
 Cabo - Kabel - kábel
 Кабель - Cablu - Kábel
 Kabel - 安培/伏电线

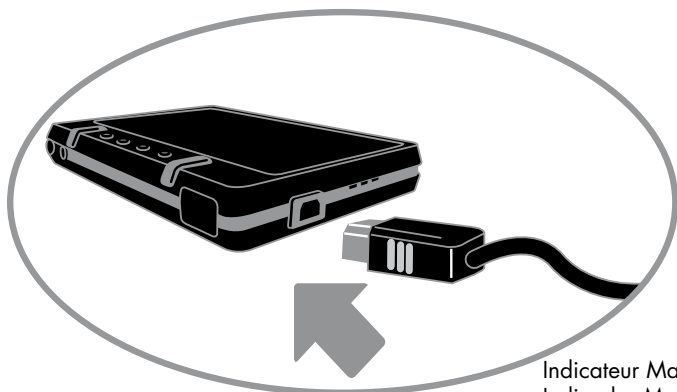
Tapis - Mat
 Alfombra - Band
 Tappeto - Tapijt
 Tapete - Bieżnia - Szőnyeg
 Беговая дорожка - Covor -
 Koberec - Koberec
 跳舞毯



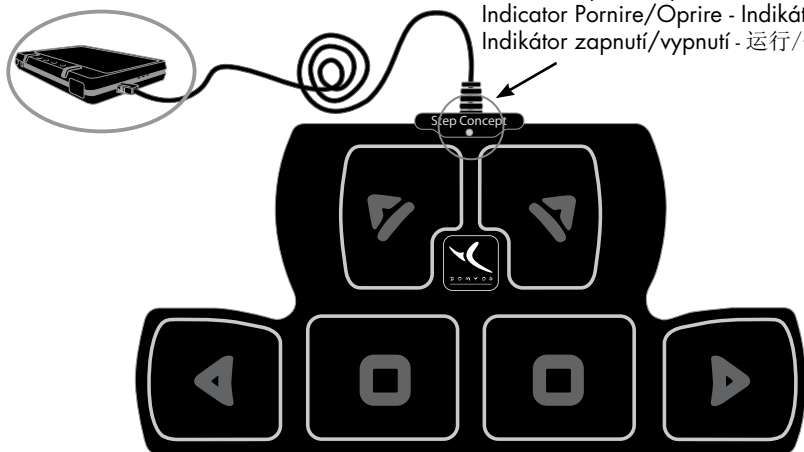
Cartouche de jeu - Game cartridge
 Cartucho de juego - Spielmodul
 Cartuccia di gioco - Spelcartridge
 Cartucho de jogo - Cartridge z gra
 Játékkazetta - Игровой картридж
 Cartuş de joc - Herný cartridge - Hrací kazeta
 椭圆形游戏器材



**BRANCHEMENTS • CONNECTIONS • CONEXIONES • ANSCHLÜSSE •
COLLEGAMENTI • AFTAKKINGEN • LIGAÇÕES • PODŁĄCZENIA •
CSATLAKOZÁSOK • ПОДСОЕДИНЕНИЯ • BRANŞAMENTE •
ZAROJENIA • ZAROJENÍ • 联接**

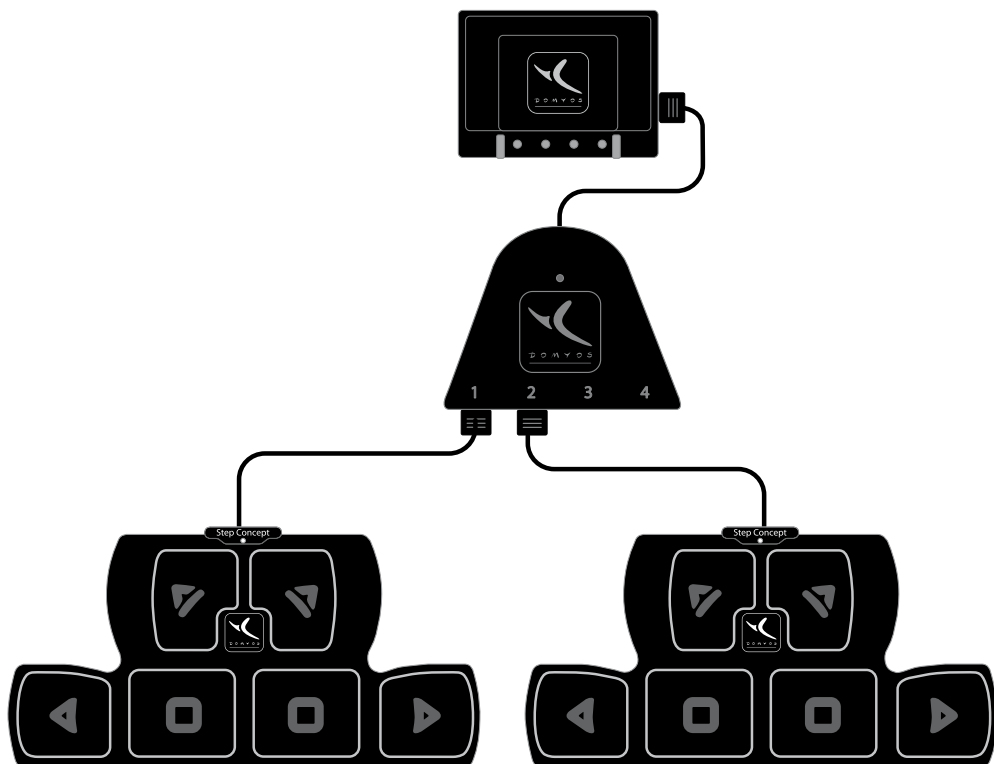


Indicateur Marche/Arrêt - Start/Stop Light
Indicador Marcha/Parada - Ein/Aus-Anzeige
Indicatore On/Off - Start/stop
Indicador Ligar/Desligar
Lampka kontrola włączone/wyłączone
Ki- és bekapcsolás jelzése - Индикатор Ход/Стоп
Indicator Pornire/Oprire - Indikátor Štart/Štop -
Indikátor zapnutí/vypnutí - 运行/停止指示

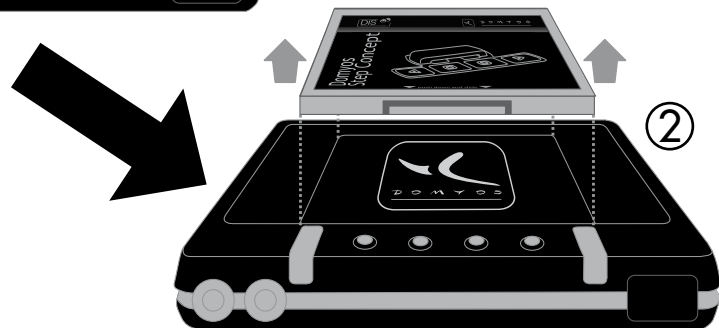
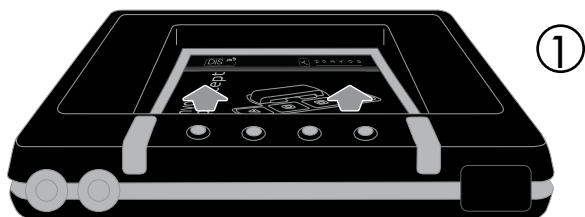
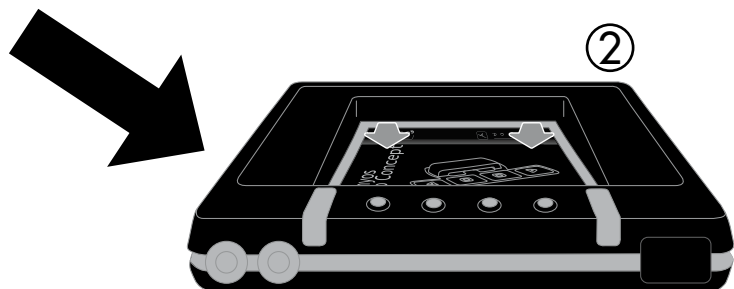
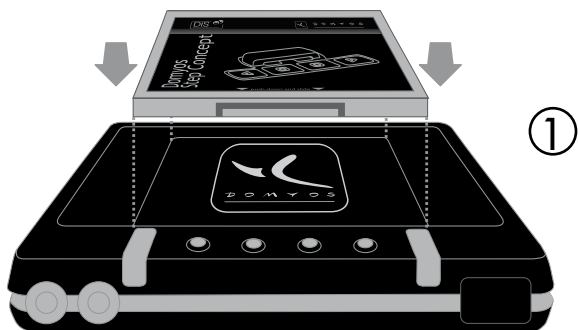


**BRANCHEMENTS • CONNECTIONS • CONEXIONES • ANSCHLÜSSE •
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ZAROJENIA • ZAROJENÍ • 联接**

Schéma de branchement pour 2 produits - Connections diagram for 2 products
Esquema de conexionado para 2 productos - Anschlussschema für 2 Produkte
Schema di collegamento per 2 prodotti - Aansluitingsschema voor 2 producten
Esquema de ligação para 2 produtos - Schemat podłączenia dla 2 produktów
A két eszköz összekapcsolásának sémája - Схема подключения для 2 изделий
Schemă de branşament pentru 2 produse - Schéma zapojenia pre 2 výrobky
Schéma zapojení pro 2 výrobky - 2种产品连接的图表



INSTALLATION DE LA CARTOUCHE • CARTRIDGE INSTALLATION • INSTALACIÓN DEL CARTUCHO •
EINSETZEN DES SPIELMODULS • INSTALLAZIONE DELLA CARTUCCIA • DE CASSETTE INVOEREN •
INSTALAÇÃO DO CARTUCHO • ZAKŁADANIE CARTRIDGE'A • A KAZETTA BETÉTELE • УСТАНОВКА
КАРТРИДЖА • INSTALAREA CARTUȘULUI • INŠTALOVANIE CARTRIDGE • INSTALACE KAZETY • 插头的安装



**PRESENTATION DES MODES DE JEU - INTRODUCTION TO GAME MODES - PRESENTACIÓN DE LOS MODOS DE JUEGO -
 VORSTELLUNG DER SPIELMODI - PRESENTAZIONE DELLE - MODALITÀ DI GIOCO - WEERGAVE VAN DE SPELMODUSSEN -
 APRESENTAÇÃO DOS - MODOS DE JOGO - PREZENTACJA TRYBÓW GRY - A JÁTÉKMÓDOK BEMUTATÁSA - ПРЕЗЕНТАЦИЯ
 РЕЖИМОВ ИГРЫ - PREZENTAREA MODURILOR JOCULUI - PREDSTAVENIE REŽIMU HRY - PREZENTACE ZPŮSOBŮ HRY - 游戏模式介绍**



Mode Danse Expérience - Dance Experience Mode
 - Modo Baile Experiencia - Modus Tanz-Übung
 - Modalità Esperienza di ballo - Modus Dans Experience
 - Modo Dança Experiência - Tryb tańca doświadczalnego - Táncgyakorló mód
 - Режим Обучения Танцу - Modul Dans Experiență
 - Režim Tanec Pokus - Režim Zkušební tanec - 舞模式



- 4 ambiances (Latino, Street, Dance, Rock) / 16 dances (120 à 152 Bpm) / + de 50 pas de STEP
- 4 moods (Latino, Street, Dance, Rock) / 16 dances / more than 50 STEPS
- 4 ambientes (Latino, Street, Dance, Rock) / 16 bailes / + de 50 pasos de STEP
- 4 Rhythmen (Latino, Street, Dance, Rock) / 16 Tanzarten / mehr als 50 STEP-Schritte
- 4 atmosfere (Latino, Street, Dance, Rock) / 16 balli / + di 50 passi di STEP
- 4 sféren (Latino, Street, Dance, Rock) / 16 dansen / + 50 STEP passen
- 4 ambientes (Música Latina, Street, Dance, Rock) / 16 danças / + de 50 passos de STEP
- 4 ambiante (Latino, Disco, Rock, Street) / 16 dansuri / + 50 pași de STEP
- 4 stílus (latin, diszkó, rock, street) / 16 tánc / több mint 50 STEP lépés
- 4 стили (Латинские танцы, Диско, Рок, Стрит) / 16 танцев / более 50 движений STEP
- 4 ambiante (Latino, Disco, Rock, Street) / 16 dansuri / + 50 pași de STEP
- 4 stýly (Latino, Disco, Rock, Street) / 16 tancov / + 50 krokov STEP
- 4 úrovně (Latino, Disco, Rock, Street) / 16 tanců / + 50 stepových kroků

营造4种氛围 (拉丁、迪斯科、摇摆舞、街舞) / 16种跳法 / 每级50步以上



Mode Danse Compétition - Dance Competition Mode - Modo Baile Competición
 - Modus Tanz-Wettbewerb - Modalità Ballo Competizione - Modus Dans Wedstrijd
 - Modo Dança Competição - Tryb tańca turniejowego - Táncverseny mód
 - Режим Соревнования по Танцу - Modul Dans Competiție - Režim Tanec Súťaž
 - Režim Závodní tanec - 竞赛跳舞模式

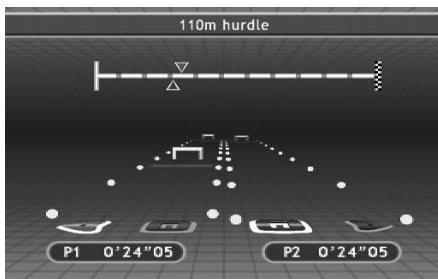


- Duels sur 2, 3, 5 Danses (nécessite 2 Tapis)
 - Duals over 2, 3 and 5 Dances (requires two mats)
 - Duelos con 2, 3, 5 bailes (necesita 2 Alfombras)
 - Duelle über 2, 3, 5 Tanzarten (2 Bänder nötig)
 - Duelli su 2, 3, 5 Balli (richiede 2 Tappeti)
 - Wedstrijd tussen 2,3 of 5 dansen (benodigdheden: 2 tapijten)
 - Duelos em 2, 3, 5 Danças (necessita 2 Tapetes)
 - Pojedynki obejmujące 2, 3 i 5 tańców (wymaga posiadania 2 bieżni)
 - Táncpárbaj 2,3, 5 tánccal (2 szőnyeg kell hozzá)
 - Поединки в 2, 3, 5 Танцах (требуется 2 дорожки)
 - Dueluri pe 2, 3, 5 Dansuri (veți avea nevoie de 2 Covoare)
 - Súboj na 2, 3, 5 Tancov (sú potrebné 2 koberce)
 - Duel ve 2, 3, 5 tancích (potřebujete 2 koberce)
- 2、3、5为竞赛舞蹈 (需要两条跳舞毯)

**PRESENTATION DES MODES DE JEU - INTRODUCTION TO GAME MODES - PRESENTACIÓN DE LOS MODOS DE JUEGO -
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Mode Mini Jeux - Mini Games Mode - Modo Mini Juegos - Modus Mini-Spiel - Modalità Mini Giochi - Modus Mini Spel - Modo Mini Jogos - Tryb mini-gier - Minijátékok mód - Режим Мини Игр - Modul Mini Jocuri - Režim Mini hry - Režim Mini hra 迷你游戏模式



- 10 Défis / Tournois de 1 à 8 joueurs (110m haie, sprint, 400m, ...)
- 10 Challenges/Tournaments from 1 to 8 players (110m hurdles, sprint, 400m, etc)
- 10 Desafios / Torneos de 1 a 8 jugadores (110m vallas, sprint, 400m, ...)
- 10 Herausforderungen / Turniere mit 1 bis 8 Spielern (110m Hecke, Sprint, 400 m usw.)
- 10 Sfide / Tornei da 1 a 8 giocatori (110m ostacoli, sprint, 400m, ...)
- 10 uitdagingen / Toernooi met 1 tot 8 spelers (110 m horden, sprint, 400 m, ...)
- 10 Desafios / Torneios de 1 a 8 jogadores (110 m barreiras, sprint, 400 m, ...)
- 10 konkursów / turnieje, w których może brać udział od 1 do 8 graczy (110 m przez płotki, sprint, 400 m itd.)
- 10 kihívás / körverseny 1-8 játékosal (110 m akadály, sprint, 400 m, stb.)
- 10 Состязаний / Турниры для игроков от 1 до 8 (110 м с барьерами, спринт, 400 м, ...)
- 10 Provocări / Întrecere de la 1 la 8 jucători (110m garduri, sprint, 400m, ...)
- 10 súbojov / Turnaje 1 až 8 hráčov (110m prekážka, sprint, 400 m,...)
- 10 výzev / Turnaj 1 až 8 hráčů (110 m překážek, sprint, 400 m,...)
- 10种挑战方法/由1-8人竞赛 (110米绕行障碍物, 400米跑步)



Mode suivi des performances - Performance Monitor Mode - Modo Seguimiento de Marcas - Modus der Leistungsüberwachung - Modalità Verifica delle prestazioni - Modus Overzicht Resultaten - Modo Seguimento dos Desempenhos - Tryb rezultatów - Teljesítmény mód - Режим Мониторинга Результатов - Modul Performanțe - Režim Výsledky - Režim výkon - 动作模式



- Suivi des performances journalières / mensuelles (Calories dépensées / Nombre de pas / Durée)
- Daily/monthly performance monitor (Calories expended/Number of steps/Duration)
- Seguimiento de Marcas diarias / mensuales (Calorías consumidas / Número de pasos / Duración)
- Leistungsüberwachung täglich/monatlich (verbrauchte Kalorien / Anzahl der Schritte / Dauer usw.)
- Verifica delle prestazioni giornaliere / mensili (Calorie consumate / Numero di passi / Durata)
- Overzicht van de dagelijkse / maandelijkse vorderingen (gebruikte calorieën / Aantal passen / Duur)
- Seguimento dos desempenhos diários / mensais (Calorias gastas / Número de passos / Duração)
- Sprawdzenie wyników dziennych / miesięcznych (spalone kalorie / liczba kroków / czas)
- A napi / havi teljesítmény figyelése (elégetett kalóriák / lépésszám / időtartam)
- Мониторинг результатов за день / за месяц (Расход калорий / Количество шагов / Длительность)
- Urmărirea performanțelor zilnice / lunare (Caloriile consumate / Numărul de pași / Durata)
- Sledovanie denných / mesačných výsledkov (Spálené kalórie / Počet krokov / Doba)
- Sledování denního / měsíčního výkonu (spotřebované kalorie, počet kroků, trvání)
- 每天进行如下动作/锻炼肌肉 (消耗卡路里/步数/时长)

ENGLISH

You have chosen a piece of fitness equipment by DOMYOS.
We thank you for your confidence in us. You can also find us at www.DOMYOS.com

TECHNICAL SPECIFICATIONS

Conditions for use:

- Temperature: between 5°C (41°F) and 40°C (104°F)

Mat

- Dimensions: 1260 X 680 X 19 mm - 496"x268"x7,5"
- Weight: 300 g (0.66 lb)

Game cartridge

- Dimensions : 106 X 12 X 90 mm
- Weight: 67 g

Connectivity

Cable: 3 m (9,8 ft)

HEALTH WARNING

1. 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.

2. Warning about epilepsy

Some individuals are susceptible to epileptic seizures, including in some cases loss of consciousness, especially when exposed to certain types of strong light stimuli such as: rapidly changing images, or repeated simple geometric figures, flashing lights or explosions. These individuals may be at risk of seizures when they play certain video games that contain these stimuli, even if they have no history of such seizures or have never suffered from epilepsy.

If you or a member of your family have ever experienced symptoms linked to epilepsy (seizures involving loss of consciousness) when exposed to light stimuli, consult your doctor before using this product.

If you or your child experience any of the following symptoms: **dizziness, altered vision, eye or muscle contractions, disorientation, involuntary movements, convulsions,**

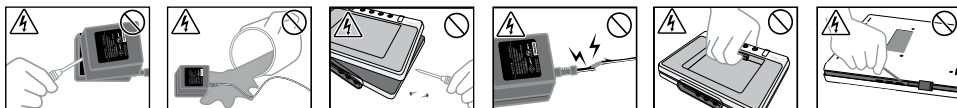
or momentary loss of consciousness, you must stop playing immediately and consult a doctor.

WARNING: If you experience dizziness, nausea, chest pain, or any other abnormal symptom, stop exercising immediately and consult a doctor before resuming training.

SAFETY WARNING

To reduce the risk of serious injury and damage to the equipment, or risk of electric shock, read the following important precautions for use before using the product.

 This symbol warns of electrical danger (electric shock).



1. 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 misuse of this product by the purchaser or by any other person.
4. Use the product indoors on a flat surface, in an uncluttered place free from moisture and dust. Ensure that you have enough space to access and move around the device safely. Do not store or use this product outdoors.
5. Do not attempt to repair this product yourself. Do not open up or disassemble your product.
6. If the product does not function properly, stop using it and take the product back to your Decathlon shop.
7. Do not store your product in a humid place (by a swimming pool, in a bathroom etc.). Do not touch the product with wet hands.
8. Use the product with the adaptor provided.
9. Do not use the adaptor if the cables are damaged.
10. Leave a minimal space around the device to allow for sufficient ventilation.
11. Do not obstruct ventilation by blocking the ventilation slots with objects such as newspapers, tables cloths, curtains etc.
12. Do not place sources of naked flame, such as lit candles, on the device.
13. This device must not be used in tropical climates or in places of extreme heat.
14. The device must not be exposed to drips or splashes of water. No objects containing liquid, such as vases, must be placed on the device.
15. For proper functioning, never cover the infrared receptor.
16. Make sure the power supply cord to the transformer is easily accessible.



Electrical products must not be thrown away with household waste.

They are subject to specific selective sorting.

Dispose of batteries and, at the end of its life, your product at an authorised collection point for recycling.

Recycling your electronic waste will protect the environment and your health.

ENGLISH

TROUBLESHOOTING

Problem	Check to be carried out
The console does not come on	Check that the adaptor is properly inserted in the power supply input (marked "power in") Check that the power button (marked "power") is properly pushed in. Take out the cartridge and reinsert into the console. (carry this out with the console and television switched off). Press the "RESET" button.
No image or sound on the TV (the indicator light on the console is on).	Check that the television supports the correct format for the console (PAL). Adjust the television controls (colour, contrast etc.). Check the video connection to the television (refer to the television guide). Check that the game cartridge is properly inserted in the console. Check that the video cable is properly inserted in the "A/V out" socket on the console. Check the connection of the video cable to the SCART adaptor (for relevant countries). Check the colours match on the audiovisual cables (yellow, white, red).
Poor image quality Poor sound quality	Check that the television supports the correct format for the console (PAL) (refer to television guide). Check that the audiovisual cables are properly connected to the corresponding devices. Take out the cartridge and reinsert into the console. (carry this out with the console and television switched off). Press the "RESET" button.
The cartridge does not go back into the console.	Check that the cartridge is inserted the right way (refer to the guide for inserting the cartridge).
The mat is not working	Check that the cable is correctly inserted into the DIS console socket.

WARRANTY

DECATHLON guarantees this product, when used under normal conditions, against defects in material and workmanship for a period of 2 years from the date of purchase, that date being taken to be the date on the till receipt.

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

All products for which the warranty is applicable must be received by DECATHLON 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
- Poor assembly
- Poor maintenance
- 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.

DECATHLON - 4 BOULEVARD DE MONS - BP299 - 59665 VILLENEUVE D'ASCQ - FRANCE

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