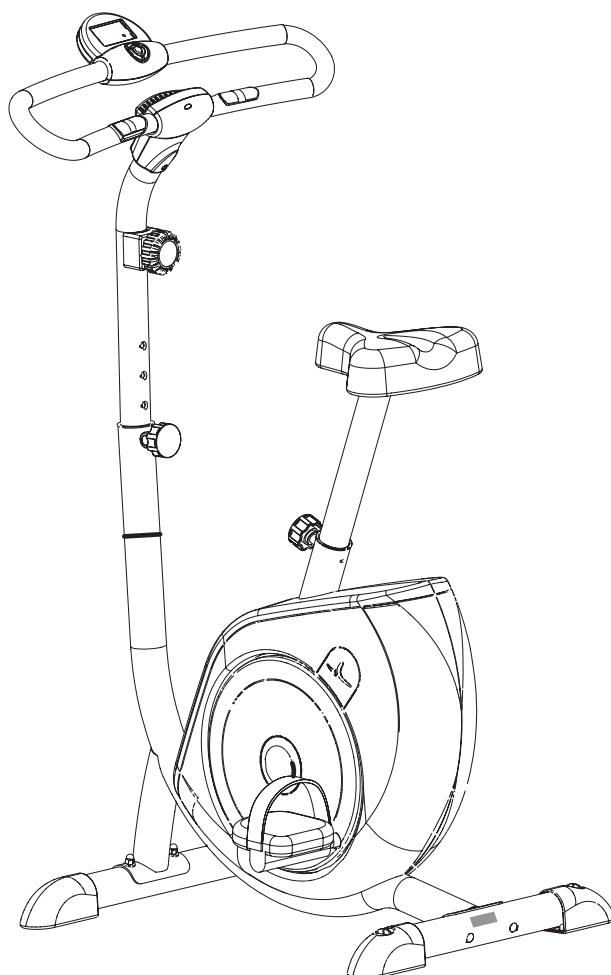


VM 460

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

MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
Инструкция по использованию
Οδηγίες χρήσης
使用说明书



D O M Y O S

VM 460

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Οδηγίες προς φύλαξη
请妥善保管说明书



D O M Y O S

decathlon
creation©

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

Réf. pack : 425.523 - CNPJ : 02.314.041/0001-88 合格品






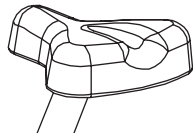
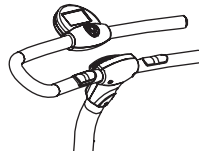


Réglez votre VM 460 à votre taille
How to adjust your VM 460 to your height
Cómo regular el VM 460 a su talla
Anpassung des VM 460 an Ihre Größe
Come regolare il VM 460 al proprio fisico
Hoe uw VM 460 aan te passen aan uw maat
Como ajustar o seu VM 460 ao seu tamanho
Dostosowanie regulacji VM 460 do wzrostu
A VM 460 beállítása az ön méretére

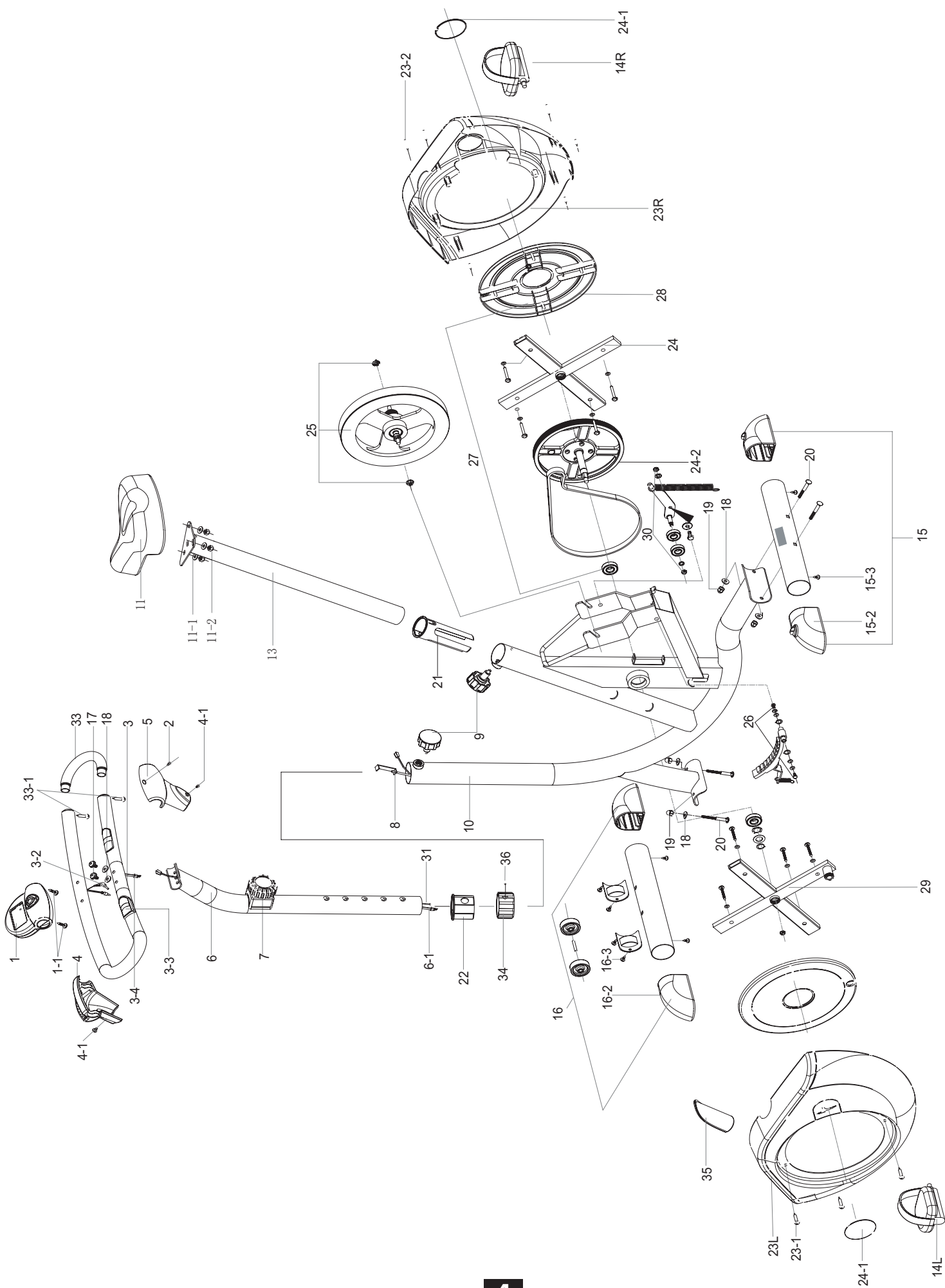
Настройка VM 460 производится в соответствии с ростом пользователя

Ρυθμίστε το VM 460 στο ύψος σας

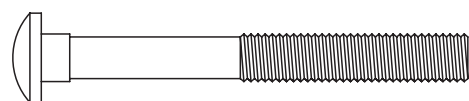
如何将您的 VM 460 调整到您的尺寸



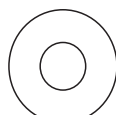
<div></div>				
				
	 ► 150 cm 4' 11"	XS	1	XS
	150 cm 4' 11" ↔ 157 cm 5' 2"		2	
	157 cm 5' 2" ↔ 163 cm 5' 4"	S	3	S
	163 cm 5' 4" ↔ 170 cm 5' 7"		4	
	170 cm 5' 7" ↔ 175 cm 5' 9"	M	5	M
	175 cm 5' 9" ↔ 180 cm 5' 11"		6	
	180 cm 5' 11" ↔ 186 cm 6' 2"	L	7	L
	186 cm 6' 2" ↔ 193 cm 6' 4"		8	
	193 cm 6' 4" ↔ 198 cm 6' 6"	XL	9	XL
	 ► 198 cm 6' 6"		10	



A



TRCC M8x75

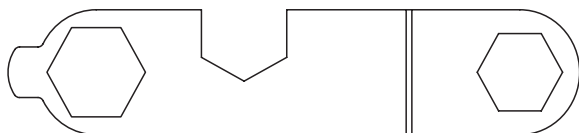


19X8X2

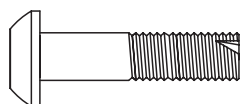


M8

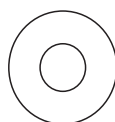
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B



M8X35



19X8X2

x2

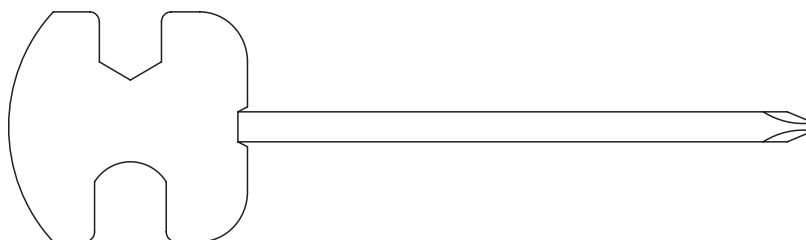


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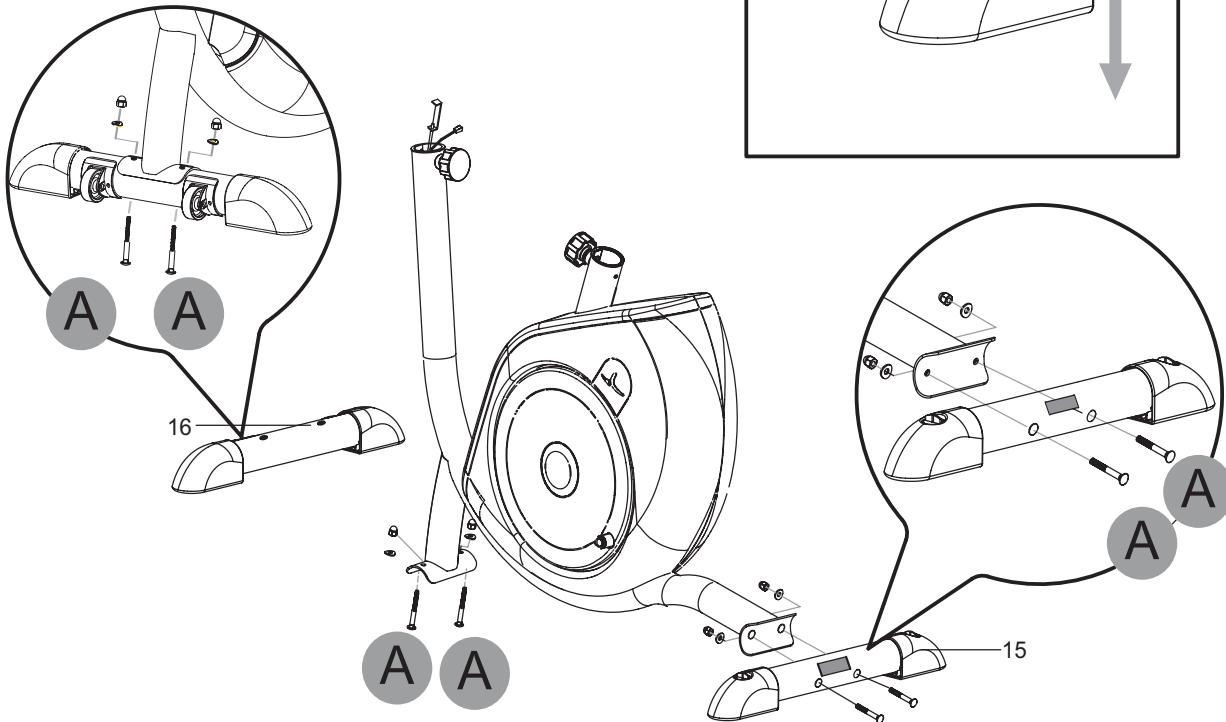
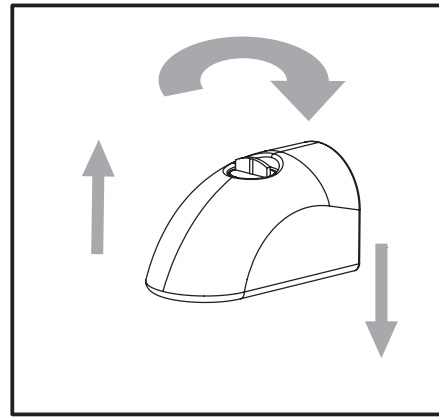
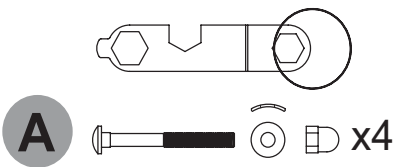


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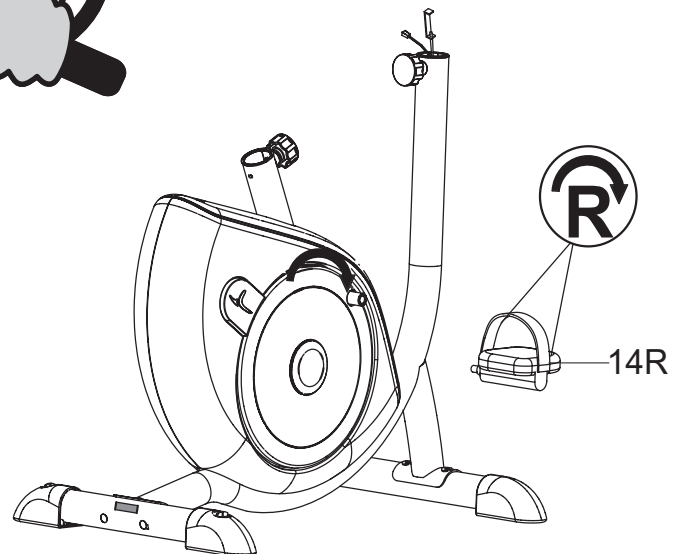
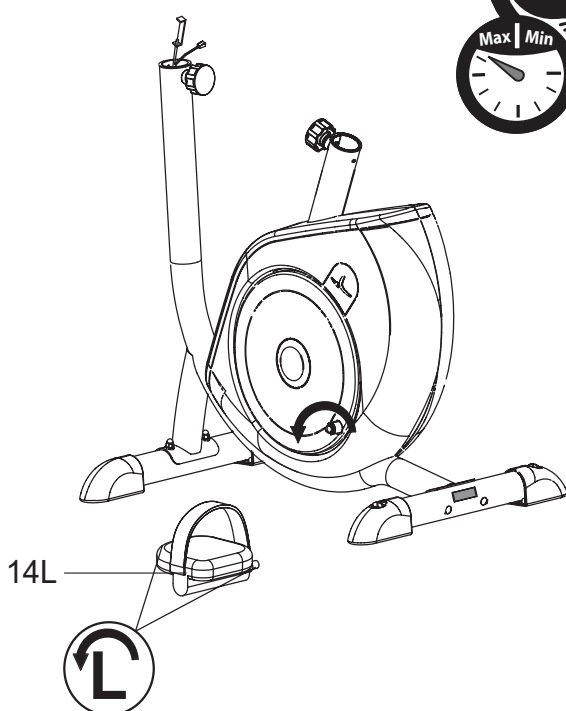
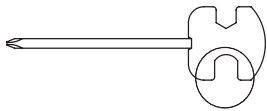
x1

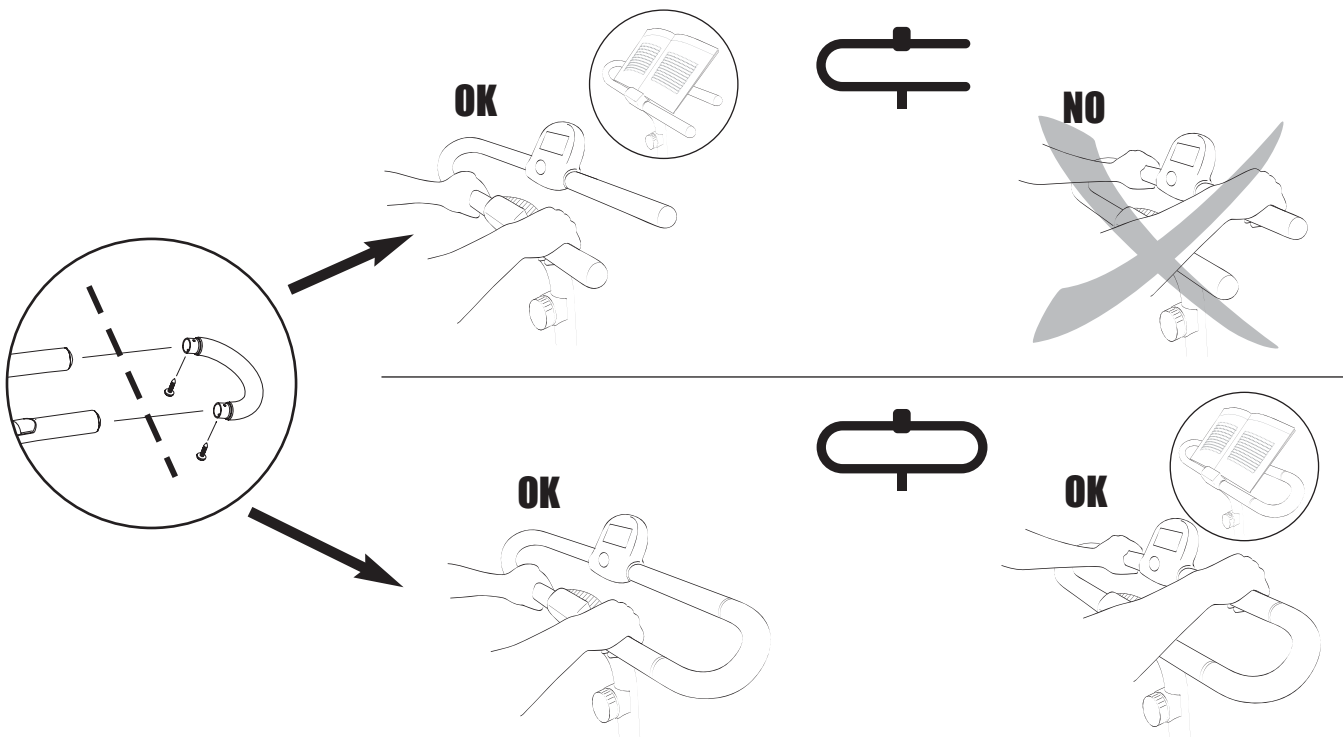
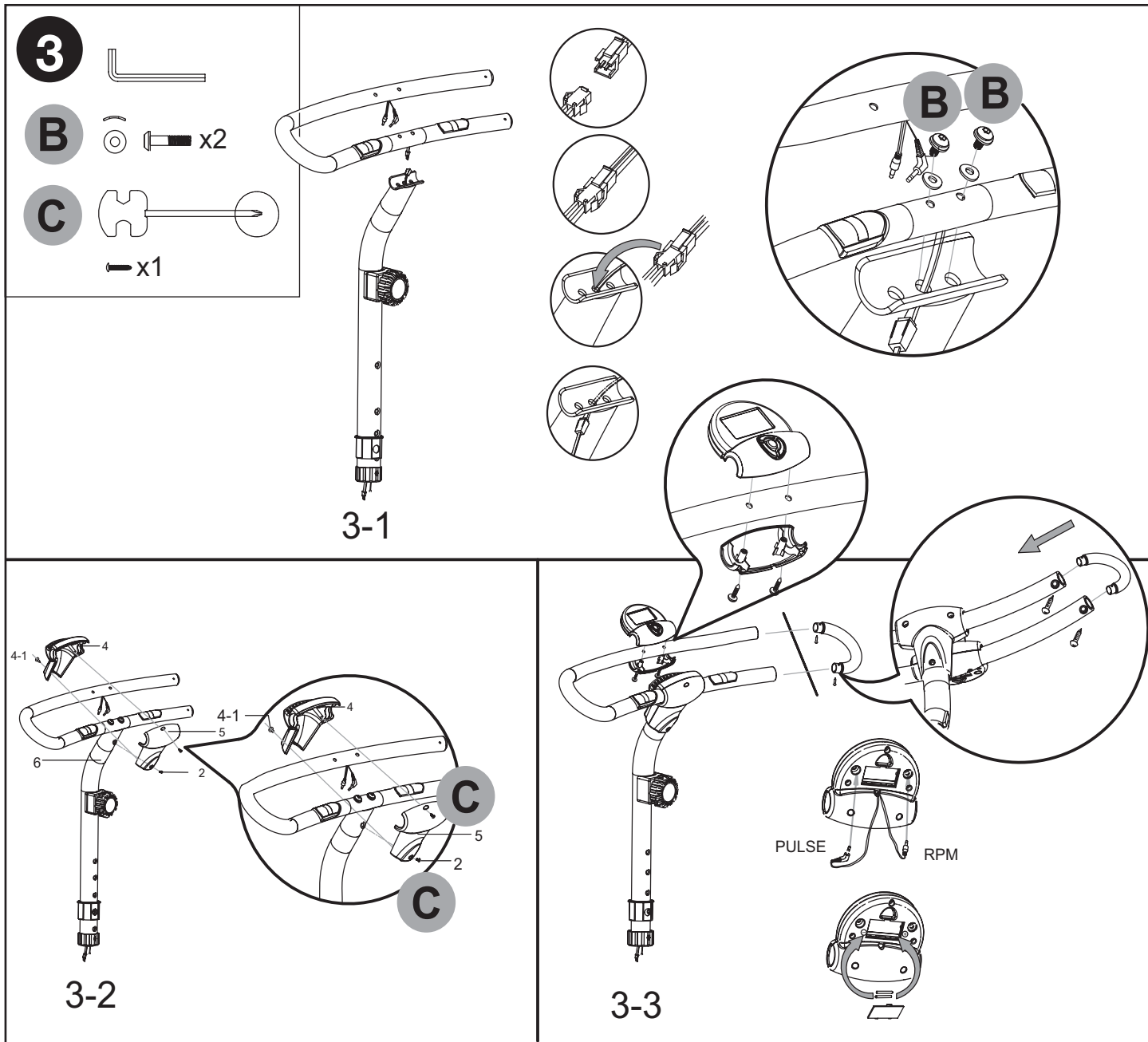


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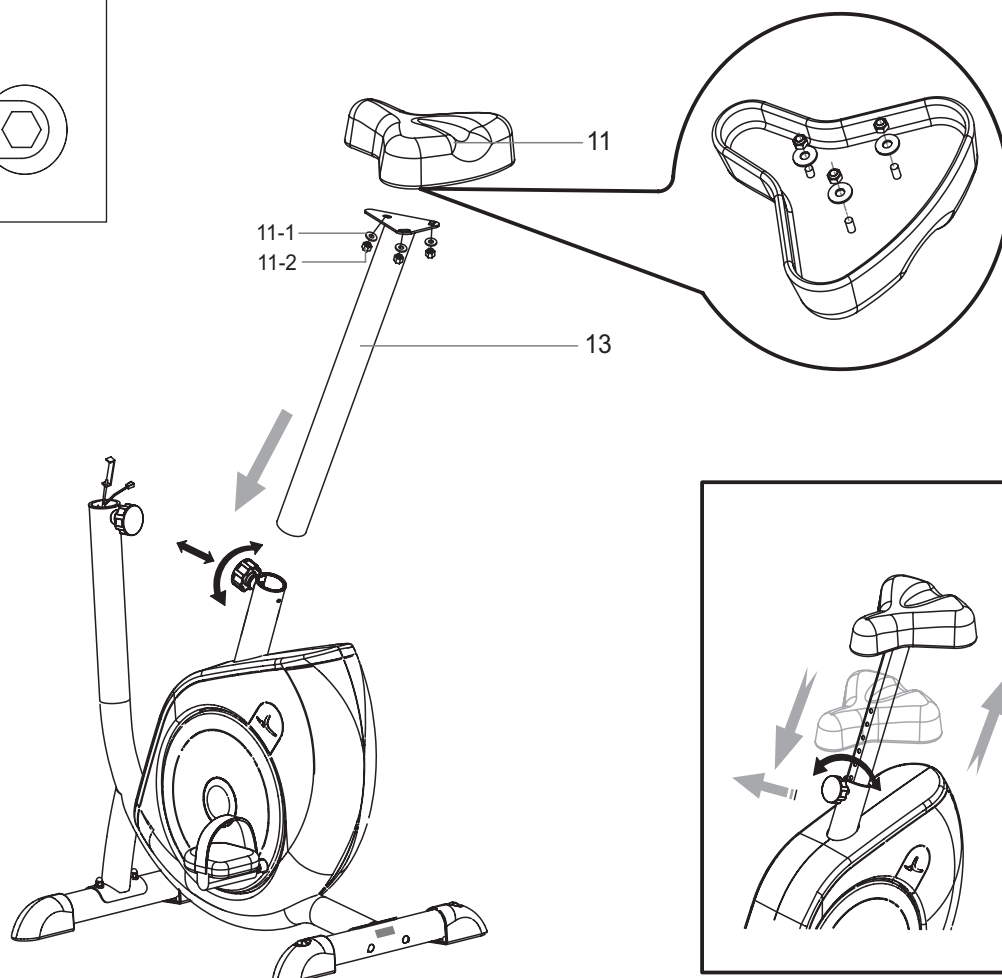
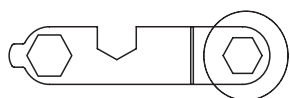


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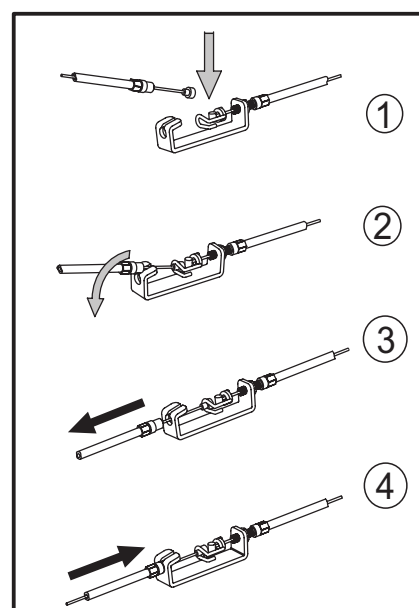
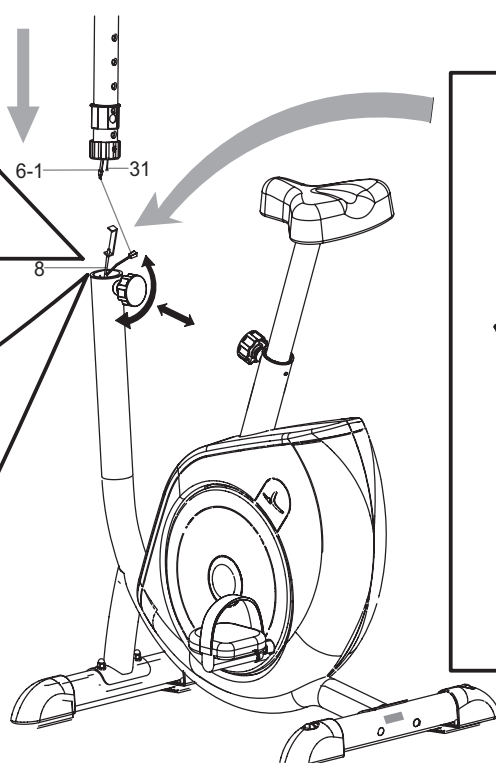
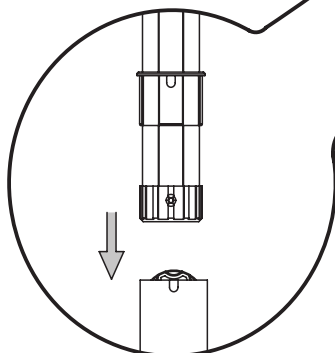
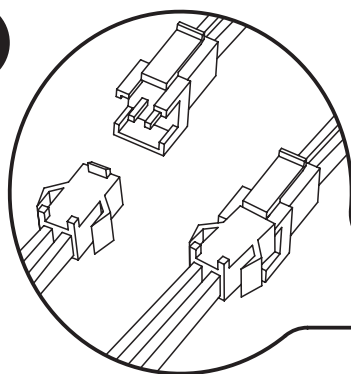




4



5



E N G L I S H

You have chosen a piece of fitness equipment by DOMYOS.

We thank you for your confidence in us.

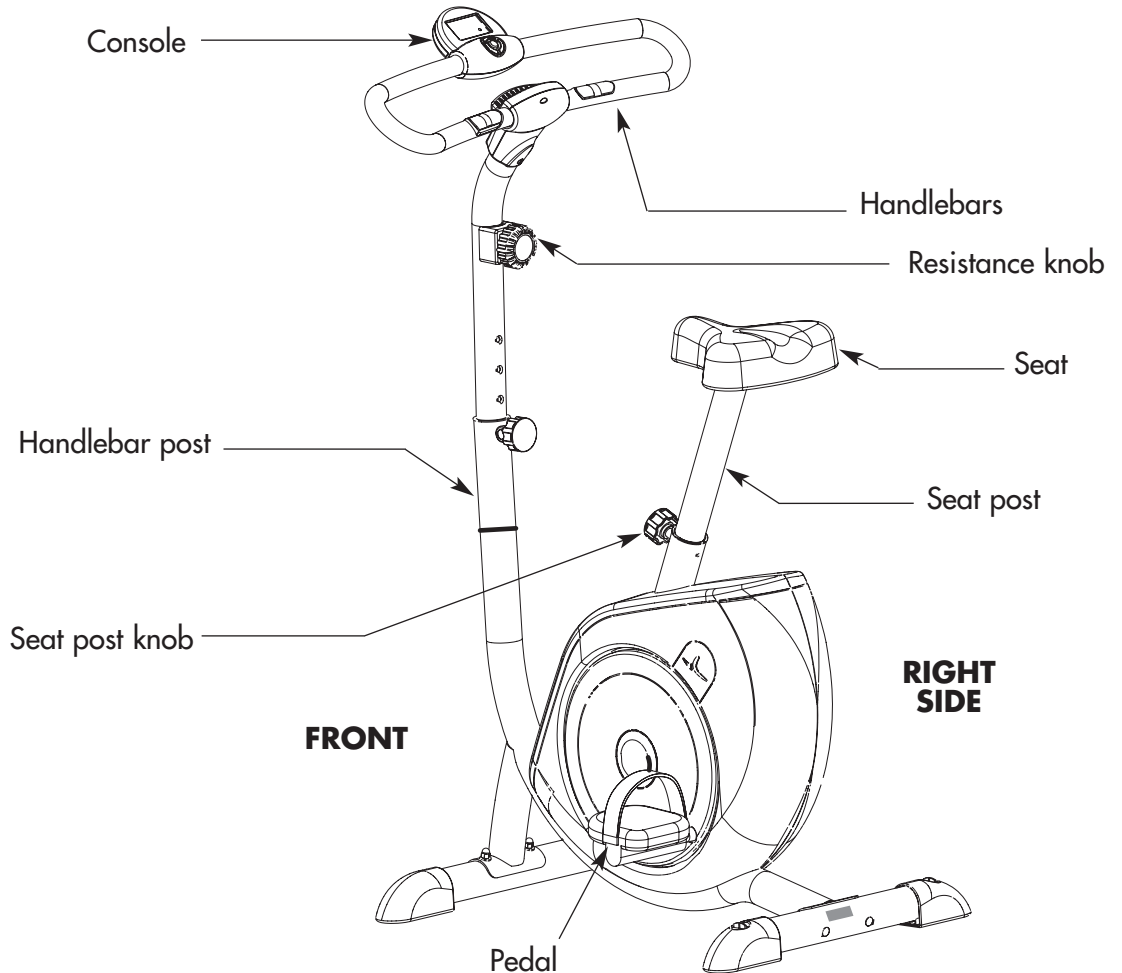
We have created the DOMYOS brand to provide a way for all athletes to train at home.

Our products are created by athletes for athletes.

We would be pleased to receive your comments and suggestions concerning DOMYOS products.

The team at your store and the DOMYOS product design department are ready to listen. If you would like to write to us, please send us an email at the following address: www.decathlon.com

We wish you successful training and hope that you will enjoy using this DOMYOS product.

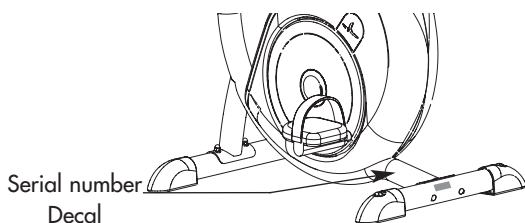


	VM 460	35 kg 77,2 lbs
	150 x 70 x 90 cm 59 x 27,6 x 35,4 inch	

Model N° : _____

Serial N° : _____

Write the serial number in the space above for future reference.



CAUTION

Read all warnings affixed to the product.

Read precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

PRESENTATION

The VM460 is a new generation exercise bike.

This bike places you in an anatomic position, the back straight and the arms in a resting position.

This product is equipped with magnetic transmission for greater pedaling comfort without jolts.

WARNING

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, American and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 5 classes HC / ASTM F1250 / 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. Use the product indoors, away from moisture and dust, on a level and solid surface and in a clear area. Be sure there is enough space for safe access to and passage around the product. Cover the floor beneath the product for protection.
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 VM460.
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: 110 kg – 242 pounds.
27. There should only be one person on the product during the exercise
28. Clean with a damp sponge. Rinse and dry thoroughly

WARNING

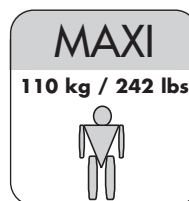
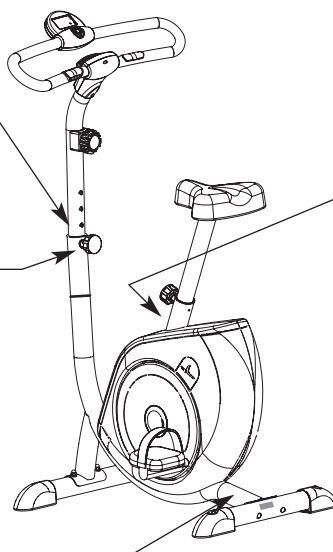
Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use.

The warning decals shown on this page have been placed on the product in the locations shown below. If a decal is missing or illegible, please contact your nearest DECATHLON store and order a free replacement decal. Place the decal on the product in the location shown.

Product in accordance with
EN 957 class HC, ASTM F 1250 class B, GB17498,
not suitable for therapeutic purposes.

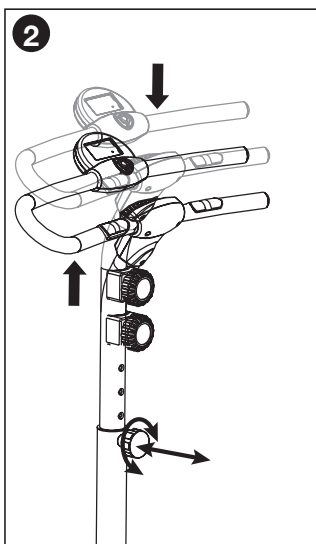
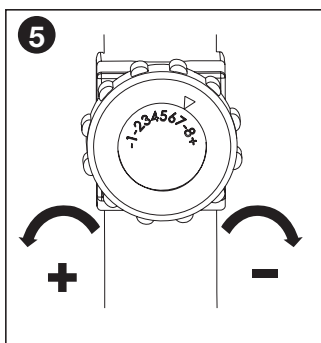
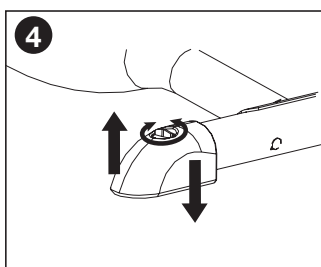
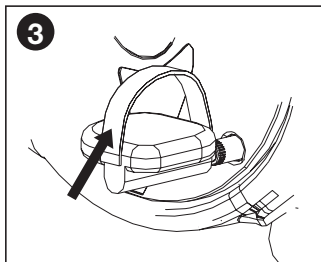
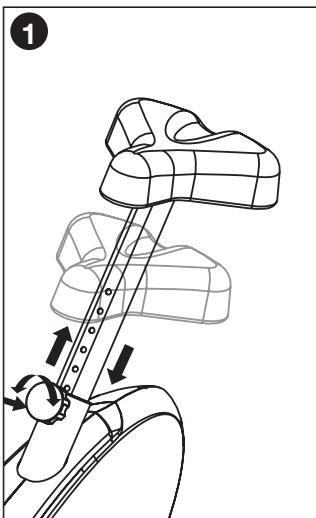
⚠ WARNING

- 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.



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

For effective exercising, the seat should be at the proper height. As you pedal, there should be a slight bend of the knees when the pedals are at the lowest position. To adjust the seat, first hold the seat and loosen the seat post knob. Align one of the holes in the seat post with the hole in the frame tube. Insert the seat knob into the frame and the seat post, and tighten the seat knob into the frame.

CAUTION :

- Be sure to insert the seat post knob through one of the holes in the seat post, and firmly tighten the seat post knob.
- Never exceed the maximum saddle height.

2 HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar's height, hold it and loosen the button on the main frame. Align to the desired height, one of the holes of the handlebar holder tube with that of the main frame. Put back the button and tighten it.

ATTENTION :

- Make sure of the setting in place of the button in the handlebar holder tube and lock tightly.
- Never overshoot the handlebar holder tube's maximum height.

3 HOW TO ADJUST THE PEDAL STRAP

To adjust the pedal strap, first release the brake system under the pedal. Adjust the strap to the desired position and then press the brake to block the strap.

4 HOW TO LEVEL THE BIKE

If the bike rocks during use, turn one or both plastic caps at the end of the back foot until the rocking stops.

5 SETTING THE RESISTANCE

The brakes system and the resistance are coupled with the pedaling speed.

The resistance setting is done with the knob indexed from 1 to 8. Position 1 corresponds to the least resistance and position 8 to the highest resistance.

You can adjust the resistance while pedaling.

VM 460 METER

SWITCHING ON

To switch on the computer, press any key or start cycling.

KEY FUNCTIONS

MODE :

Press "MODE" to select the display of the function you want to see appear on the main screen. The selected function flickers in the lower field.

SET (SETTINGS) :

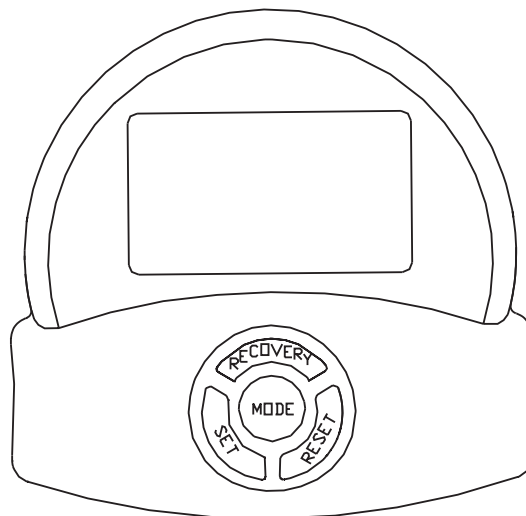
Use this key and "Mode" to set the Time, Distance, Calories or Pulse.

RESET (ZERO RESET) :

Use this key and the MODE key to reset the Time, Distance, Calories or Pulse to "0". Keep the "Reset" key pressed for 4 seconds to reset all the functions to "0".

RECOVERY (RECUPERATION) :

Press this key after your exercise, place both hands on the 2 pulsation sensors for a minute and the monitor will display your heart-rate recovery status on a one minute "recovery" rate.



FUNCTIONS / SCREEN DISPLAY

STOP :

Displays as soon as you stop pedaling. Indicates that the console does not receive a signal from the pedals.

SCAN :

Displays as soon as you start pedaling. The main screen's display automatically passes on each function for 6 seconds: speed => RPM => time (length) => distance (covered) => calories (lost) => pulse (pulsations).

SPEED :

Displays the present speed. From 0.00 to 99.9 km/h (or miles/h for products sold in the US)

RPM :

Displays the present pedaling rate (in rpm). The rate and speed display passes from one to the other every 6 seconds throughout the exercising.

TIME :

Adds up the total length of the exercise from 00:00 to 99:59. You can preset the training length before exercising: with the MODE key, select the TIME window, and by pressing the SET key you can set the length of the exercise minute by minute from 0 to 99 minutes. Start the exercise, and the countdown begins. As soon as your time aim is reached, the monitor's alarm rings for 8 seconds. If you choose to continue exercising, the time will start incrementing immediately.

DISTANCE :

Accumulates the distances covered during the exercise from 0 to 9999 km (miles for products sold in the US). You can preset the distance to cover during the training before exercising. The setting is done in the same way as for the length of the exercise. (Incrementing per 0.5 km or miles)

CALORIES :

Accumulates the total calories lost during the exercise from 0 to 9999 km (miles for products sold in the US). You can preset the number of calories to lose during the training before exercising. The setting is done in the same way as for the length of the exercise. (Incrementing per 10 calories)

PULSE (pulsations) :

instantly indicates your heart-rate (in heartbeats per Minute) when you place your hands on the 2 pulsation sensors. You can also set the heart-rate not to be overshoot during your exercise (from 30 to 240 PPM). If you overshoot the frequency, the monitor's alarm starts ringing.

CAUTION: the pulsation sensors issue estimations; they can in no case be considered as medical implements.

CHARACTERISTICS OF THE RECUPERATION FUNCTION :

Press the Recovery key after having done your training.

Place both hands on the pulsation sensors; the counter displays one minute (00:60) and starts a countdown. The computer measures your heart-rate frequency during that minute and displays your heart-rate frequency's recuperation status after that minute. The LCD screen displays the following: F1, F2, F3, F4, F5 or F6.

F1: Your physical condition is above average.

F3: You have a good physical condition.

F6: Reduce your training resistance level the next time, exercise at a lower resistance level for the next 30 to 60 days.

CAUTION: this is an estimation and should not be taken as a medical caution.

SET YOUR AIMS

You can set your "aims" either for the TIME, the DISTANCE, the CALORIES or the PULSATIONS.

For example, if you set a CALORIES aim of 100, at the start of the exercise, you will notice the CALORIES display countdown from 100 to 0.

We advise you to set only one aim (TIME or DISTANCE or CALORIES) per exercise.

Note that, if no aim is set for (TIME, DISTANCE and CALORIES) and that all the aims are at 0, all these values will go increasing, as soon as you start cycling.

When an aim is reached during your exercising, the display flickers and the monitor's alarm rings for 8 seconds, specifying that your training is finished.

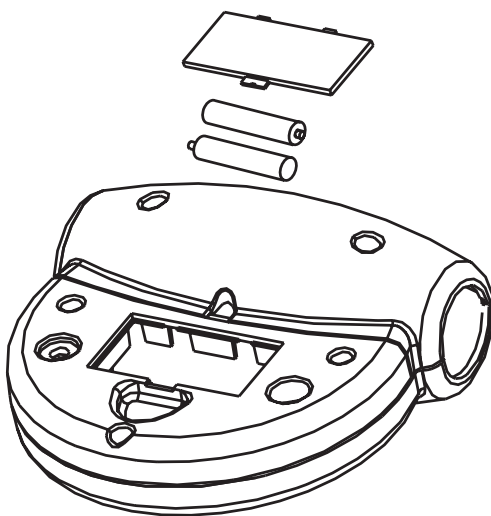
AUTOMATIC STOP

If no signal is received from the pedals for five minutes, the console switches off.

SPECIFICATIONS

FUNCTION	Time	0:00-99:59
	Distance	0.01-99.99 KMS or Miles
	Current SPEED	0.0-99.9 KPH or MPH
	Pulse Rate	30-240 beats per minute
	Calorie	0.1-99.9K.Cal
DISPLAY		Liquid crystal type
CONTROLLER		4 bit Single chip microprocessor
SENSOR		No-contact magnetic type
POWER SOURCE		Requires 2 type AA or UM-3 batteries
OPERATING TEMPERATURE		0°C ~ +40°C (32°F ~ 104°F)
STORAGE TEMPERATURE		-10°C ~ +60°C (14°F ~ 140°F)

HOW TO REMOVE BATTERY



1. Pull off the battery cover and place two SIZE-AA or UM-3 batteries into the battery housing on the back of the monitor, please refer to the illustrations below.
2. Make sure the batteries are correctly positioned and battery springs are in proper contact with the batteries.
3. Install the battery cover and ensure it is tightly closed.
4. If the display is illegible or only partial segments appear, please remove the battery; wait for 15 seconds, then reinstall it.
5. The batteries life is approx. two months under normal use.
6. Removing the batteries will erase the computer's memory.
7. Take old batteries to the recycling centers intended for that purpose.



RECYCLING:

The 'crossed out dustbin' sign means that this product and its batteries cannot be thrown out with domestic waste. They should be treated apart. When you have finished with them, drop them at an authorised collection point so they can be recycled. This gesture will go towards protecting the environment and your health.

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 cardio-vascular 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.

USAGE

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.

TRADE 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 DECATHLON 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

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

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.

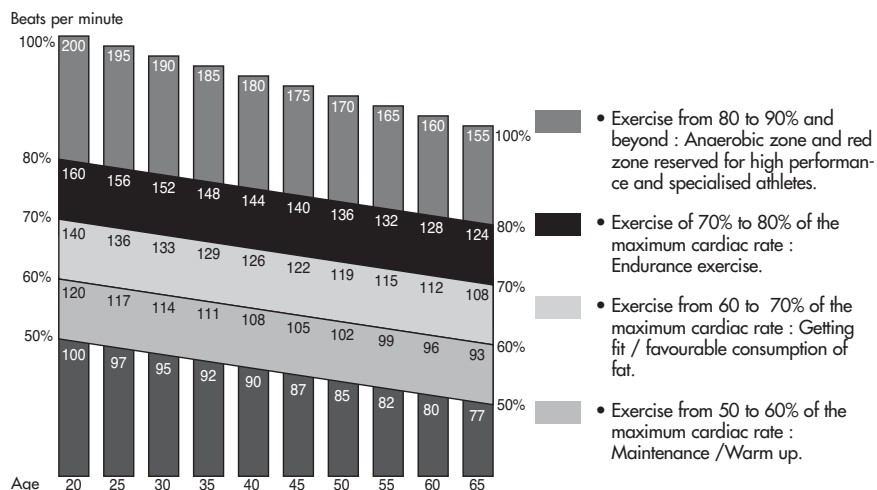
C Slowing down

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.**