

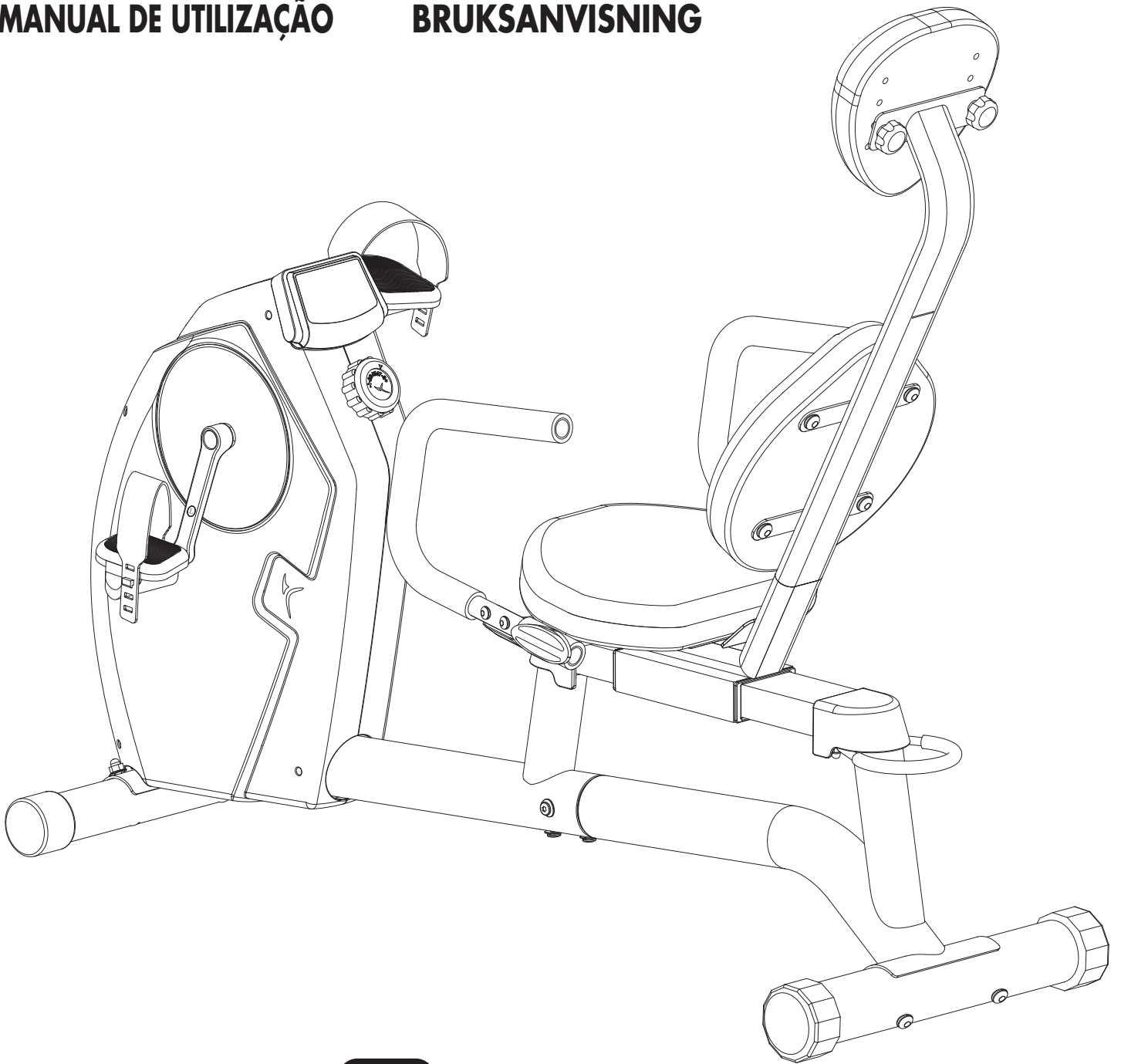
VA 300

**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 الاستخدام
使用说明



DOMYOS

VA 300

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
Örizzze 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

Réalisation : EVOLUTION + 32 / 69 250 500



OXYLANE - 4, Boulevard de Mons - BP299 - 59665 Villeneuve d'Ascq Cedex - France

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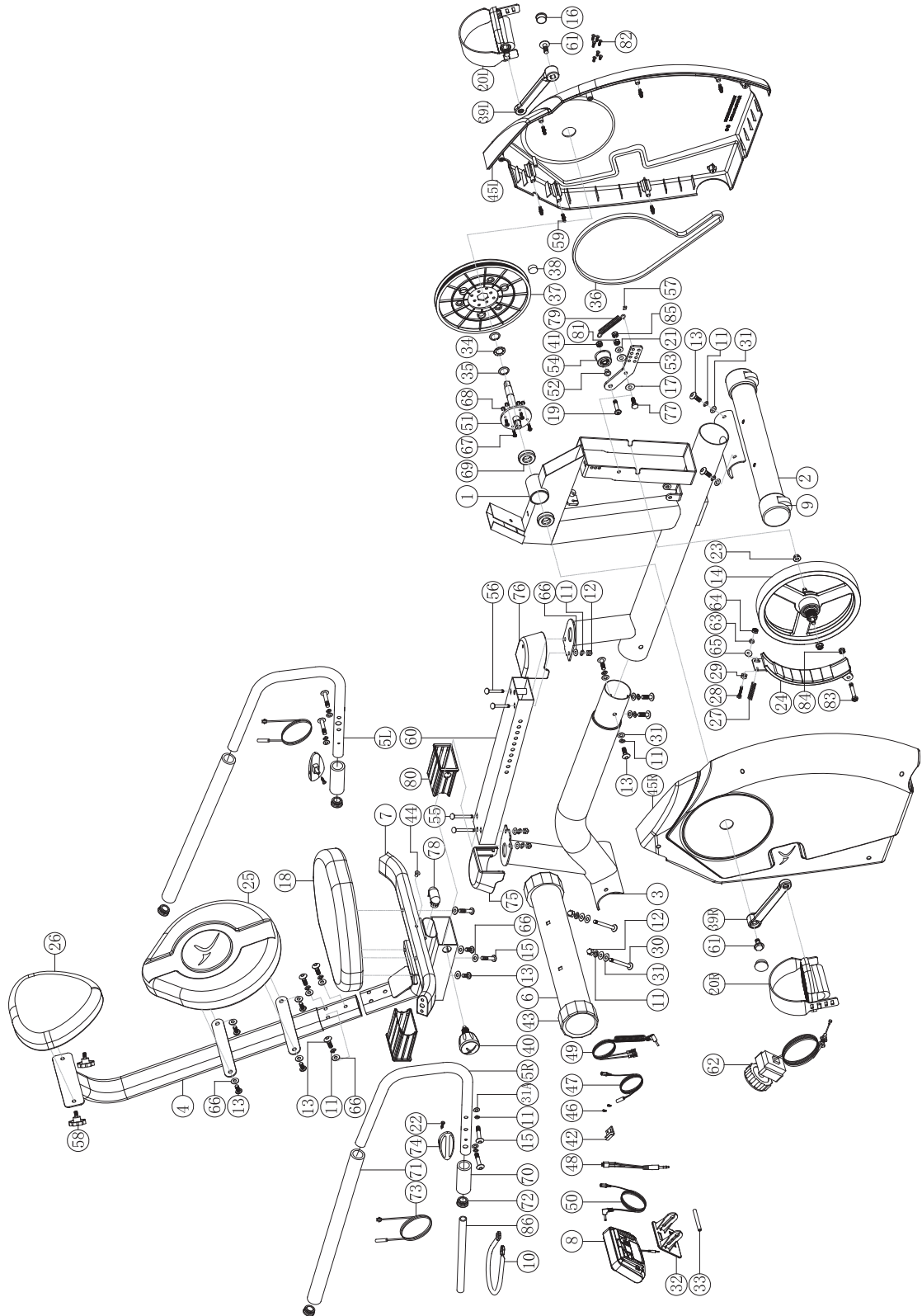
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Réf. pack : 1217.503 - CNPJ : 02.314.041/0001-88

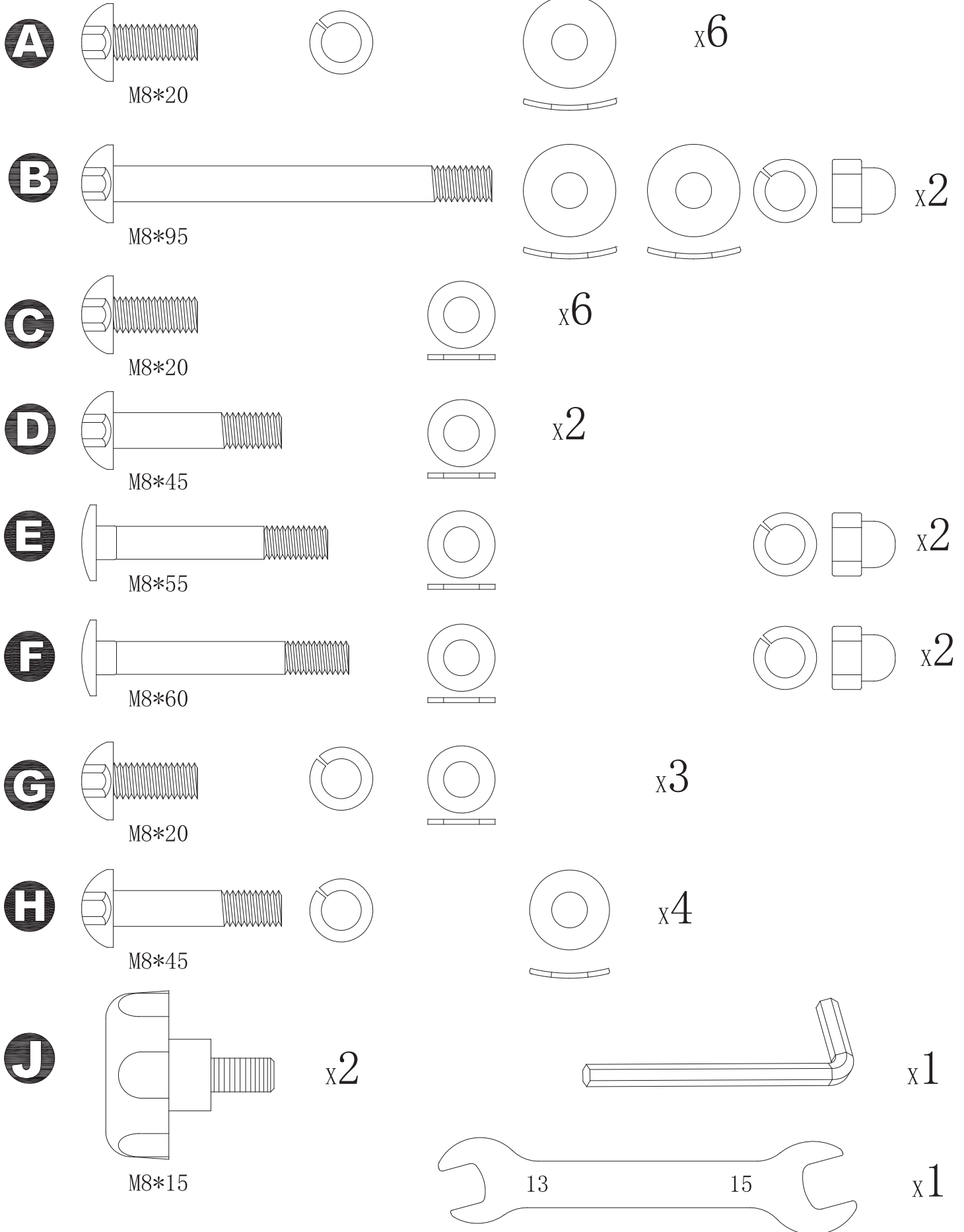


合格品

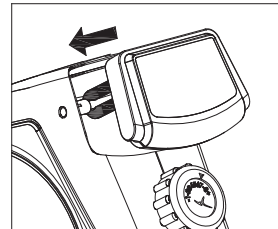
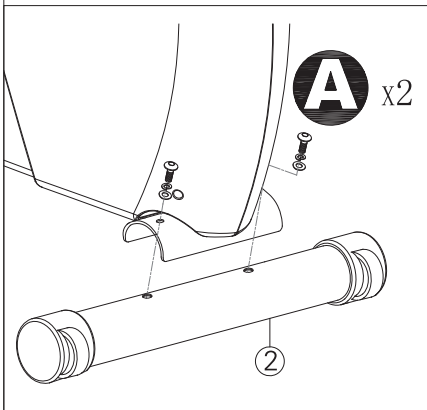
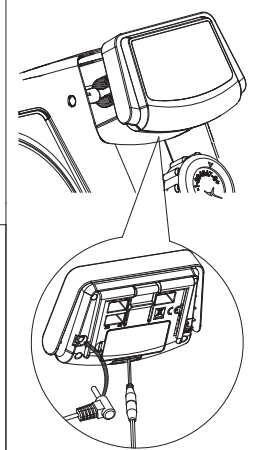
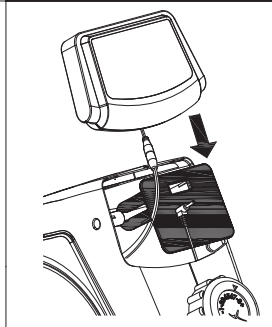
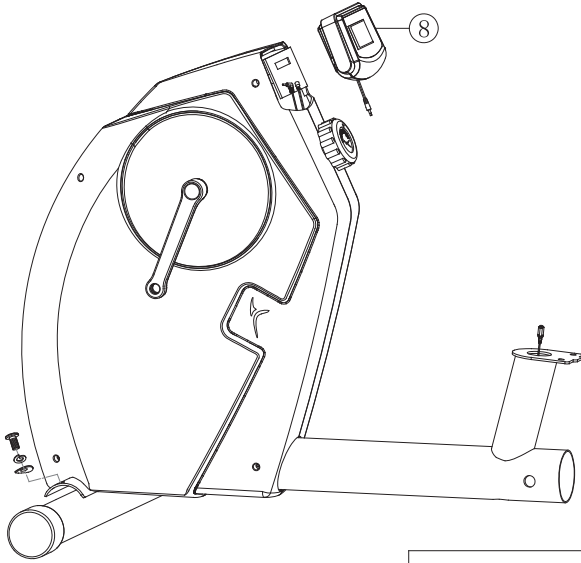
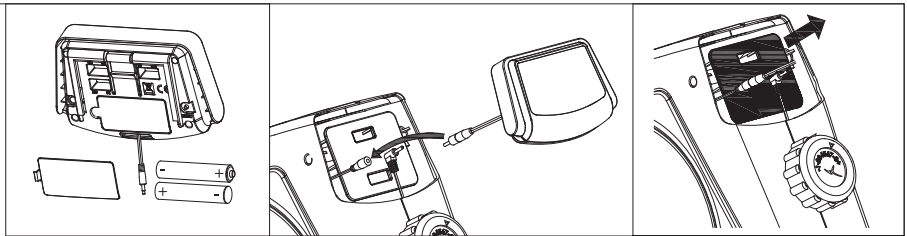
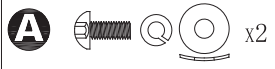
TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti
Mega Center C 36 Blok D: 374 Bayrampaşa
34235 Istanbul - Turkey



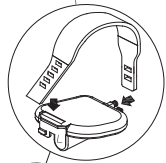
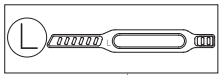
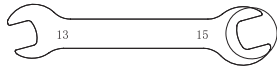
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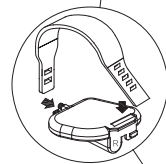
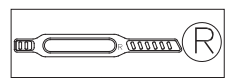
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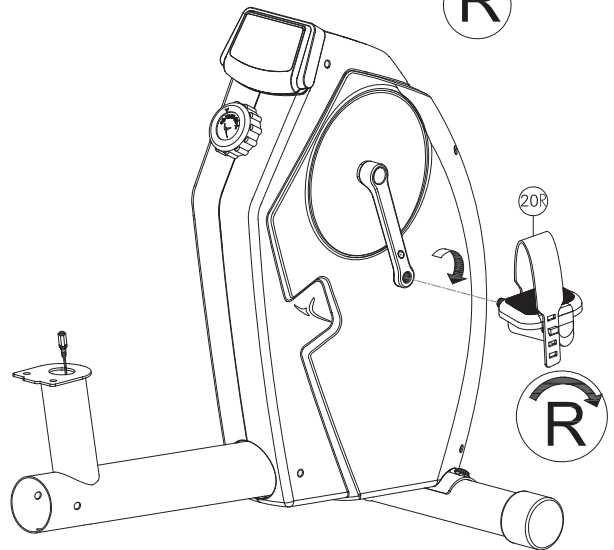
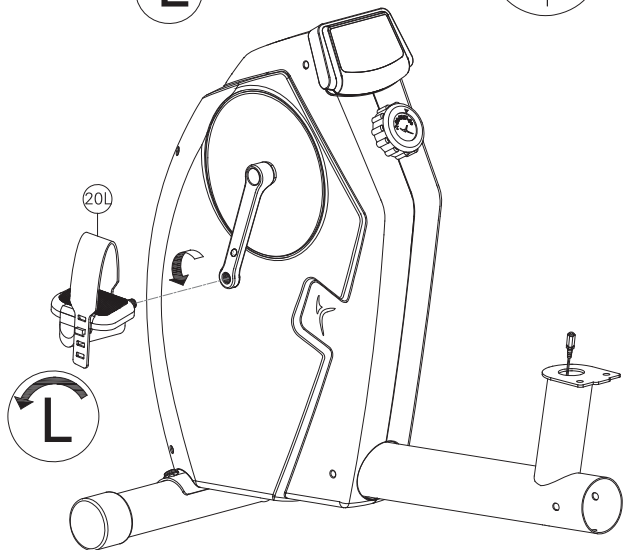
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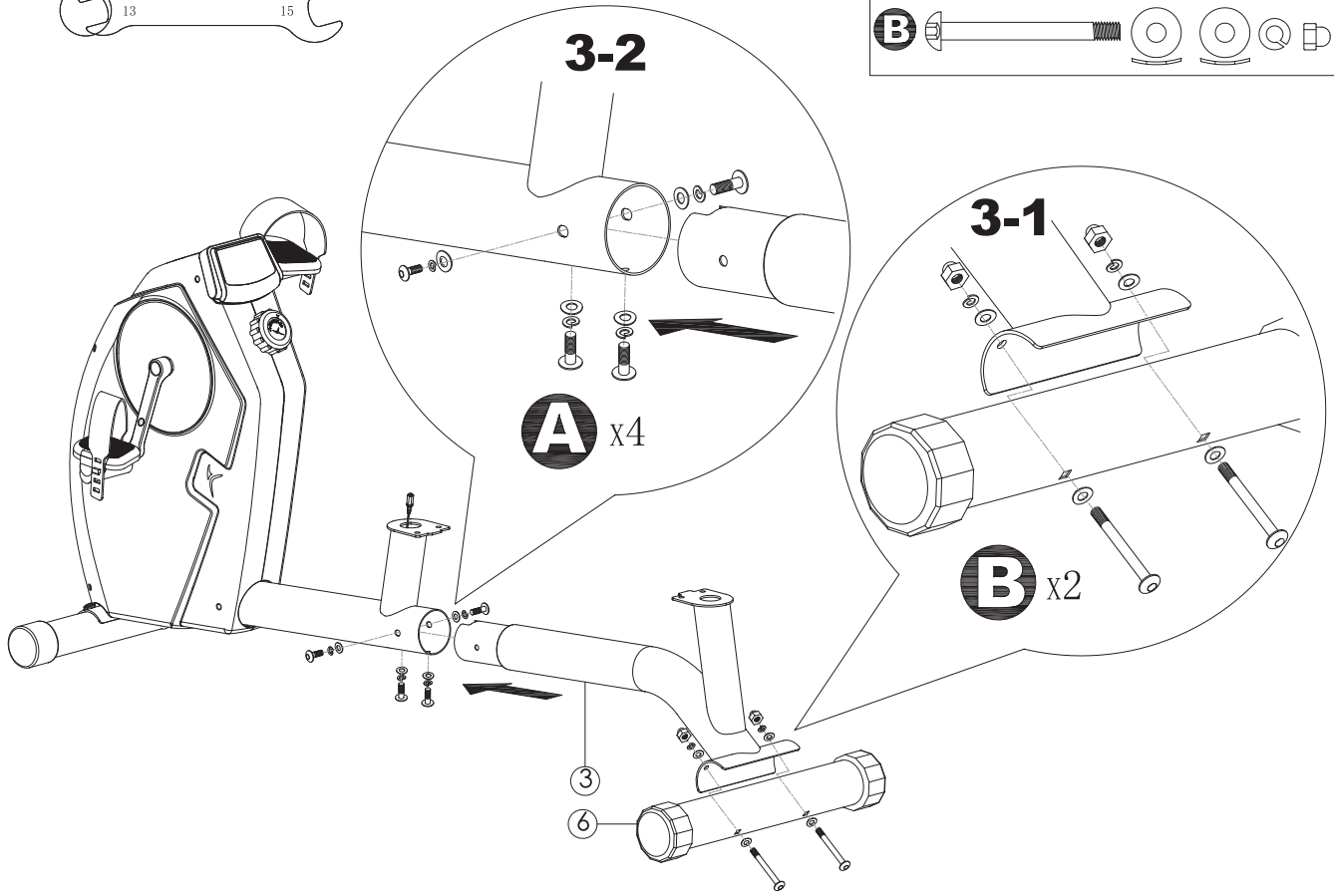
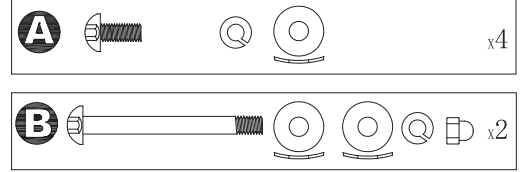
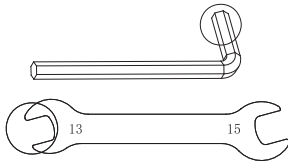
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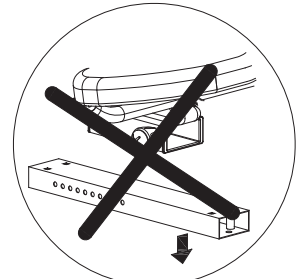
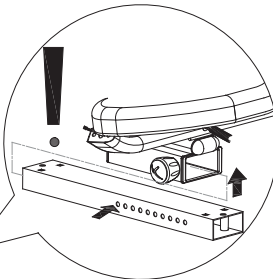
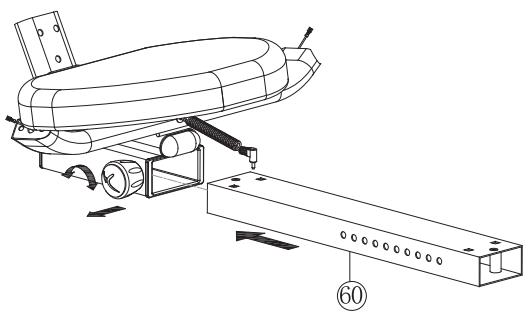
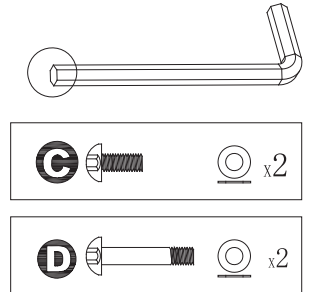
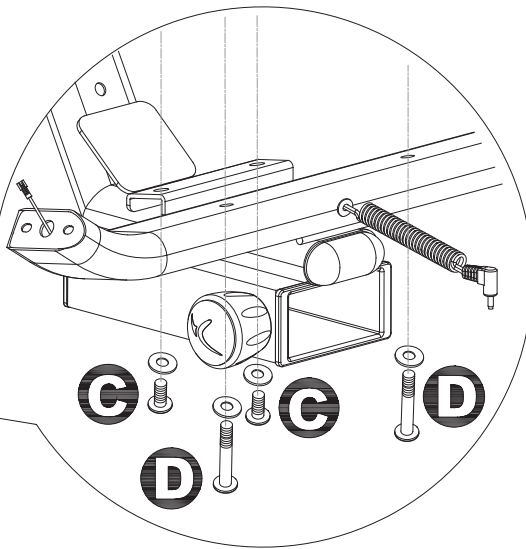
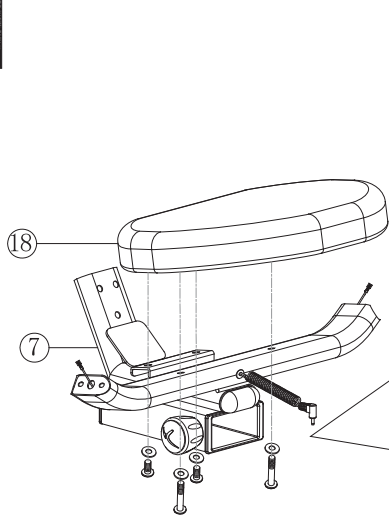
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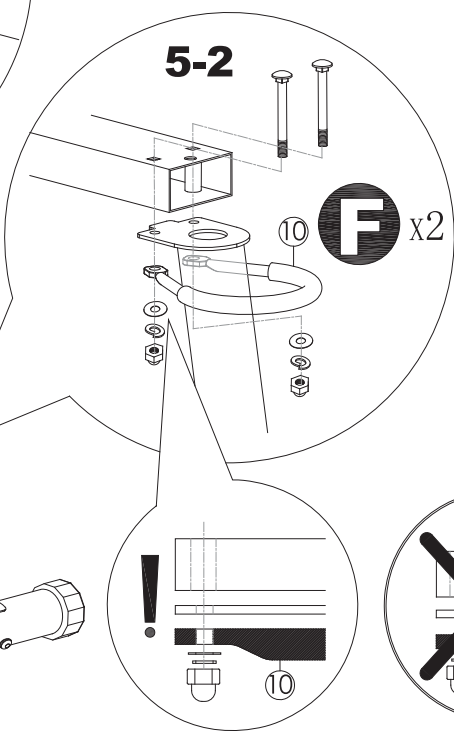
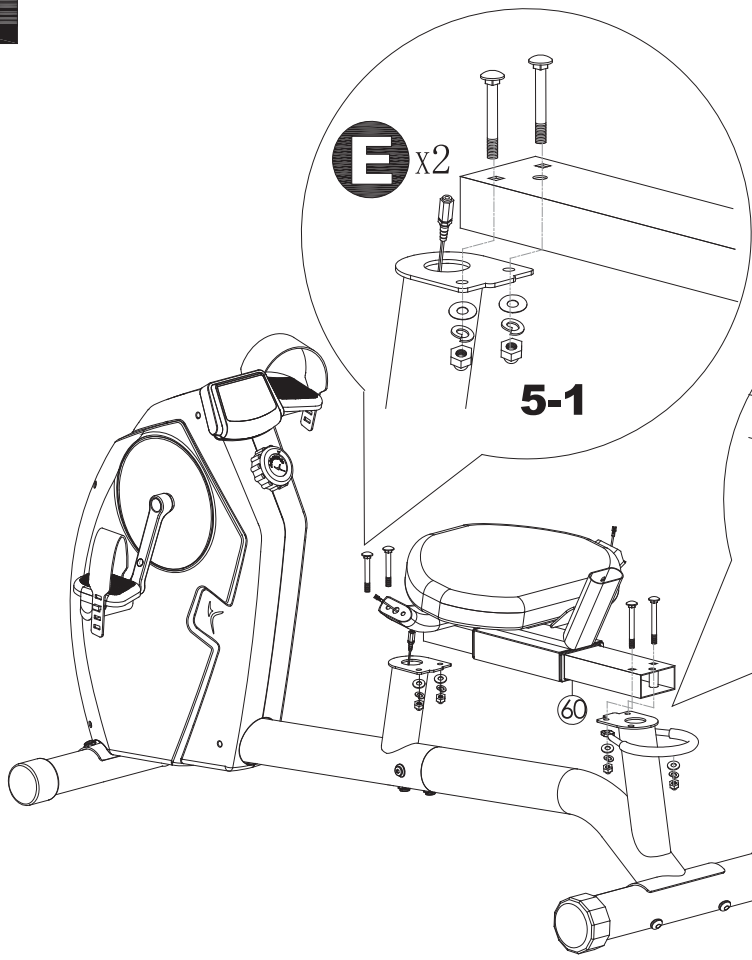
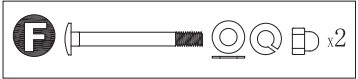
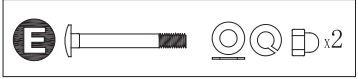
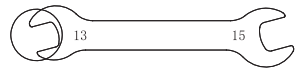


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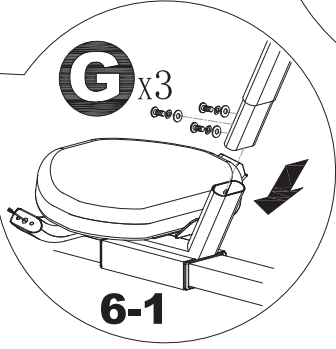
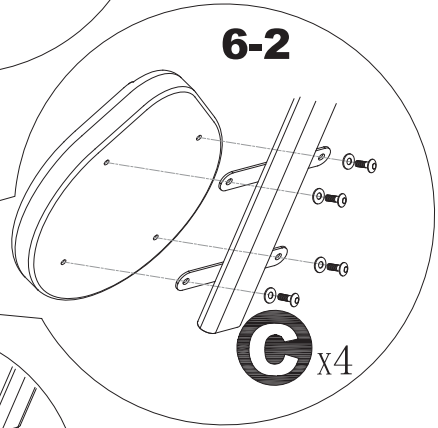
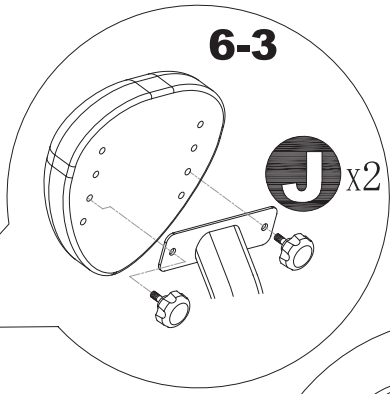
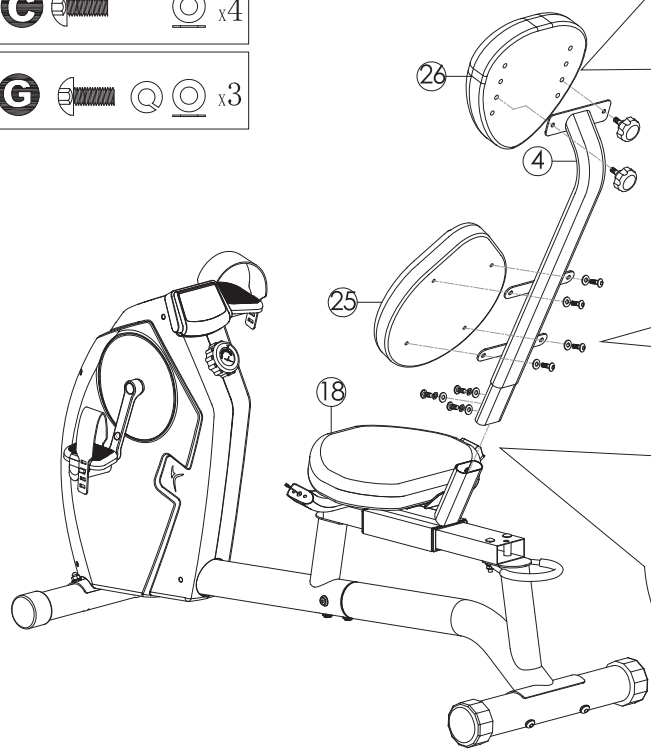
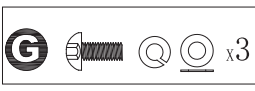
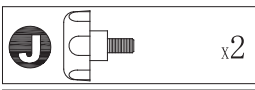


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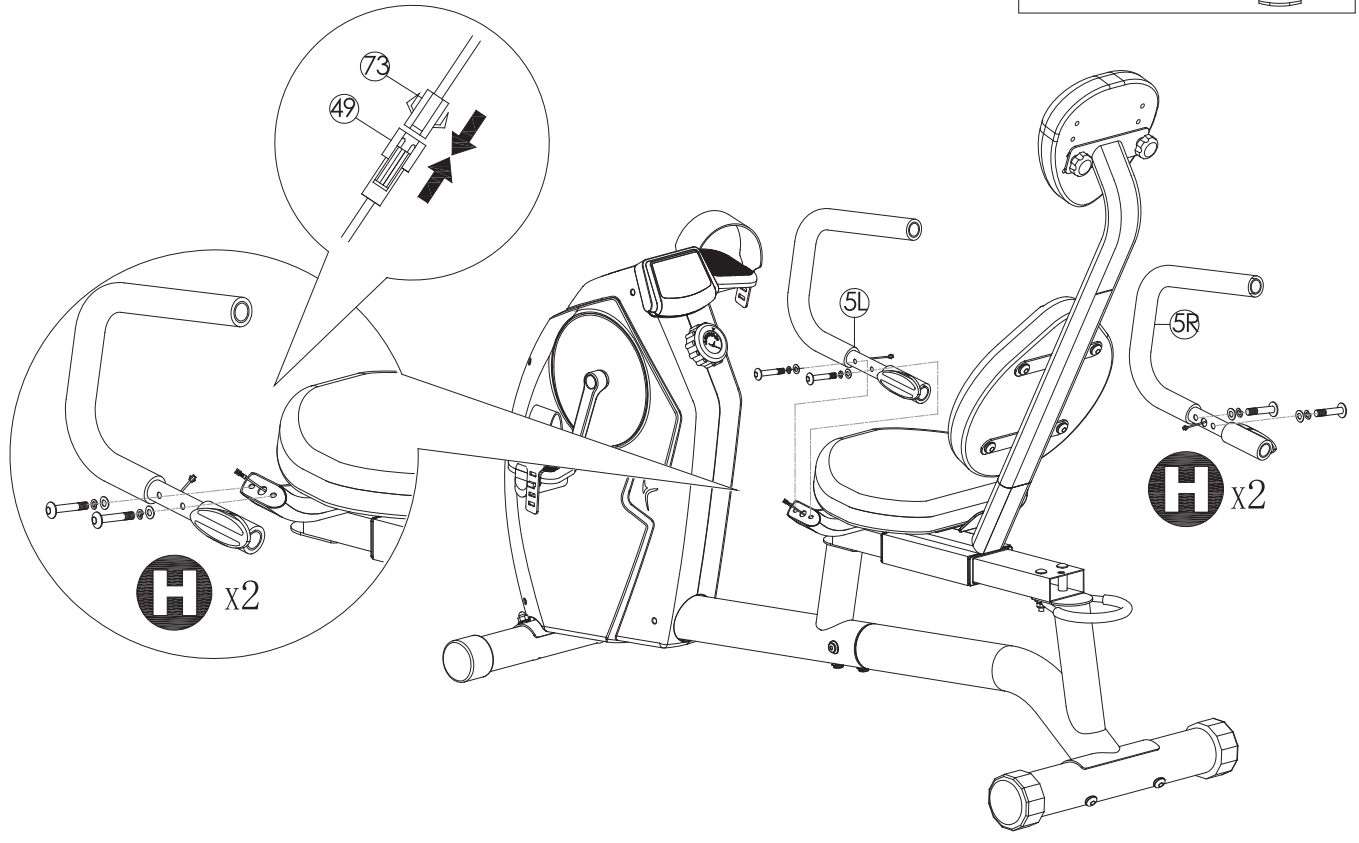
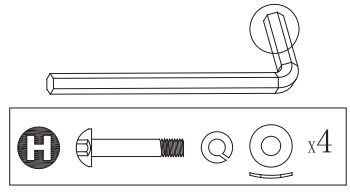


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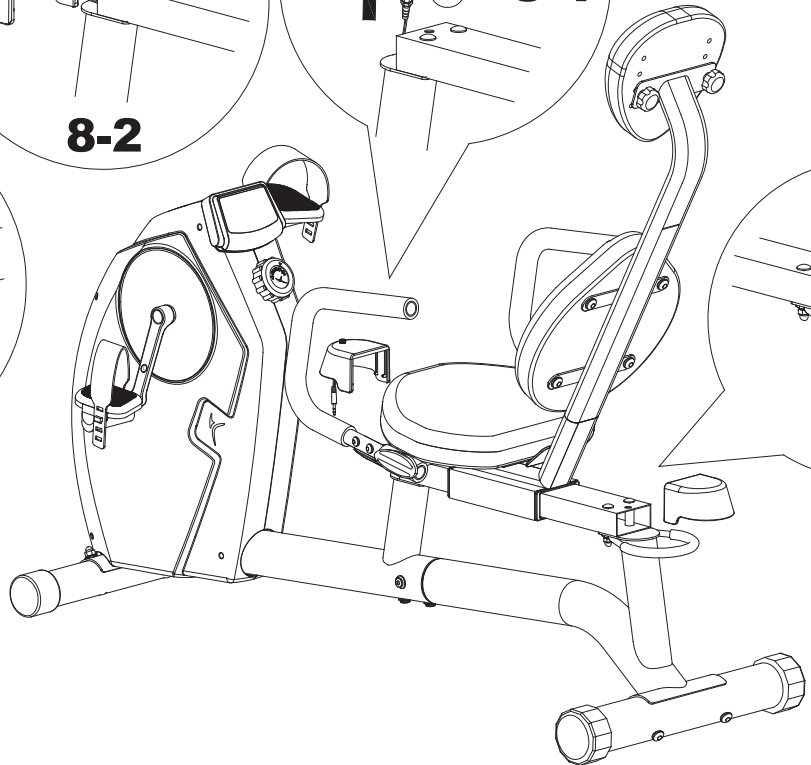
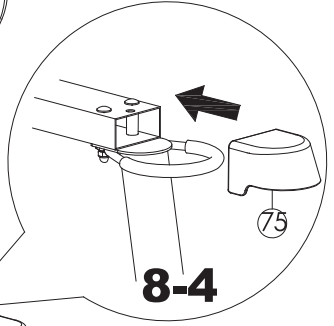
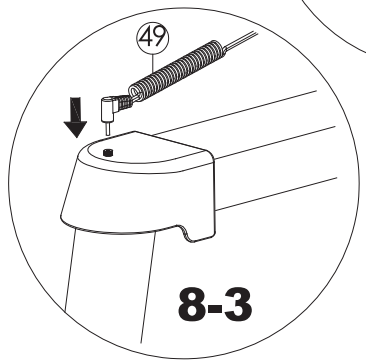
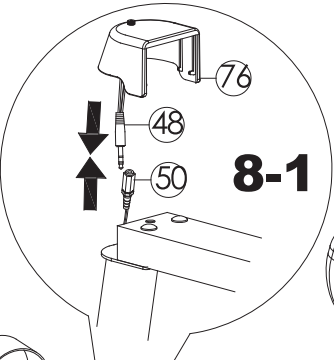
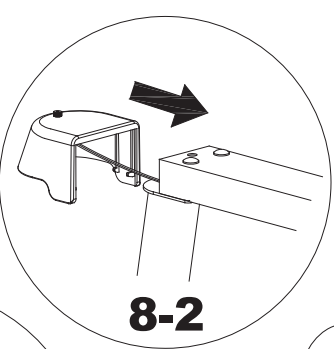


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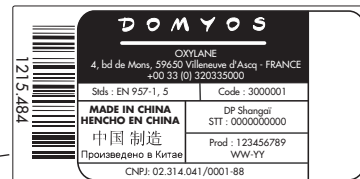
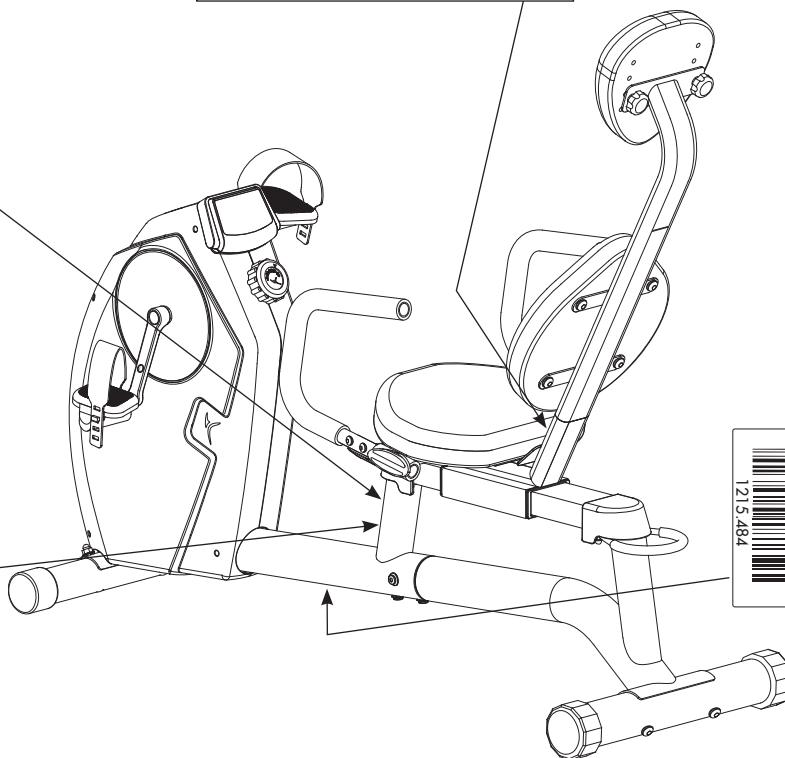
⚠ WARNING

- 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.



130 Kg / 286 lbs

This product, which complies with the EN 957 class HC, GB17498 standards, is not designed for therapeutic purposes.



⚠ 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.

⚠ 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.

⚠ 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.

⚠ 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.

⚠ 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 hier 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.

⚠ ADVERTÊNCIA

- 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 autocolante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

⚠ UWAGA

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwalaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżaj ręk, nóg i włosów do elementów w ruchu.

⚠ FIGYELMEZTÉTES

- A szerkezet helytelen használatra 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, olvashatatlan vagy hiányzik.
- Tartsa távol a kezeket, lábokat, a haját a mozgó alka vtrészektől.

⚠ 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.

⚠ 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 autocolanțul este deteriorat, ilizibil sau lipsesște, este indicat să-l înlocuiți.
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.

⚠ UPOZORNENIE

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

⚠ 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.
- Zabraňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepící štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohybujícím se součástkám.

⚠ VARNING

- Felaktig användning av denna produkt riskerar att förorsaka allvariga 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 dekalen är skadad, oläslig eller saknas, måste den ersättas med en ny.
- Låt inte händerna, fötterna eller håret komma i närheten av rörliga delar.

⚠ ПРЕДУПРЕЖДЕНИЕ:

- Всю неправильно использование 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.

⚠ UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yönlendirmelerini dikkatle okunuz ve içindeki tüm uyarı ve talimatları uyanız gerek.
- Çocukların bu makineyi kullanmalarına izin veremeyin ve onları bu makineden uzak tutun.
- Yapışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareketli bölümlere yaklaştırmayın.

⚠ ЗАСТЕРЕЖЕННЯ

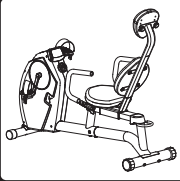
- Вське невідповідне застосування виробу утворює ризик тяжких поранень.
- Перед застосуванням прочитайте інструкцію використання та дотримуйтеся усіх попереджень та порад, які вона містить.
- Не дозволяйте дітям користуватися цим апаратом та не підпускайте їх близько до нього.
- Якщо наклейка пошкоджена, нерозбірлива або відсутня, треба її замінити.
- Не наближайте руки, ноги та волосся до деталей, що рухаються.

⚠ 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 استخدامهم من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.

⚠ 注意

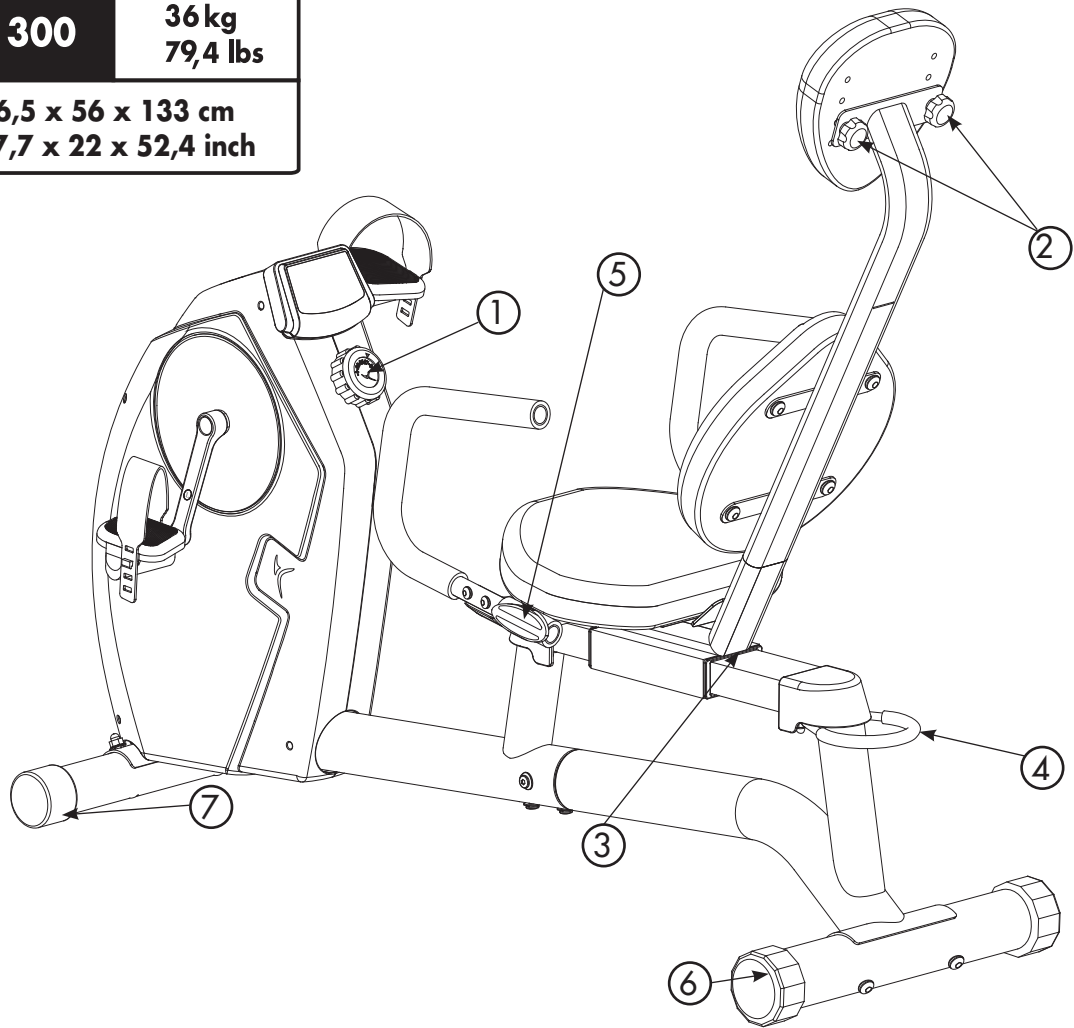
- 滥用本产品有造成严重伤害的可能。
- 使用前请阅读使用说明书，遵守其中的有关注意事项和操作规定。
- 不要让儿童使用本产品或在产品周围玩耍。
- 若标签受损、印刷模糊或无标签，则应更换标签。
- 使手、脚和头发远离运动的部位。



VA 300

**36 kg
79,4 lbs**

**146,5 x 56 x 133 cm
57,7 x 22 x 52,4 inch**



①

Resistance knob
Molette de résistance
Rueda de resistencia
Widerstandsradchen
Regolatore di resistenza
Instelwielte weerstand
Selector de resistència
Pokreťto regulacji oporu
Fékbeállító kerék
Регулятор сопротивления
moletă de reglare a trepțelor de rezistență
koliesko pre odpor
kolečko pro nastavení odporu
moiståndsratt
макapa за по-голяма устойчивост
dayanıklılık düğmesi
рукоятка для регулювання напруження
بكرة المقاومة
阻尼调节转轮

②

Headrest adjustment knob
Molette de réglage appui-tête
Rueda de ajuste de sillín
Rädchen zur Kopfstützeinstellung
Manopola di regolazione poggiatesta
Instelwielte hoofdsteun
Selector de regulação do apoio da cabeça
Pokreťto regulacji zagłówek
Fejtámasz-beállító kerék
Шкив для регулювання підголовника
moletă de reglare a suportului pentru cap
koliesko pre nastavenie operadla hlavy
kolečko pro nastavení podpěry hlavy
inställningsratt för huvudstöd
регуліране на облегалката за глава
baş dayanağı ayar düğmesi
рукоятка регулювання положення підголовника
بكرة ضبط مسند الرأس
头部支撑调节转轮

③

Seat adjustment knob
Molette de réglage siège
Rueda de ajuste reposacabezas
Rädchen zur Sitzeinstellung
Manopola di regolazione del sedile
Instelwielte zitting
Selector de regulação do assento
Pokreťto regulacji siedzenia
Nyeregbeállító csavar
Шкив для регулювання сидення
Moletă de reglare scaun
Nastavovacie koliesko sedadla
Kolečko pro nastavení sedla
Reglerbar sadel
регуліране на облегалката Седло
Koltuk ayar düğmesi
Рукоятка регулювання сидіння
بكرة ضبط المقعد
座椅调节转轮

④

Carry handles
Poignée de déplacement
Asa de desplazamiento
Verstellgriff
Maniglia di spostamento
Transporthandvat
Pega de deslocação
Uchwyt do przesuwania
Mozgató fogantyú
Ручка для перемещения
mâner de deplasare
rukoväť pre premiestnenie
držadlo pro přemístění
transporthandtag
ръкохватки за преместване
hareket tutamağı
ручка для пересування
قبضة التحرك
移动把手

⑤

Heart rate sensor
Capteur de pulsations
Sensor de pulsaciones
Pulssensoren
Rilevatore di pulsazioni
Hartslagsensor
Sensor de pulsações
Czujnik pulsu
Pulzusérzékelő
Датчик измерения пульса
captoare de pulsații
snímač pulzacií
snímačeteper
pulsensorer
пулсомер
Nabız sensörleri
пульсовий датчик
مجسات النبض
脉搏传感器

⑥

Level corrector
Compensateur de niveau
Compensador de nivel
Niveauengleicher
Compensatore di livello
Niveauregelaar
Compensador de nível
Element poziomujący
Szintező
Выравниватель
compensator de nivel
vyrovnávací kompenzátor
kompenzátor úrovně
nivőkompensátor
КОМПЕНСАТОР НА НИВОТО
Seviye kompensatörü
компенсатор рівня
مُعادل المستوى
水平调节器

⑦

Castor
Roulette de déplacement
Rueda de desplazamiento
Verstellrolle
Rotella di spostamento
Transportwielte
BRoda de deslocação
Kółko do przesuwania
Mozgató görgő
Колесико для перемещения
roțiță de deplasare
koliesko pre premiestnenie
kolečko pro přemístění
transporthjul
КОПЕЛО ЗА ПРЕМЕСТВАНЕ
hareket tekerleği
коліщатко для пересування
بكرة التحرك
移动滚轮

E N G L I S H

You have chosen a piece of fitness equipment by DOMYOS.
Our products are created by athletes for athletes for home training.
We will be glad to hear any suggestions you may have regarding our products. Please get in touch with our store teams and design departments at www.domyos.com
We thank you for your confidence and wish you successful training.
We hope that you enjoy using this DOMYOS product.

PRESENTATION

The VA 300 is a new-generation recumbent bike.
Thanks to its special profile, this bike places you in an anatomical position that supports the weight of your body efficiently during your workout. The innovative shape of the seat enables you to find your ideal position intuitively.
This product is equipped with a magnetic transmission system for optimal and smooth pedaling comfort.

SAFETY

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

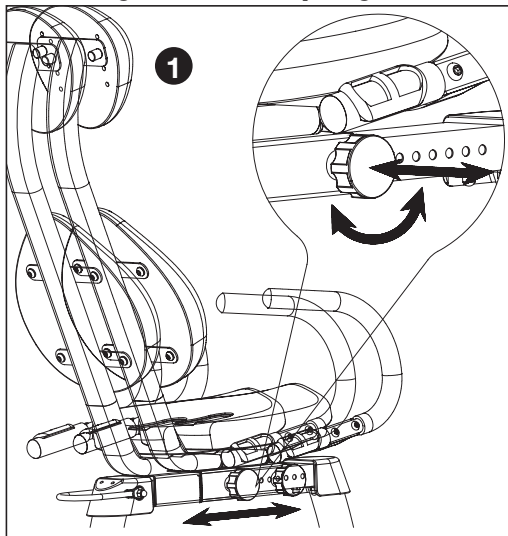
1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. This appliance is in compliance with European and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 5 classes HC / GB17498).
3. An adult should do the assembly of the appliance.
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 any responsibility in case of claim for injury or damages to any person or property resulting from improper utilization of this product by the purchaser or any other person.
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. This product is to be used indoors away from moisture and dust, on a flat and firm surface and in an area that is sufficiently large. Make sure that you have enough space to get on and move around the bike without endangering yourself. To protect the ground, cover the ground with fitness tiles underneath the product.
8. It is the user's responsibility to ensure efficient maintenance of the appliance. After assembling the product and before each use, check that the attachment elements are well tightened without extending. Check the state of wear and tear parts.
9. In the event of damage to your product, have all worn out or defective parts replaced immediately by the After-Sales Service of your nearest DECATHLON store and do not use the product before it is completely repaired.
10. Do not store the product in a humid place (edge of swimming pool, bathroom...)
11. 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 moving parts. Remove jewellery.
12. Tie long hair so that it does not get in the way when exercising.
13. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
14. Keep children and pets away from the product at all times.
15. Keep hands and feet away from moving parts.
16. Before starting an exercise program, you should consult a doctor to make sure that there are no counter-indications especially if you have not practiced any sport for several years.
17. Do not let setting devices extend outward.
18. Do not tinker with your VA300.
19. Keep your back straight when using the product. Do not arch your back.
20. The pulse sensor is not a medical device. Various factors may affect the accuracy of rate readings. The pulse sensor is intended only as an exercise aid in determining heart-rate trends in general.
21. Notice to persons with pacemakers, defibrillators or other implanted electronic devices. Persons who have a pacemaker use the pulse sensor at their own risk. Before starting use, an exercise test under a doctor's supervision is advised.
22. Pregnant women are not advised to use the product. Please consult your doctor before using it.
23. Always hold the handlebar when getting on, getting down, or using the product.
24. Care should be taken mounting/dismounting the exercise bicycle.
25. When you stop exercising, allow the pedals to slowly come to a stop.
26. Maximum user weight: 130 kg - 286 pounds.
27. There should only be one person on the product during the exercise
28. Clean with a damp sponge. Rinse and dry thoroughly
29. WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint or any pain, stop exercising immediately.

WARNING

Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use.

SETTINGS

Warning: It is necessary to get off the bike to proceed to the settings (saddle, handlebar)



1 HOW TO ADJUST THE POSITION OF THE SEAT AND THE HEADREST

For an effective workout, the seat must be properly adjusted.

While pedaling, your knees must be slightly bent when the pedals are in the farthest position. To adjust the seat, unscrew and pull the knob under the seat, on the right-hand side. Adjust the seat to the right distance, indicated in the reference table below and reinsert the knob in the seat post and tighten it all the way.

The headrest has 4 positions. To adjust it, unscrew the two knobs at the back of the headrest. Then put it into the correct position for your height and tighten well to finish the adjustment.

To find the position corresponding to your height, please refer to the table below:

IMPORTANT:

Make sure to put the knob back into place in the seat post and tighten it completely.

Never exceed the maximum height of the seat.

2 HOW TO ADJUST THE PEDAL STRAP

To adjust the pedal strap, first loosen the locking system under the pedal, then adjust the strap to the desired position and retighten the fastener.

3 LEVELING ADJUSTEMENT

If the bike should become instable during use, turn one or both of the plastic end fittings of the rear support until the bike becomes stable.

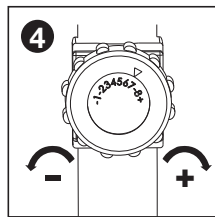
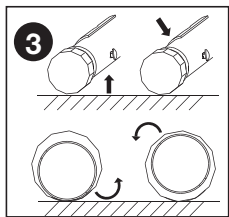
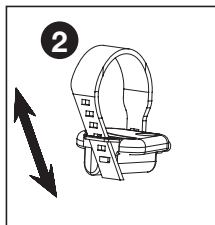
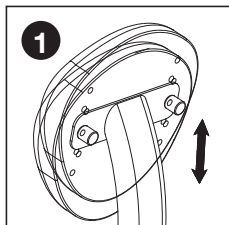
4 ADJUSTING THE RESISTANCE:

Braking and resistance are connected to pedaling speed.

Resistance is adjusted using the knob marked 1 to 8.

Position 1 corresponds to the lowest resistance, and position 8 to the highest.

You can vary the resistance while pedaling.



Height in cm	Seat adjustment
0 < 155	0
155 à 160	1
161 à 164	2
165 à 169	3
170 à 173	4
174 à 177	5
178 à 181	6
182 à 186	7
187 à 195	8
>195	9

Height in cm	Headrest adjustment
155 à 165	1
166 à 175	2
176 à 185	3
186 à 195	4

FC 50 CONSOLE

SETTING

Below are the settings for the buttons on your VA300 bike.

Put the first cursor into "VM" position for your VA300:

Choose km/h or Mi/h according to your country :



Put the second cursor into "0" position



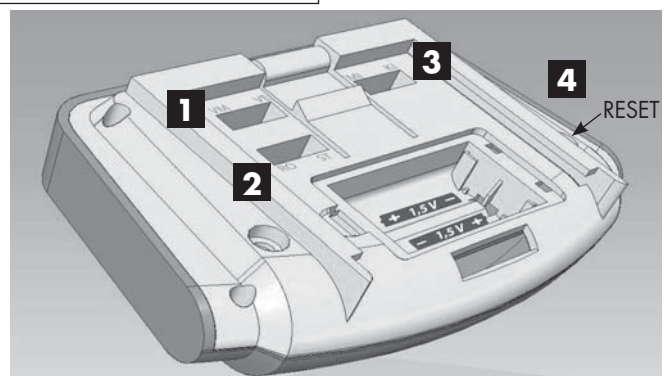
4 Press the RESET button.



- ⚠ If there is a setting error, an error message will appear on the console **Err**. Check the position of the cursors.
- ⚠ The «click» of the cursor confirms it is in the right position.

INSTALLING THE BATTERIES

1. Remove the console from its holder, take the battery compartment lid off (located on the rear of the product) and insert two AA or UM-3 batteries in the battery compartment behind the screen.
2. Make sure the batteries are installed correctly and are flush with the springs.
3. Put the battery compartment lid back on and check to ensure that it is secure.
4. If the display is illegible or partial, remove the batteries, wait 15 seconds and then put them back in.
5. Heart rate: Place the palms of the hand on the heart rate sensors, and after a few seconds your heart rate will be displayed in beats per minute.





RECYCLING :

The "crossed-out bin" symbol indicates that this product and the batteries it contains cannot be disposed of with household waste. They are subject to specific sorting. Take the batteries and your unusable electronic product to an authorised collection area for recycling. Recycling your electronic waste will protect the environment and your health.

TROUBLESHOOTING

- If you note that the counter does not display the correct units of distance, check that the switch behind the console is in the Mi position to display in miles, and in the Km position to display in kilometres. Remove and replace the batteries for the change to take effect or press the RESET button.
- If you note abnormal distances or speeds or if an «ERR» message appears, check that the switch behind the console is in the VM position for a magnetic bike and VE for an elliptical bike, then press the RESET button.

On magnetic bikes, each turn of the pedals corresponds to a distance of 4 metres; on elliptical bikes, two turns correspond to a distance of 1.6 metres (these values correspond to average bike-riding or walking speeds.)

AUTOMATIC CONSOLE

This console is fully automatic and turns on as soon as you start pedalling.

DISPLAY

AUTOSCAN: Alternate display of functions every 5 seconds.

RESETTING THE PRODUCT TO ZERO:

The product goes into standby mode after five minutes of inactivity.

The indicators are reset to 0 when the product goes into standby mode (data is not saved).



FUNCTIONS:

1 - Speed:

This function displays an estimated speed.

This distance may be either in km/h or mph, depending on the position of the switch on the rear of the product.

2 - Distance:

This function indicates estimated distance covered since the beginning of the workout.

This distance may be displayed either in km or miles, depending on the position of the switch on the rear of the product.

3 - Calories:

This function displays an estimation of calories expended since the beginning of the session.

4 - Time:

This function indicates the time elapsed since the beginning of the workout.

This is indicated in "Minutes: Seconds for the first hour, then it switches to "Hours: Minutes".

After 10h the counter is automatically reset to 0.

CARDIO-TRAINING EXERCISE

Cardio-training allows you to increase 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.

PHASES OF 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.

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.

PARTS OF THE BODY WORKED

The exercise bike provides an excellent kind of cardio-training activity. Training on this equipment is designed to increase your cardiovascular capacity. On this principle, you improve your physical condition, your endurance and you burn calories (an indispensable activity for weight loss in association with dieting).

Finally, the exercise bike allows you to tone the muscles in the legs and buttocks. The muscles in the calves and the lower abdominals are also worked.

USE

When just starting out, begin by training over several days with a slight resistance and pedalling speed, without forcing, and taking rest breaks as needed. Then progressively increase the frequency or duration of your exercise sessions.

Weight Maintenance/Warm-up: progressive effort starting at 10 minutes.

For a workout designed either to keep you in shape or for re-education purposes, you may train every day for around ten minutes. This type of exercise is designed to stimulate your muscles and joints or may be used as a warm-up to additional physical activity.

To increase the muscle tone of the legs, select a higher resistance and lengthen the exercise period.

Of course, you may vary the pedalling resistance throughout your exercise session.

Aerobic fitness workout: moderate effort for a fairly long period (35 min to 1 hour).

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the quantity

of energy consumed by the organism. Nevertheless, it is pointless to push yourself beyond your limits. It is the regularity of training that will allow you to obtain the best results.

Select a fairly weak pedalling resistance and exercise at your own rhythm, but at least for a period of 30 minutes. This exercise should raise a slight sweat but should under no circumstances leave you breathless. It's the duration of the exercise, at a slow rhythm, that will require your organism to draw its energy from your fat reserves provided that you pedal for more than thirty minutes, a minimum of three times a week.

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

This type of training targets significant reinforcement of the cardiac muscle and improved respiratory activity.

The resistance and/or speed of pedalling is increased so as to increase respiration during the exercise. The effort here is more sustained than for the maintenance workout.

As your training progresses, you will be able to sustain the effort for longer periods, at a faster rate or with a higher degree of resistance. You may train a minimum of three times a week for this type of training.

Training at a faster rate (anaerobic workout and workout in the red zone) is reserved for athletes and requires adequate preparation.

After each training session, take several minutes to pedal with diminishing speed and resistance in order to cool down and progressively bring the body to a state of rest.

WARRANTY

DOMYOS guarantees this product under normal conditions of use for 5 years for the structure and, for wearing parts and workmanship, 2 years from the date of purchase, as indicated by the date on the receipt. This warranty only applies to the initial purchaser.

The obligation of DOMYOS with regard to this warranty 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 returned to DOMYOS at one of its approved facilities (a DOMYOS store) transport prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:

- Damage caused during transport
- Improper or abnormal use
- Repairs made by technicians not approved by DOMYOS
- Use of the product in question for commercial purposes

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

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