

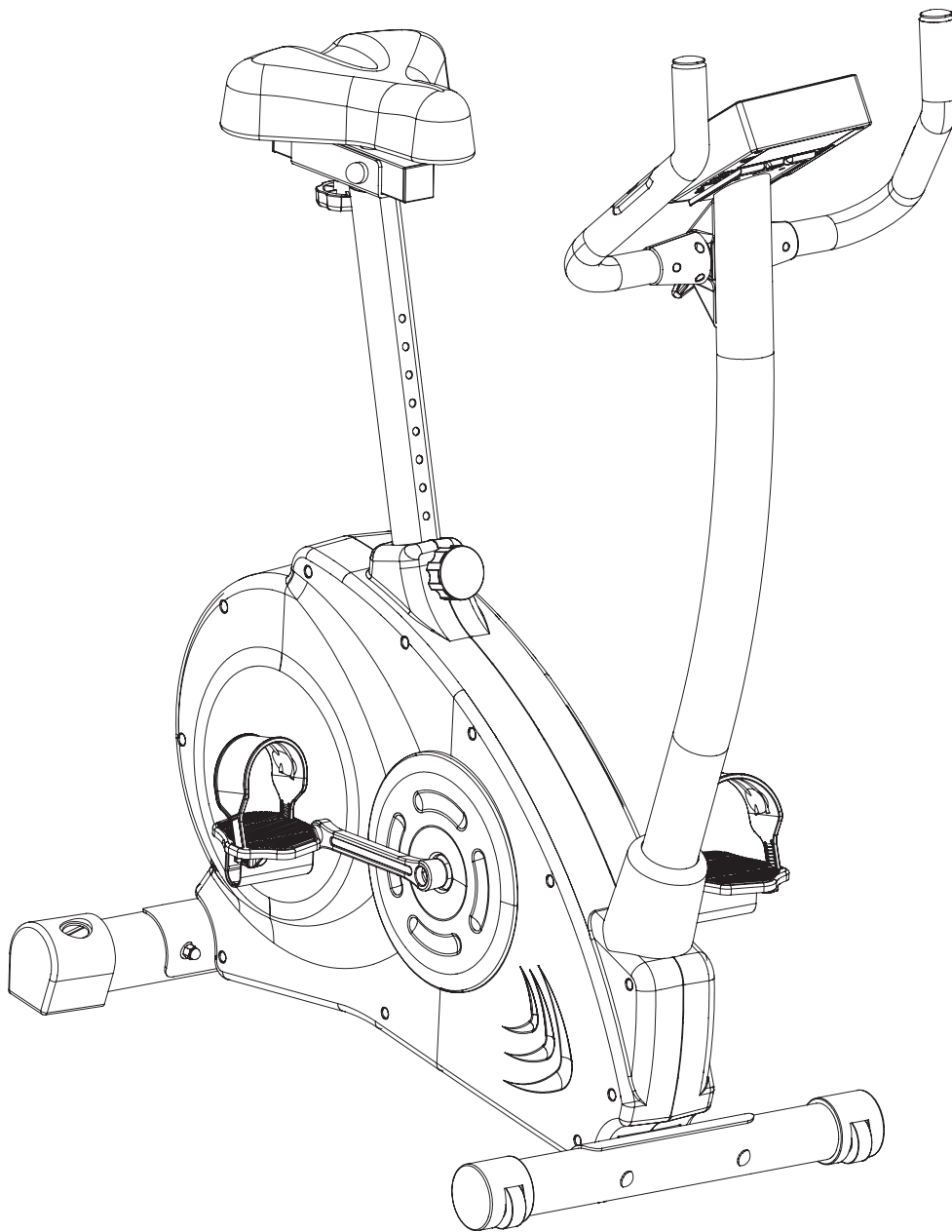
# VM 740



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

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

**HASZNÁLATI ÚTMUTATÓ**  
**ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ**  
**ΟΔΗΓΙΕΣ ΧΡΗΣΗΣ**  
**使用说明书**



**D O M Y O S**

---

# VM 740



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  
**Οδηγίες χρήσης για φύλαξη**  
请妥善保存说明书

Réalisation : EVOLUTION + 32 / 69 250 500



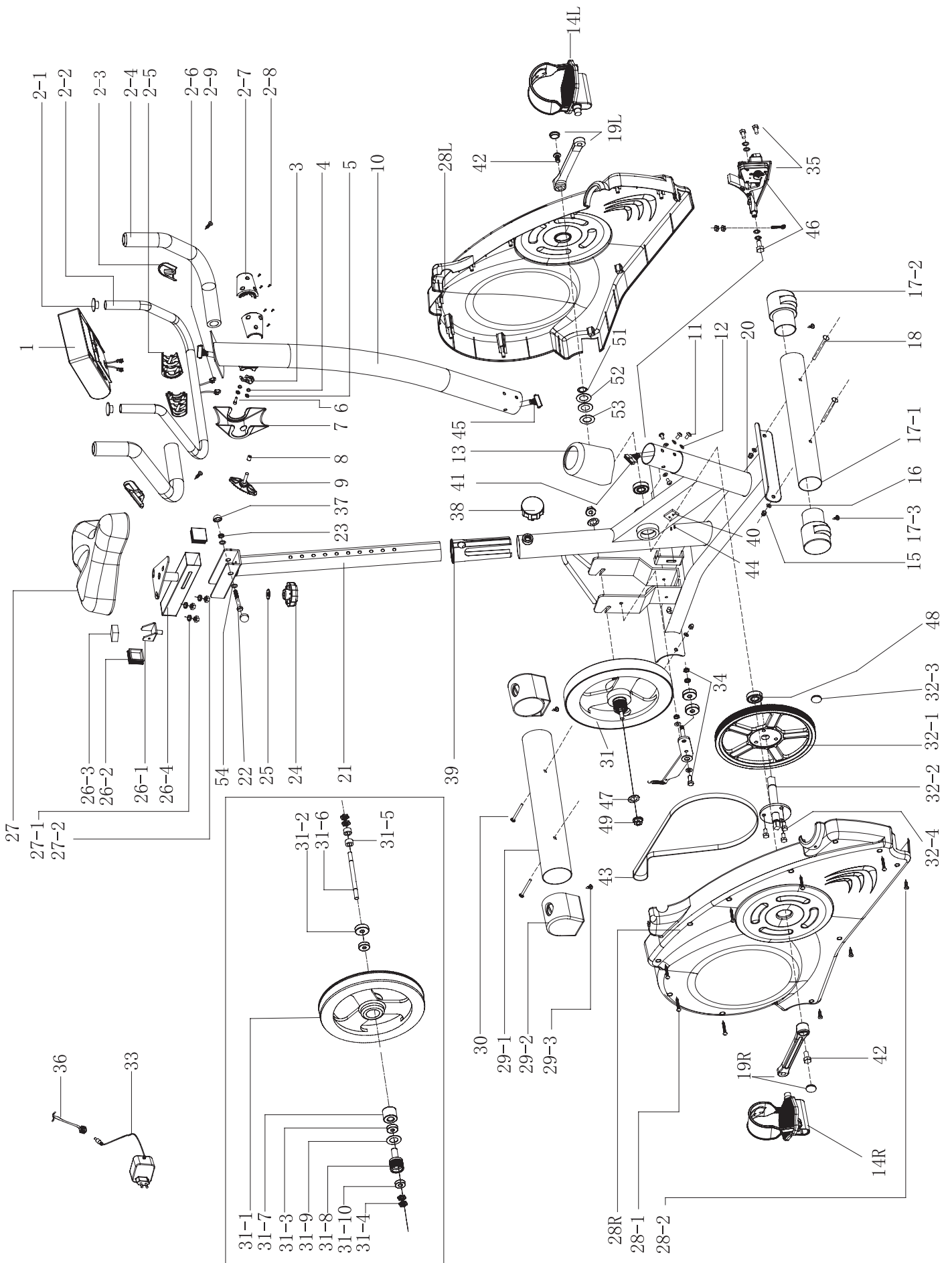
decathlon  
creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France  
[www.decathlon.com](http://www.decathlon.com) Made in China - Hecho en China - 中国 制造 - Произведено в Китае

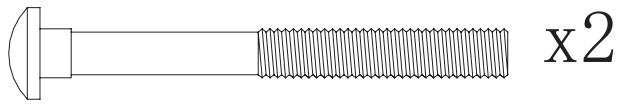
Réf. pack : 0672.539 - CNPJ : 02.314.041/0001-88 合格品



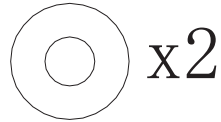
**MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING  
 • MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • ΣΥΝΑΡΜΟΛΟΓΗΣΗ  
 • MONTARE • MONTÁŽ • MONTÁŽ • 安装**



**A**



x2



x2

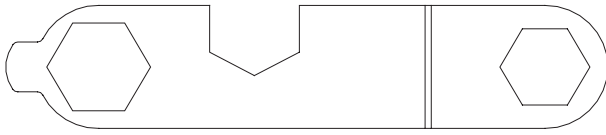


x2

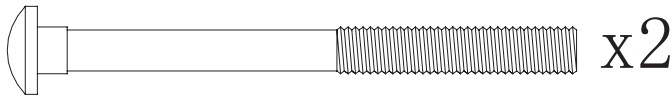
⑱ M8xP1.25x75L

⑯ 8\*19\*2T

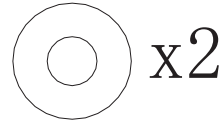
⑮ M8



**B**



x2



x2

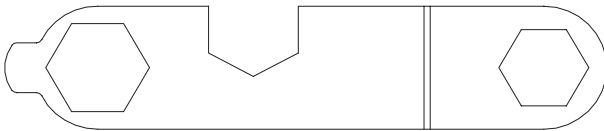


x2

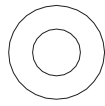
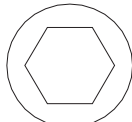
⑳ M8xP1.25x90L

⑯ 8\*19\*2T

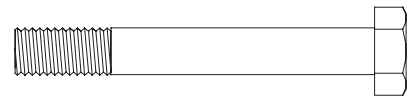
⑮ M8



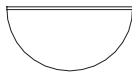
**C**



x2



x1

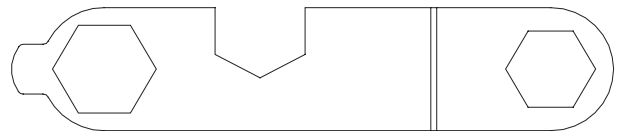


⑳

⑤④ 8\*2t

⑲ M8

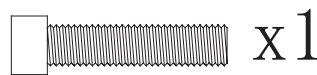
⑳ M8xP1.25x60L



**D**



x2



x1



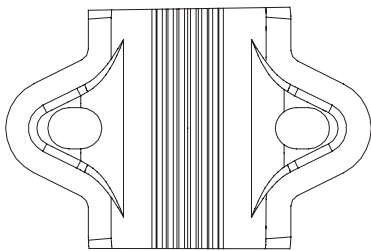
x1

⑤ 7\*2t

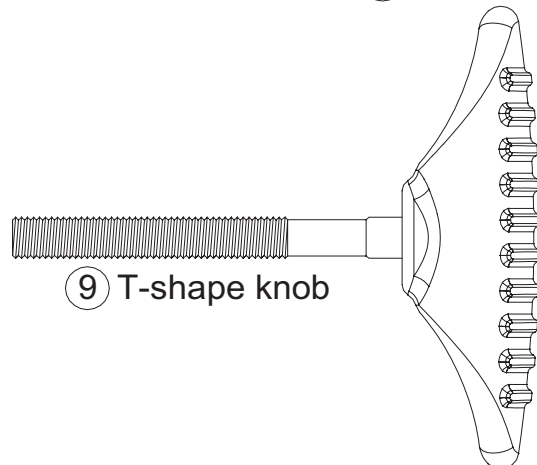
④ 7\*12\*1T

⑥ M7\*P1.0\*30mmL

⑧ 7\*12\*40mmL



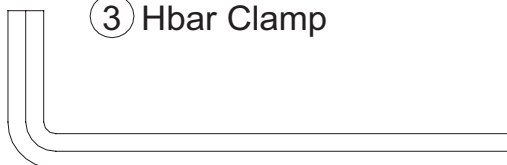
x1



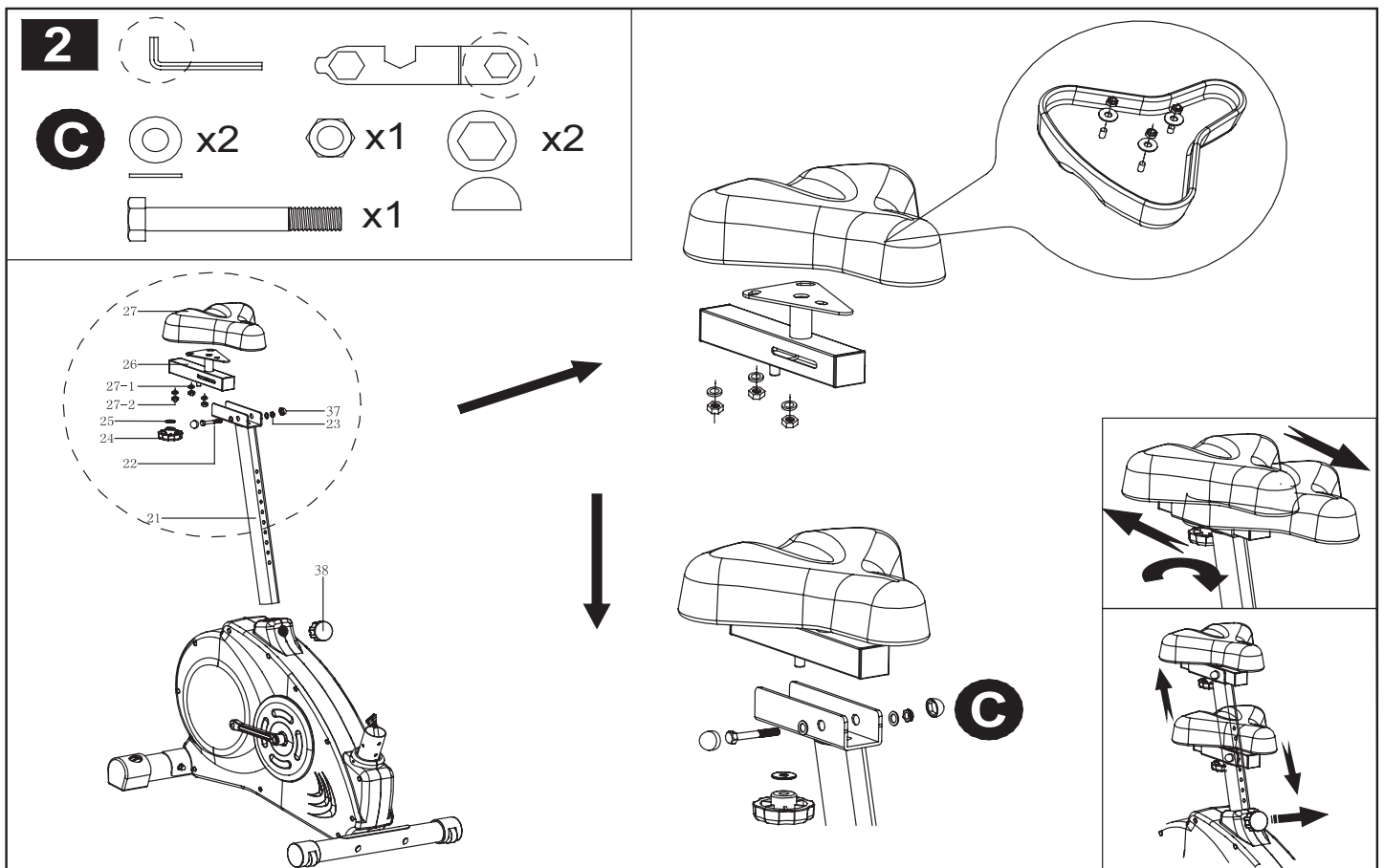
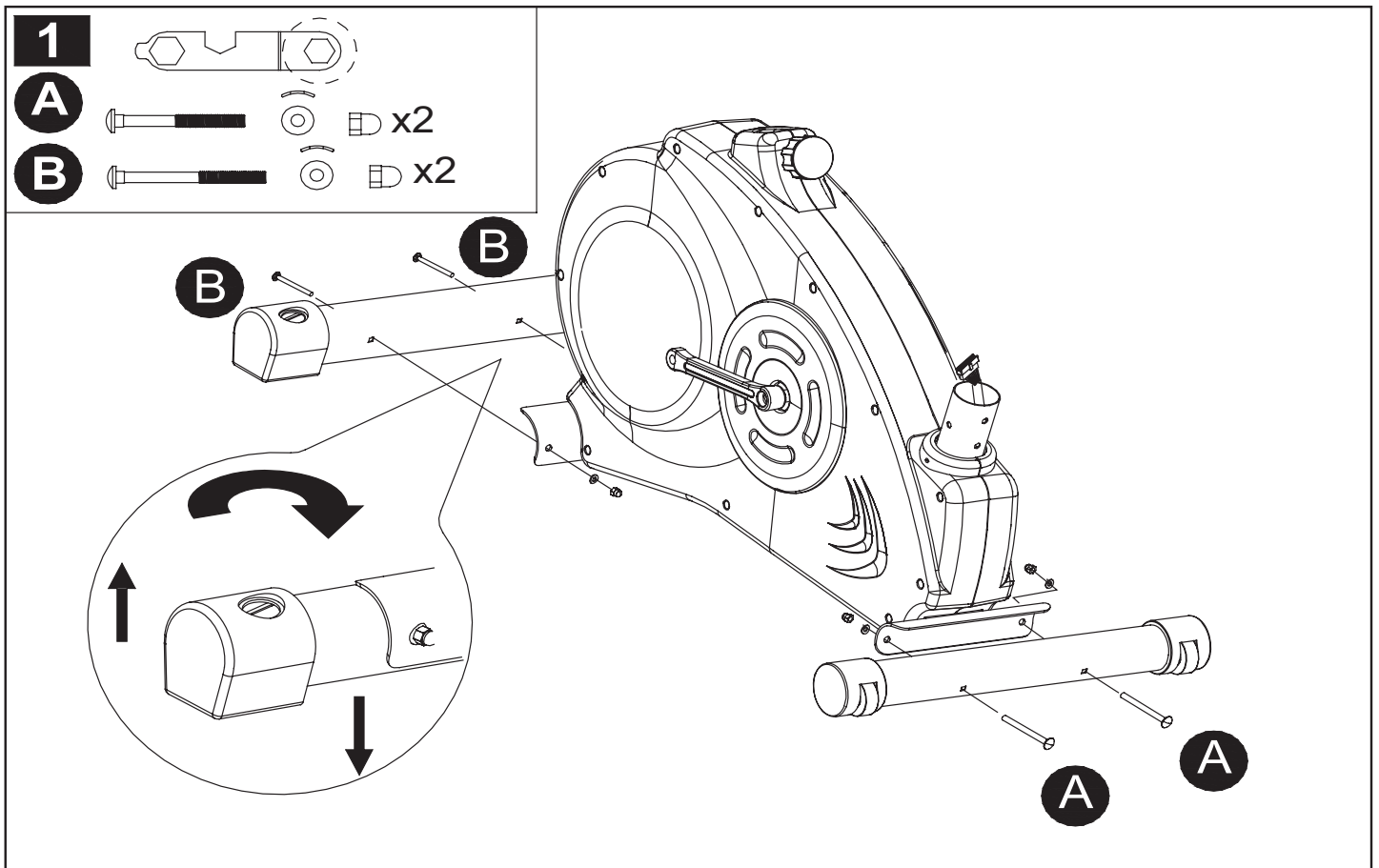
x1

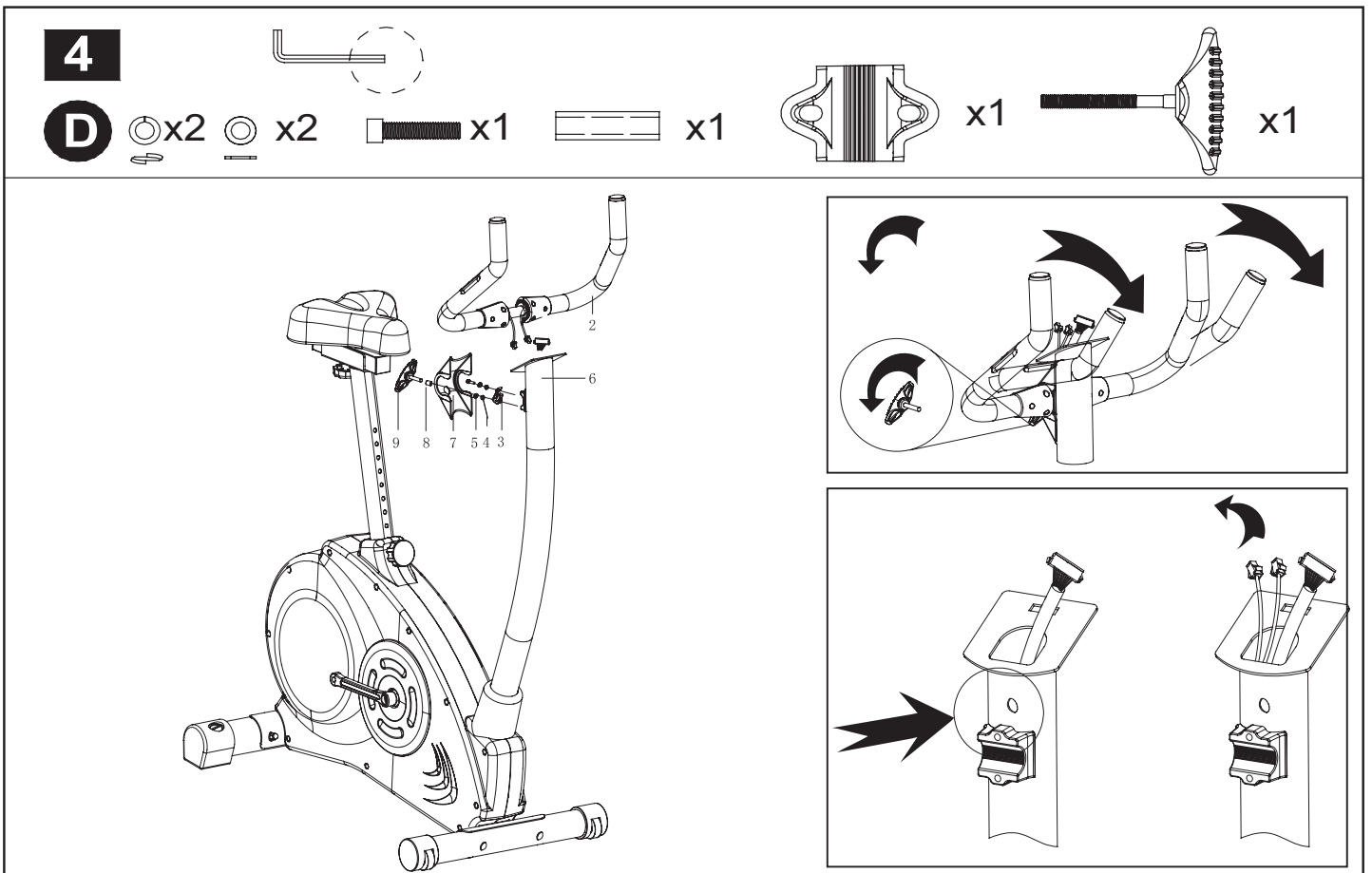
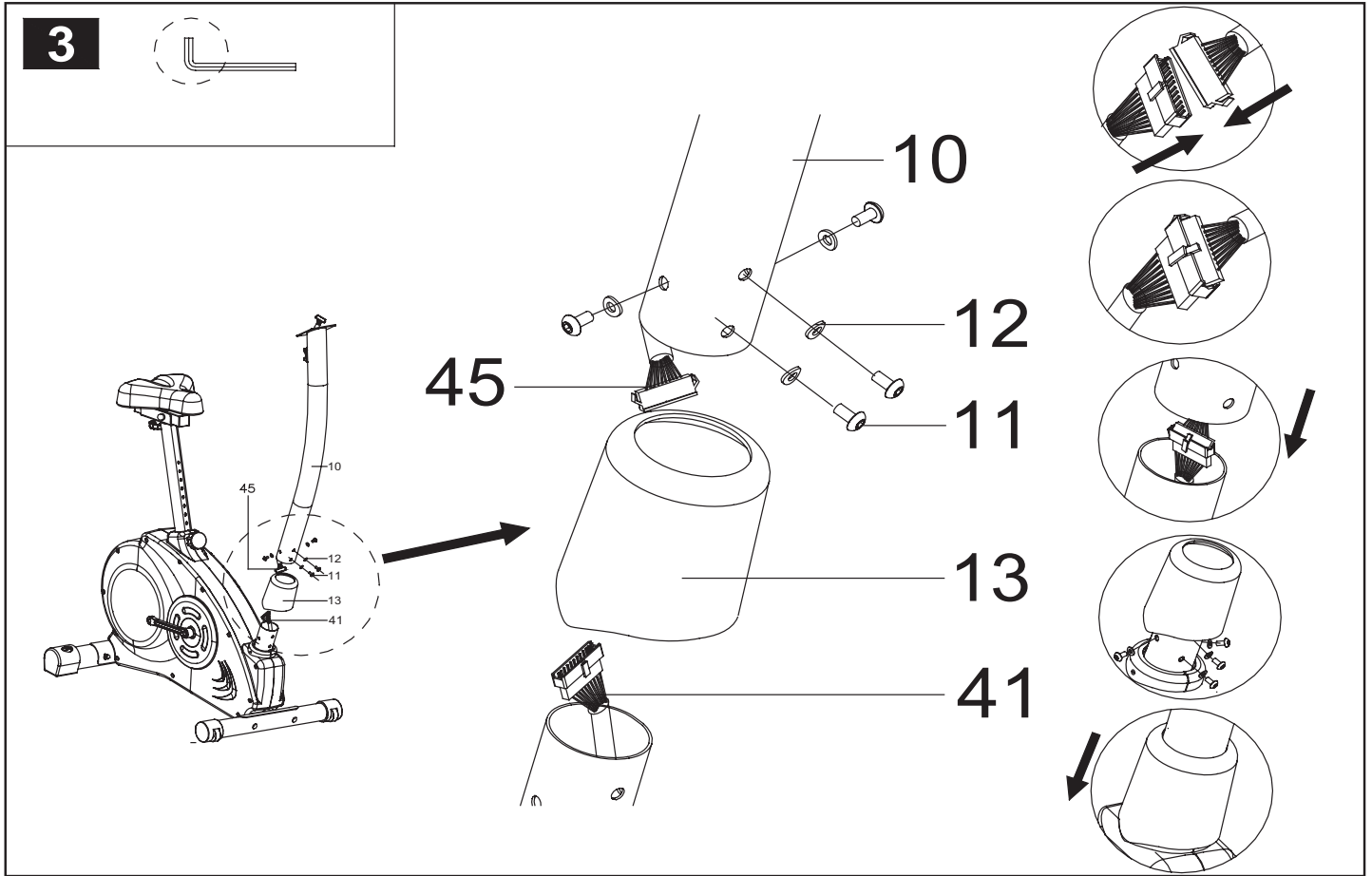
③ Hbar Clamp

⑨ T-shape knob

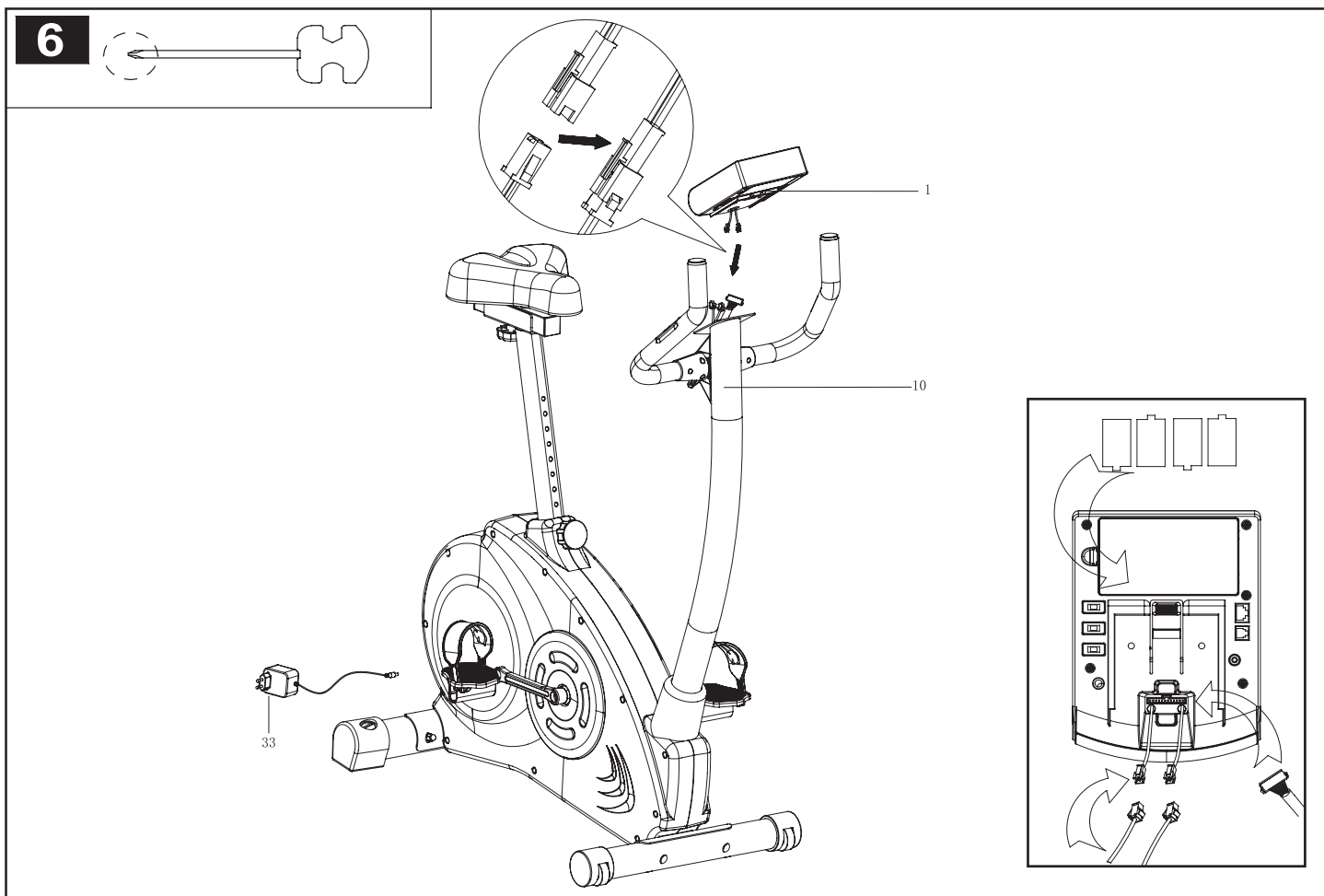
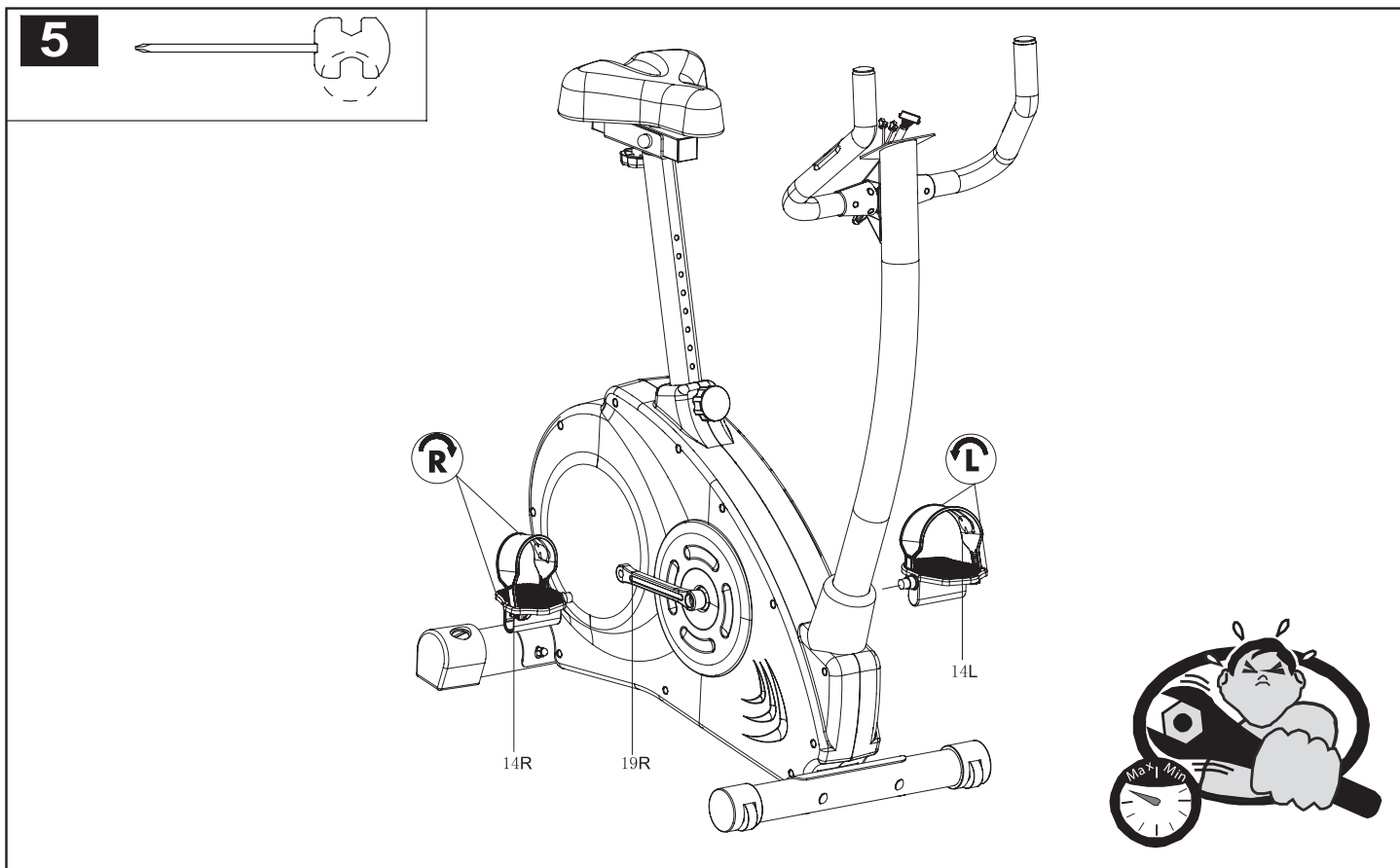


**MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING  
 • MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • ΣΥΝΑΡΜΟΛΟΓΗΣΗ  
 • MONTARE • MONTÁŽ • MONTÁŽ • 安装**





**MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING  
• MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • ΣΥΝΑΡΜΟΛΟΓΗΣΗ  
• MONTARE • MONTÁŽ • MONTÁŽ • 安装**



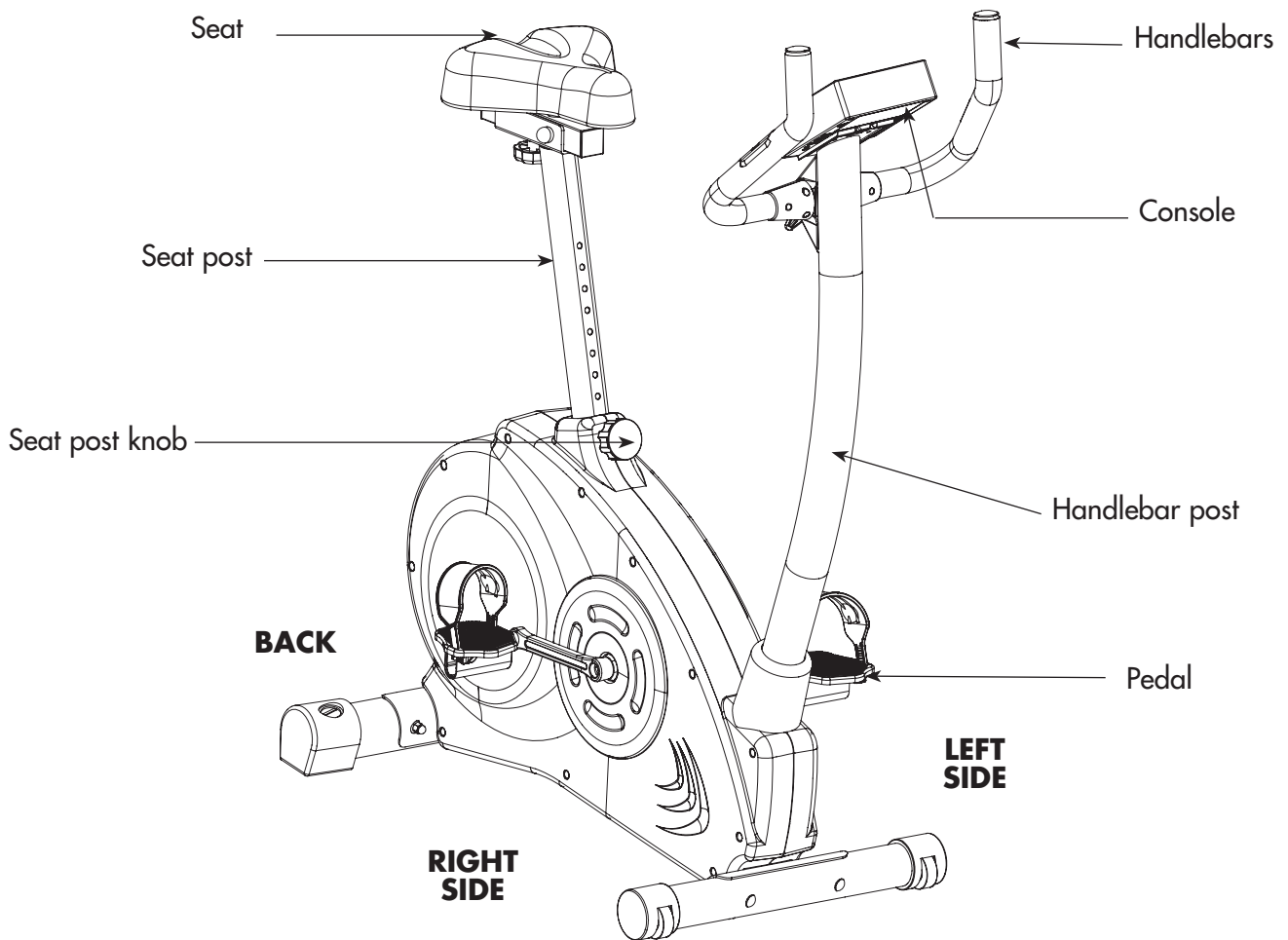
# E N G L I S H


**This product is DIS (Domyos Interactive System) compatible**

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

We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments and suggestions about DOMYOS products. To this aim, the staff at your local store and the DOMYOS design department are at your disposal.

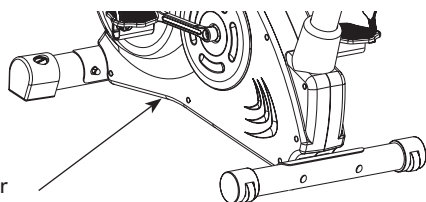
If you wish to write to us, you can send us email at the following address: [domyos@decathlon.com](mailto:domyos@decathlon.com)  
We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.



	<b>VM740-3</b>	33,25 kg 73 lbs
	132 x 102 x 54 cm 52 x 40 x 21 inch	

**FRONT**

**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 VM740 is a new generation stationary fitness bicycle.  
This bike allows you to measure your pedaling power in watts.  
This product is equipped with magnetic transmission for greater pedaling comfort without jerks.

## WARNING

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

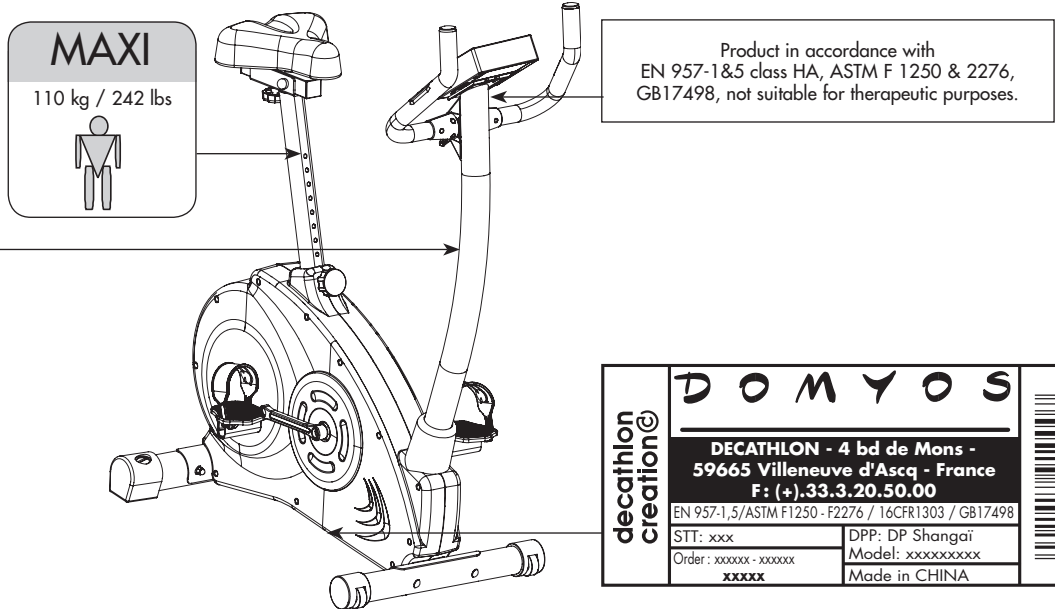
1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. This appliance is in compliance with European, American and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 5 classes HA / ASTM F1250 & 2276 / 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 VM740.
19. Keep your back straight when using the product. Do not arch your back.
20. Since a variety of different factors may affect the accuracy of the heartbeat sensor and the body fat monitor, this equipment is not to be considered as medical equipment. The heartbeat sensor will only help you to determine the normal variations of your heart rate. Likewise, the body fat monitor will only assist you in verifying your body fat levels.
21. Pregnant women are not advised to use the product. Please consult your doctor before using it.
22. Always hold the handlebar when getting on, getting down, or using the product.
23. Care should be taken mounting/dismounting the exercise bicycle.
24. When you stop exercising, allow the pedals to slowly come to a stop.
25. Maximum user weight: 110 kg – 242 pounds.
26. There should only be one person on the product during the exercise
27. 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.

# E N G L I S H

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.

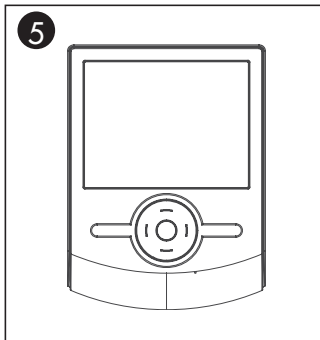
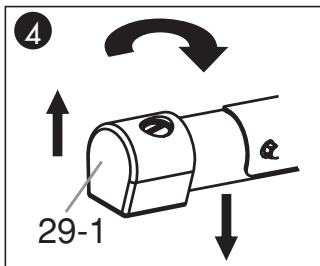
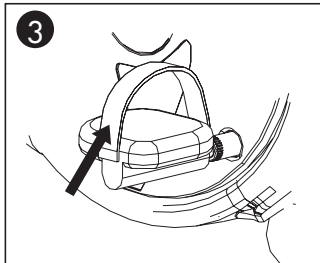
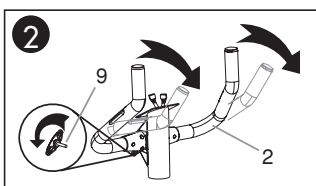
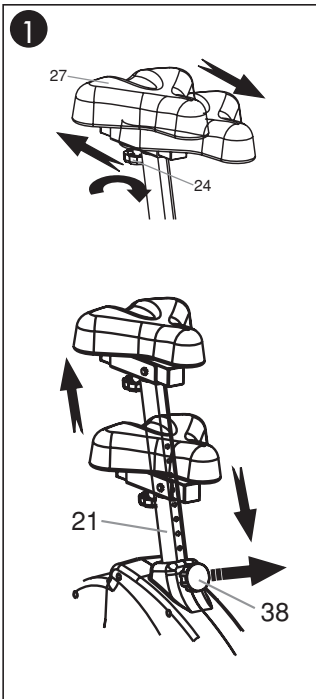


**⚠ WARNING**

- 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 SEAT POSITION

To ensure effective exercise, the seat must be at the correct height. When you pedal, your knees should be slightly bent when the pedals are at their lowest position.

To adjust the seat (27), hold the seat and turn the knob (38) on the seat tube. Align one of the holes on the seat post (21) with a hole on the seat tube. Replace the knob (38) and retighten. It is also possible to adjust the horizontal position of the seat. Whilst holding the seat (27), loosen the fastening knob (24), adjust the position of the seat and fully retighten the fastening knob (24).

#### WARNING :

- Ensure that the knob is replaced correctly in the seat tube and that it is fully retightened.
- Never extend the seat above its maximum height.
- Do not sit on the seat unless the fastening knob is correctly tightened.

### 2 HOW TO ADJUST THE HANDLEBARS

To adjust the handlebars (2), loosen the knob (9), adjust the position of the handlebars and retighten the knob.

### 3 HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, loosen the brake system, adjust the strap to your desired position and then retighten the brake system.

### 4 LEVELLING ADJUSTMENT

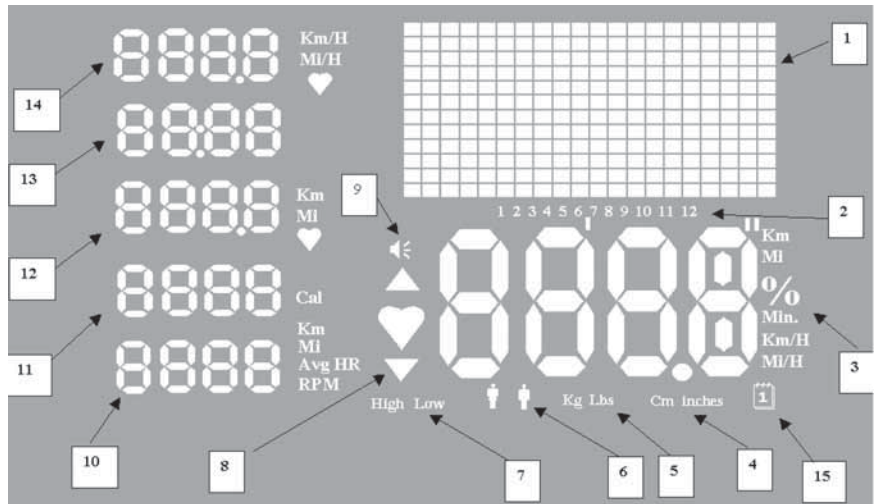
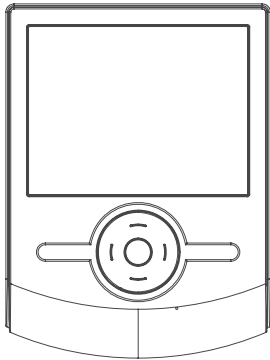
If the bike should become instable during use, turn one or both of the plastic end fittings (29-2) of the rear support (29-1) until the bike becomes stable.

### 5 SETTING THE RESISTANCE

The braking system and the resistance are coupled with the pedaling speed. Resistance setting is done electrically with the keys on the console or according to programs. You can make the resistance vary while pedaling.

## FC 700 CONSOLE

### DISPLAY



1. Programme display zone – MAIN SCREEN
2. Programme selection indicator
3. Display of SPEED (Km/h - Mi/h), DISTANCE (Km - Mi), or HEART RATE (BPM), according to the display choice made by the user.\*
4. HEIGHT selection indicator (cm - inch)
5. WEIGHT selection indicator (kg or lbs)
6. SEX selection indicator (Male or Female)
7. Target heart rate setting indicator:  
HIGH (100% of max. value)  
LOW / (70% of max. value)
8. Indicates that you are exiting your target heart rate zone.
9. Exiting target heart rate zone indicator alarm.
10. Alternating display (changing every 10 seconds) of DISTANCE covered and pedalling rate per minute.  
Average HEART RATE during exercise, displayed at the end of the programme.

11. Display of CALORIES expended
  12. Display of DISTANCE or HEART RATE, according to the display choice made by the user on the main screen.
  13. Countdown display; default setting is 20 minutes (duration can be set at between 10 and 180 minutes, in intervals of 5 minutes).
    - a. If the remaining time is more than 1 hour ⇒ Display in hours and minutes (HH:MM)
    - b. If the remaining time is less than 1 hour ⇒ Display in minutes and seconds (MM:SS)
- If you do not pedal for more than 5 seconds, the countdown and the CALORIE counter both stop.  
The countdown and the CALORIE counter restart as soon as you start pedalling again.
14. Display of SPEED or HEART RATE, according to the display choice made by the user on the main screen.
  15. Indicator of selection of user's AGE.

\* The user can change the display during exercise by pressing the B or D buttons

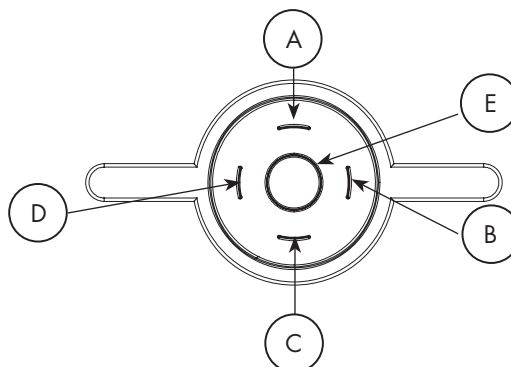
#### Resetting the product:

The product goes into standby mode after about 10 minutes of inactivity.  
The indicators are reset to 0 when the product goes into standby mode (the data is not saved)  
The counter is activated as soon as the pedals start turning or if one of the buttons is pressed

### BUTTON FUNCTIONS

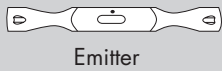
The navigation system for your FC700 console consists of:

- a central adjustment and confirmation button, E,
- 2 buttons for navigating through the screens, B and D, and
- 2 buttons for changing values, A and C

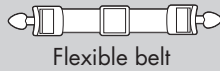


## HEART RATE MONITOR BELT

### 1. Parts and components



Emitter



Flexible belt



Lithium battery CR2032, 3V



Waterproof seal



Battery compartment lid

### 2. Inserting the battery

- Insert the supplied CR2032 battery as illustrated below.



- First, insert the battery with the + pole towards the top.



- Place the seal and then the lid, with the two small dots aligned. Tighten with a coin.



### Important!

Make sure that the lid is tightly closed (around 1/2 turn) to prevent perspiration or water from entering.

### 3. Using the belt

- Before placing the emitter on your chest, moisten the two electrodes with water or a water-based gel to ensure optimal transmission of the signal



- Center the heart rate monitor belt on your chest or pectoral muscles, directly above your sternum, with the battery compartment lid facing inwards.
- Adjust the belt so that the emitter always stays in close contact with your skin. Do not overtighten, to avoid breathing difficulties.
- If the heart-rate monitor belt is loose or positioned incorrectly, you may get an erroneous or irregular reading.



## FUNCTIONS

**Speed:** This function indicates estimated speed, either in km/h or mph, depending on the position of the switch at the rear of the product (see diagram)

**Distance:** This function indicates estimated distance since the beginning of the exercise session. This can be in km (kilometres) or M (miles) depending on the position of the switch on the rear of the product.

**Time:** This function indicates the length of time since the start of the exercise session in minutes and seconds (MM:SS) for the first hour, and then in hours and minutes (HH:MM)

**Calories :** This function displays an estimation of calories expended since the beginning of the exercise session.

**RPM (Rhythm per minute):** Number of pedal rotations per minute

**Body fat percentage:** Measurement of body fat percentage

**Heart Rate\*:** Your heart rate is measured by the heart strap. It is displayed in beats per minute.

**\*Warning:** il s'agit d'une estimation, qui ne doit en aucun cas être prise comme caution médicale.

**\*Warning:** For a period of around 30-40 seconds, or when there is a change in heart rate, the value displayed may not correspond to your actual heart rate. This is due to the mechanism starting up.

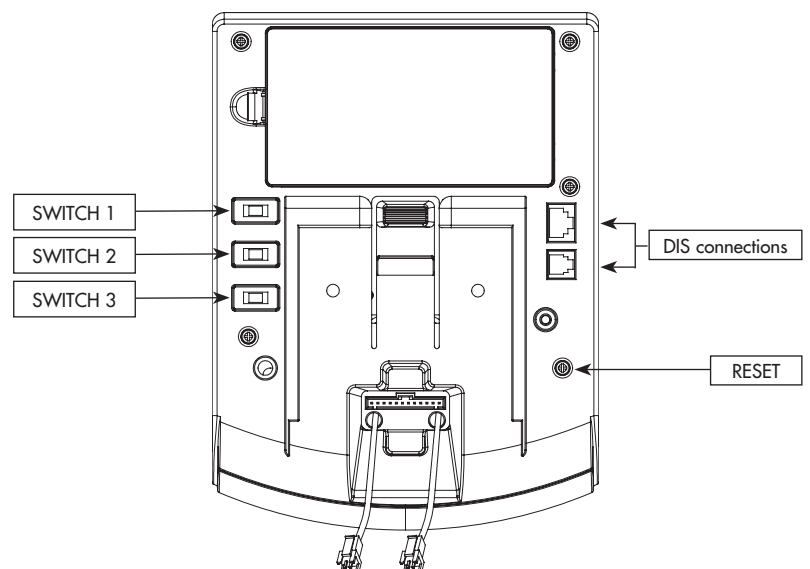
**\*Caution:** When the product encounters a strong electromagnetic field, the pulse value maybe displayed or changed.

## CONTROLS AT THE BACK OF THE CONSOLE

**Switch 1:** Selection of type of apparatus that you are using with the console: VM (magnetic bike) — VE (elliptical bike)

**Switch 2:** Selection of unit of DISTANCE measurement. MI (Miles) — KM (Kilometres)

**Switch 3:** Selection of geographical region where apparatus will be used: EU (Europe) — AS (Asia)



# E N G L I S H

## SETTING

To go into setting mode, hold down E when the screen displays the word SEL.

If you haven't started exercising, holding down E will take you directly into setting mode.

If you were in the middle of an exercise session, holding down E will stop the current programme. The word STOP is displayed on the main screen for 15 seconds. During this time the data from your previous exercise session will be displayed. The word SEL will then be displayed on the screen. Hold down E again to return to setting mode.

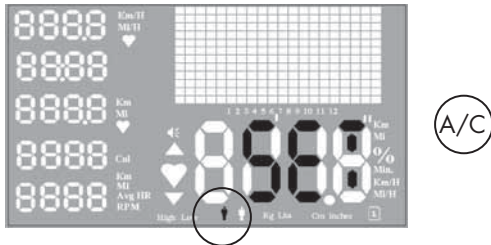
In setting mode, you can enter your SEX, AGE and WEIGHT. The device then offers you a target heart rate zone, which, by default, is a maximum of

100% of the recommended heart rate and a minimum 70% of this maximal value. You can alter these 2 values using buttons A and C.

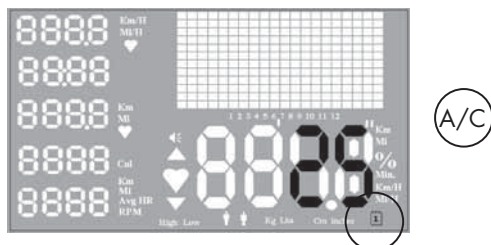
You can increase or decrease these values by pressing buttons A and C. Holding down the buttons allows you to scroll through the values more quickly.

Button B confirms your selection and moves on to the next setting. If you make a mistake, you can use button D to take you back to the previous screens.

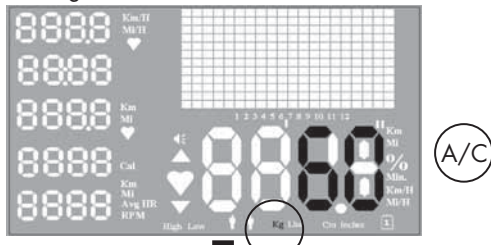
Setting your sex (Male/Female)



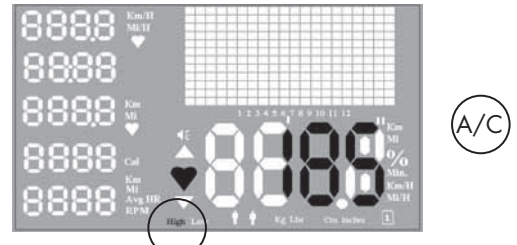
Setting your age



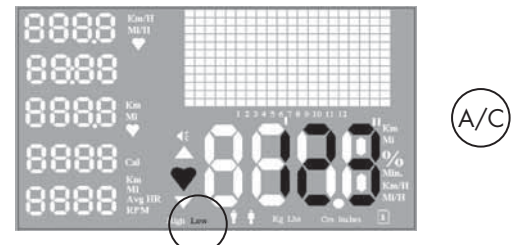
Setting your weight



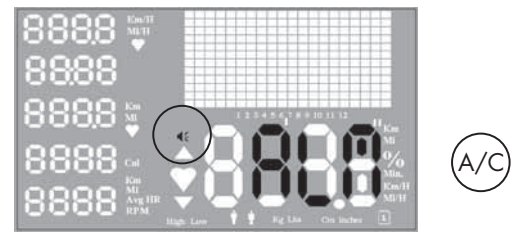
Max. target heart rate.



Min. target heart rate.



Activating/deactivating the alarm warning you that you are exiting the target heart zone.



Once you have finished entering your settings, press button E to confirm your settings and exit settings mode. To set your personal objectives, refer to the table and the guidelines CARDIO-TRAINING.

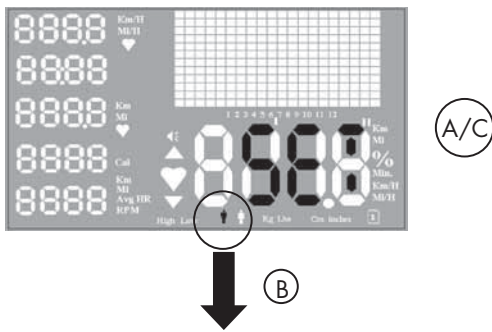
# ENGLISH

## CALCULATION OF BODY FAT PERCENTAGE

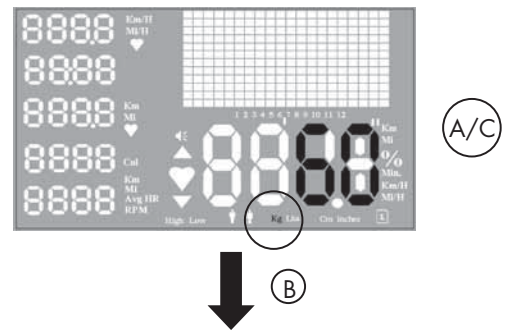
To return to "Body fat calculation" mode, hold down button C when the screen displays the word SEL.

You can increase or decrease these values by pressing buttons A and C. Holding down the buttons allows you to scroll through the values more quickly. Button B confirms your selection and moves on to the next setting. If you make a mistake, you can use button D to take you back to the previous screens.

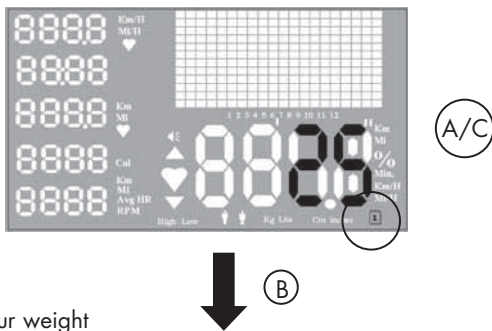
Setting your sex (Male/Female)



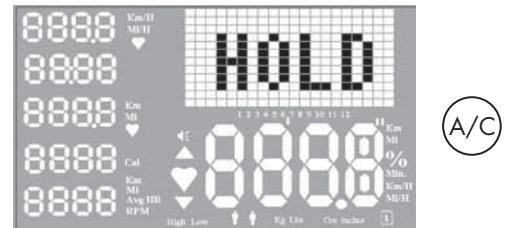
Max. target heart rate.



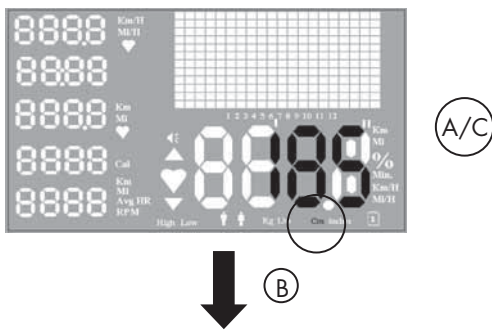
Setting your age



Place your hands on the heart rate sensors for as long as you see 'HOLD' displayed.



Setting your weight



Your body fat percentage appears on the screen after being calculated.



Press button E to move on to programme selection

	ATHLETIC	GOOD	AVERAGE	HIGH
MAN	< 13%	13-25,9%	26-30%	> 30%
WOMAN	< 23%	23-35,8%	36-40%	> 40%

**USE**

The console is mains and / or battery operated

The console switches off after 10 minutes of inactivity.

We advise you to remove the batteries if you are not going to use your console for a long time or if you regularly use it connected to the mains.

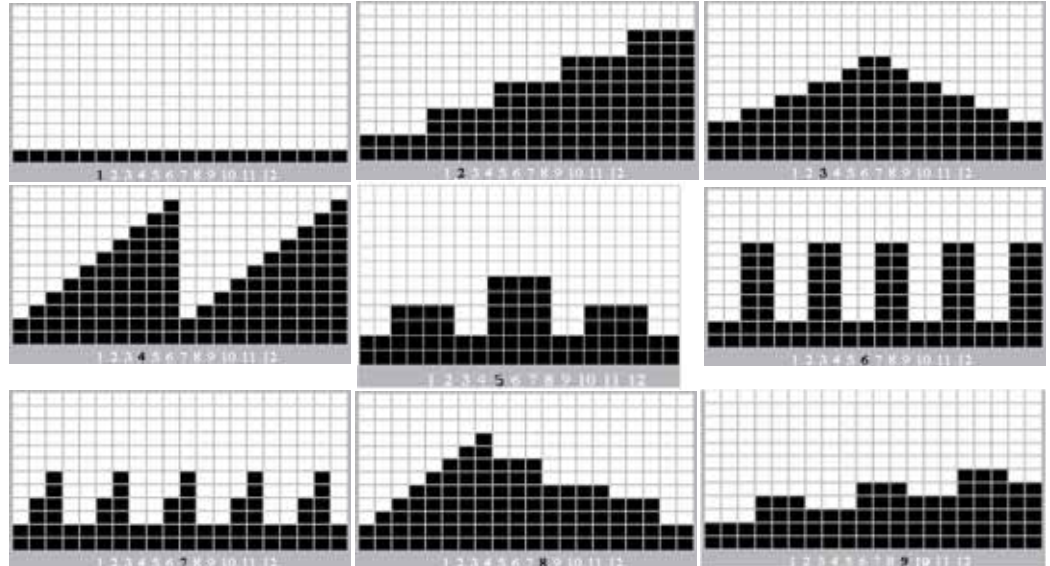
# E N G L I S H

## PROGRAMME

You can scroll through the programmes by pressing buttons B and D, and select by pressing button E.

### Programmes 1 to 9

Select your exercise time with buttons A and C, and confirm with button E. Once the programme has started, you can increase the intensity of the exercise with buttons A and C.



### Programme 10: WATT

Start pedalling and then set the resistance using buttons A and C until you have obtained the desired power, given in WATTS on the main screen.

Confirm by pressing button E.

The bike will vary resistance according to your pedalling speed in order to maintain the power chosen at the beginning of your exercise session.

The higher the pedalling speed, the lower the resistance, and vice versa.

You have the option to change the WATT value while exercising by pressing button E quickly. Then pedal and set the resistance (buttons A and C) until you reach your chosen power, which is indicated as WATT on the main screen.

Confirm by pressing E.

For greater comfort of use, we recommend that you pedal at a stable speed.

### INFORMATION :

In accordance with EN957 class HA standard, this Domyos Ergometer product has been calibrated according to the following chart.

	Developped Power in Watts	Pedaling speed (turns per minute)						
		30	40	50	60	70	80	90
Resistance Level	1	8	13	20	26	35	46	53
	2	14	21	35	47	59	78	91
	3	20	31	49	66	87	109	128
	4	25	40	64	87	112	142	166
	5	32	51	81	108	140	174	205
	6	37	62	96	128	165	207	243
	7	44	72	114	148	190	234	278
	8	50	82	126	170	218	269	318
	9	56	94	141	190	256	301	358
	10	62	104	156	210	274	336	395
	11	67	114	172	231	297	362	429
	12	77	130	195	250	340	410	485

If you note a disparity from the resistive torque (of more than 10%) during the two-year warranty period, stop using your bike and contact your nearest store.

### Programme 11: Fat burn.

Allows you to work at between 60 and 70% of your maximum heart rate. Select your exercise time with buttons A and C, and confirm with button E.

Once the programme has started, you can increase the intensity of the exercise with buttons A and C.

If your measured heart rate is below 60% of your maximum HR, the bike will increase its resistance to return your HR to the target heart zone.

If your measured heart rate is above 70% of your maximum HR, the bike will reduce its resistance to return your HR to the target heart zone.

For greater comfort of use, we recommend that you pedal at a stable speed.

### Programme 12: PERF

Allows you to work at between 70 and 80% of your maximum heart rate. Select your exercise time with buttons A and C, and confirm with button E.

Once the programme has started, you can increase the intensity of the exercise with buttons A and C.

If your measured heart rate is below 70% of your maximum HR, the bike will increase its resistance to return your HR to the target heart zone.

If your measured heart rate is above 80% of your maximum HR, the bike will reduce its resistance to return your HR to the target heart zone.

For greater comfort of use, we recommend that you pedal at a stable speed.

# E N G L I S H

## CARDIO-TRAINING

### CARDIO TRAINING

Cardio training is aerobic exercise (muscle development in the presence of oxygen); it enables you to improve your cardiovascular capacity. More specifically, you improve the tone of your heart muscle and blood vessels. Cardio training provides oxygen from the air you breathe to your muscles. The heart pumps this oxygen throughout the entire body, and especially to the muscles that are doing the work.

### CHECKING YOUR PULSE

It is essential that you check your pulse regularly during exercise in order to monitor your training.

If you have no electronic measuring device, proceed as follows:

To check your pulse, place two fingers:

- on your neck, below your ear or under your wrist next to your thumb

Do not press too hard:

excessive pressure reduces your blood flow and may slow down your heart rate.

After counting the beats for 30 seconds, multiply by two to give the number of beats per minute.

For example: 75 beats counted equals 150 beats per minute.

### PHASES OF PHYSICAL ACTIVITY

#### A - Warm-up phase

The warm-up is the preparatory phase for exercise and gets your body FULLY READY to start working out. It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES. It involves two steps: WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.

1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.

2) The overall warm-up makes it possible to put the cardio-vascular and respiratory system into action progressively, for a better blood supply to the muscles and better preparation for the effort. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport.

Note that you should warm up for longer: in the morning and if you are over 55.

#### B - Training

The workout is the main phase of your physical activity.

By working out on a REGULAR basis, you can improve your physical fitness.

- Anaerobic work, for improving endurance.
- Aerobic work for improving cardio-pulmonary strength.

#### C - Warming down

This corresponds to low-level activity; it is the progressive "resting" phase.

WARMING DOWN brings your cardiovascular, respiratory and circulatory systems and your muscles back to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

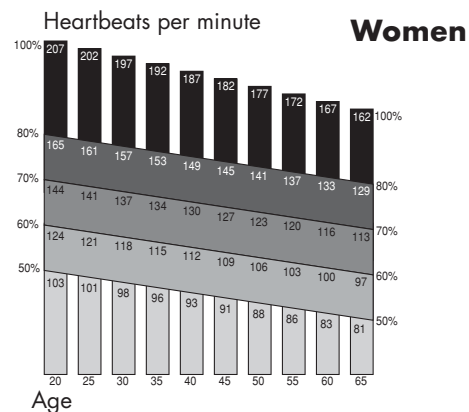
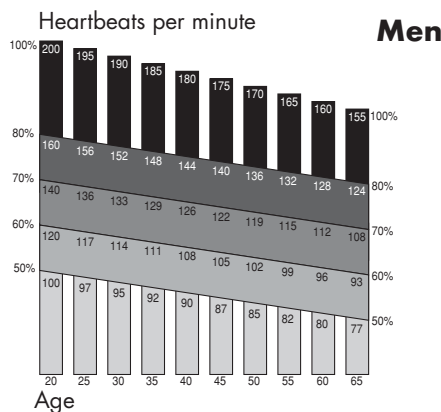
#### D - Stretching

You should stretch after warming down.

Stretching after exertion: Minimises MUSCULAR STIFFNESS caused by the build-up of LACTIC ACIDS and "stimulates" BLOOD CIRCULATION

### CARDIO-TRAINING : EXERCISE ZONE

- Training at 80 to 90% and above of maximum heart rate: Anaerobic zone and red zone reserved for high-performance athletes and specialists.
- Training at 70-80% of maximum heart rate: Endurance training
- Training at 60% to 70% of maximum heart rate: Getting into shape/burning off fat.
- Training at 50 to 60% of maximum heart rate.



If your age is different to those given in the table, you can use the following formulae to calculate your maximum heart rate at 100%.

**For men:** 220- age **For women:** 227- age

#### NOTICE AND WARNING TO USERS

Getting into shape must be done in a CONTROLLED manner. Before beginning physical activity, do not hesitate to CONSULT a PHYSICIAN, especially if: you have not done any sport in recent years, you are over the age of 35, you are unsure of your health or if you are on medication. **IT IS ESSENTIAL TO CONSULT A DOCTOR BEFORE PRACTISING A SPORT.**



## 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.

## USE

*If you are just starting out, begin by exercising for several days at a low resistance and speed, without forcing it, taking breaks if necessary. Gradually increase the number or duration of the sessions.*

### **Maintenance/Warm-up: Gradual effort starting with 10 minutes.**

For maintenance work designed to keep you in shape or get back into shape, you can train every day for about ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity. To develop muscle tone in the legs, choose a greater resistance and increase the duration of the exercise. Obviously, you can vary the pedalling resistance over the course of your workout.

### **Aerobic exercise for getting into shape: Moderate effort for a relatively long time (30 minutes to 1 hour).**

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes.

To do this, it is useless pushing yourself beyond your limits.

Training on a regular basis is what will produce the best results.

Choose a relatively low pedalling resistance and exercise for at least 30 minutes.

This exercise should cause you to build up a mild sweat, but it certainly should not leave you out of breath.

It is the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you pedal for more than about thirty minutes at least three times a week.

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

This type of training aims to strengthen the heart muscles significantly and improve respiratory functioning.

Pedalling resistance and/or speed is increased to accelerate respiration during exercise.

This type of exercise is more sustained than when you are working out to get into shape.

Little by little, as you train, you will be able to work out for longer, at a faster pace or with a higher resistance.

Aerobic endurance training requires at least three training sessions per week.

More intense workouts (anaerobic work and red-zone work) are reserved for athletes and require specific preparation.

After each session, spend several minutes pedalling, gradually reducing speed and resistance to warm down and gradually return the body to rest.

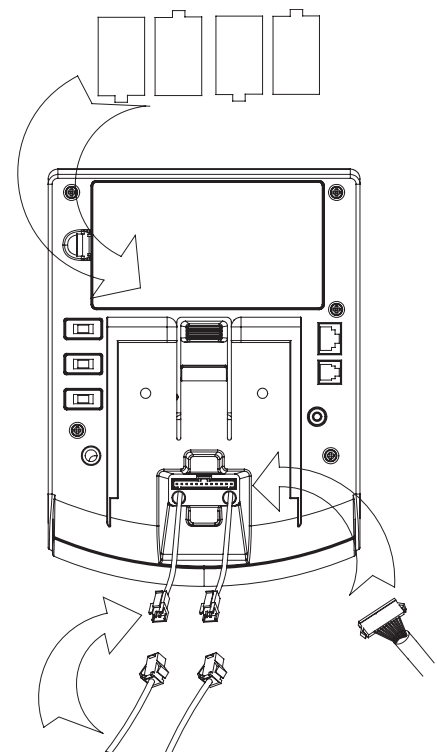
## BATTERY INSTALLATION

1. Lift the console out of its support, remove the battery cover located at the back of the product, and place four LR14 (1.5 V) batteries in the battery compartment behind the screen.
2. Ensure that the batteries are inserted correctly and that they are in full contact with the springs.
3. Replace the battery cover and the console, ensuring that they are correctly attached.
4. If the display is unreadable or incomplete, remove the batteries, wait for 15 seconds and then replace them.
5. When you remove the batteries, the console memory is erased.



### RECYCLING:

The "crossed-out bin" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste. They are subject to specific 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.



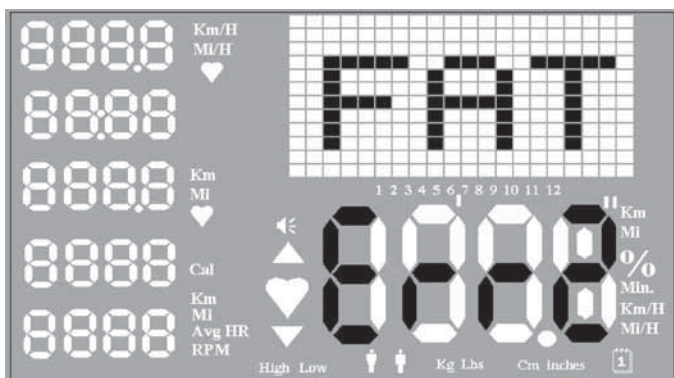
## TROUBLESHOOTING

- \*If you note abnormal distances or speeds, check that the switch behind the console is in the VM position for magnetic bikes and VE for elliptical bikes. Press the RESET button for the change to take effect.

- On magnetic bikes each turn of the pedals corresponds to a distance of 4 metres, and on elliptical bikes one pedal rotation corresponds to a distance of 1.6 metres. (These values correspond to average distances on a bike or walking.)

- If the heart rate indicator (3, 12 or 14) is not flashing or is flashing erratically, check that the heart strap is correctly fitted (refer to the heart strap instructions).

- If the following screen appears during calculation of body fat percentage, check that your hands are positioned properly on the heart rate sensors and that the sensors are not too moist.



- \* 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, or in the Km position to display in kilometres. Press the RESET button for the change to take effect.

If the counter does not turn on:

- If you are using batteries : check that the polarity (+/-) of the batteries is correct.

- If the problem recurs, try new batteries

- If you are using mains power: check that the adaptor is correctly connected to the bike.

- In both cases, check that the cables are correctly connected behind the console and at the handlebar mounting on the main frame of the bike.

If the problem persists, take the product back to your nearest DECATHLON shop.

If there is a noise coming from inside the crankcase or if you cannot set your level of intensity in manual mode, do not try to repair the fault yourself. Return the product to your nearest DECATHLON store.

Only use the product with the adaptor supplied.

## 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 -