

VM 790



**NOTICE D'UTILISATION
OPERATING INSTRUCTIONS**

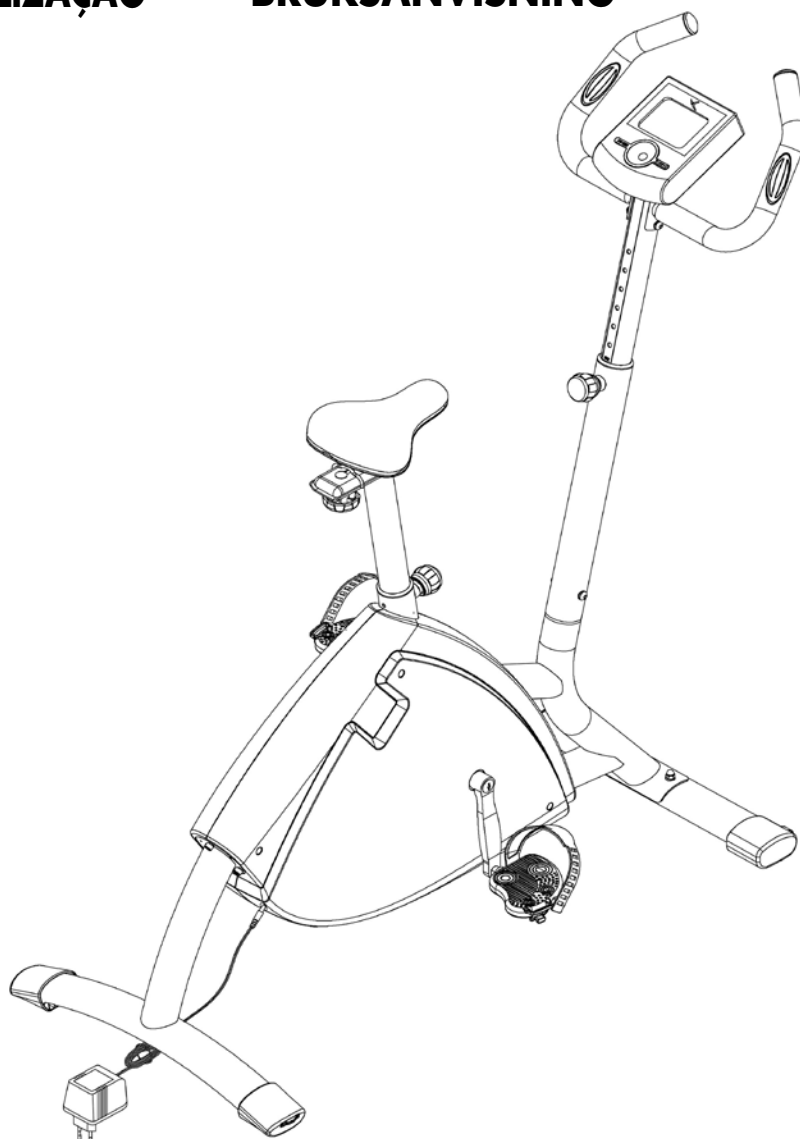
**MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO**

**INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ**

**ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
BRUKSANVISNING**

**УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU**

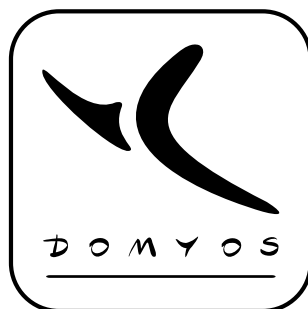
ІНСТРУКЦІЯ ВИКОРИСТАННЯ
دليل الاستخدام
使用说明



VM 790



Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保存说明书



oxylane
www.domyos.com

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

Made in China - Hecho en China - Fabricado na China -

中国 制造 - Произведено в Китае

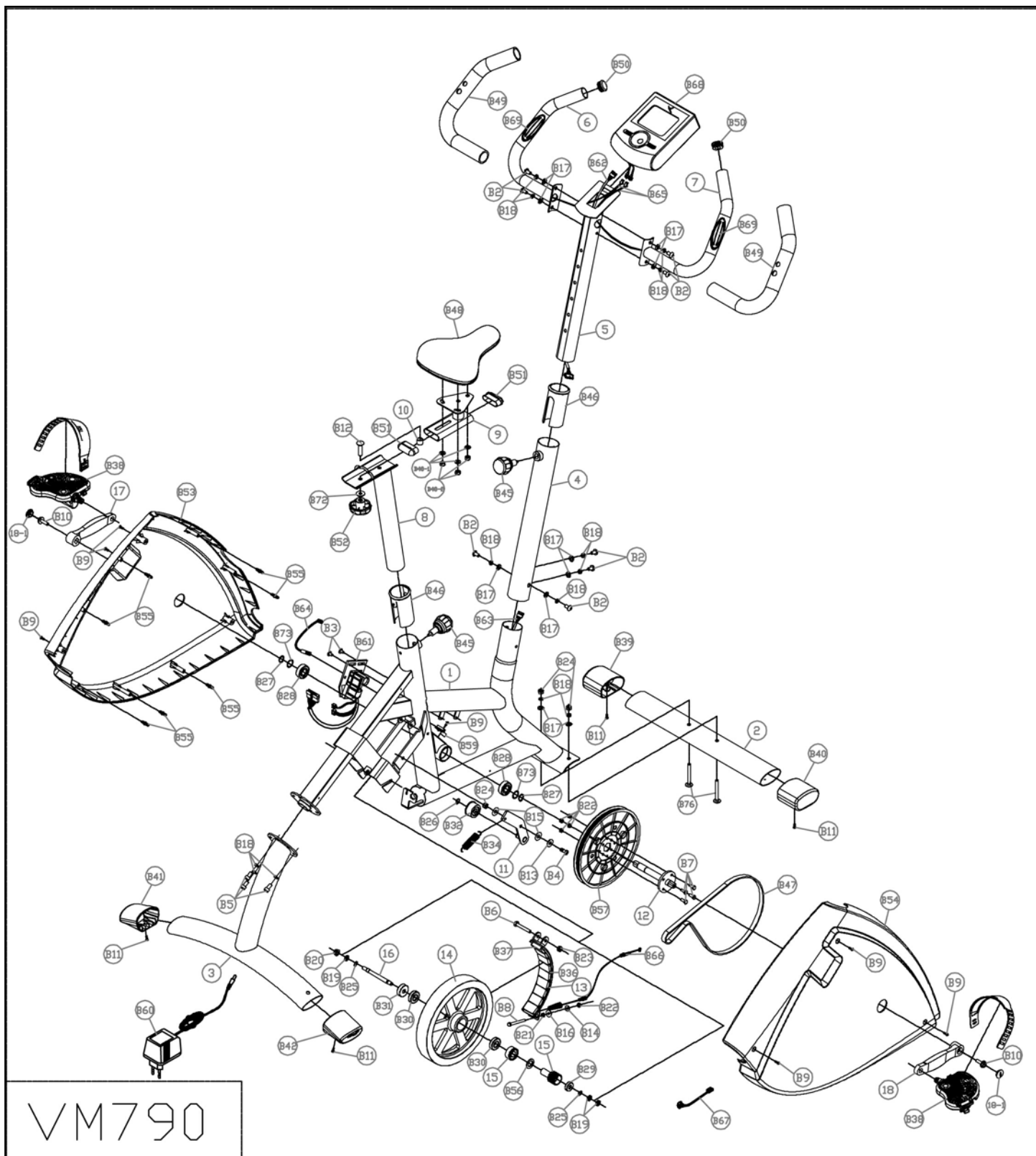


Импортер :
ООО «Октобл», 141031, Россия, Московская область, Мытищинский
район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3

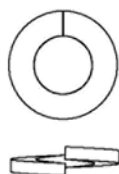
Réf. pack : 1139.824 - CNPJ : 02.314.041/0001-88

合格品

**MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING
• MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ
• MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • МОНТУВАННЯ • التركيب**
• 安装



A x3



M8*15

B x2



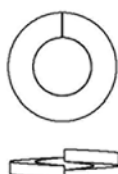
M8*55



C x4



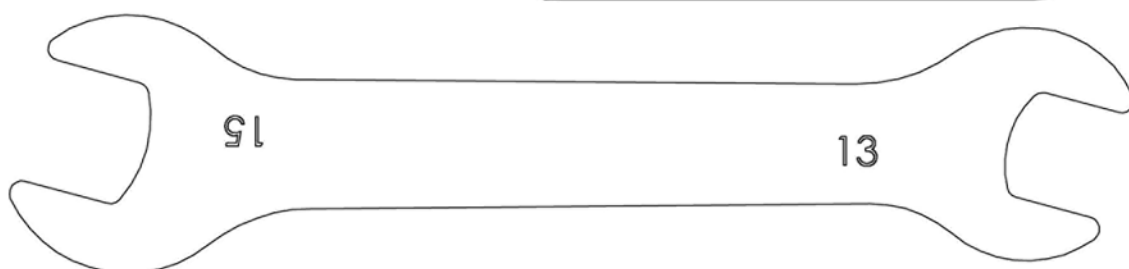
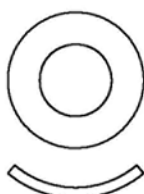
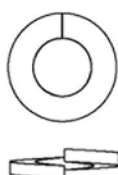
M8*15

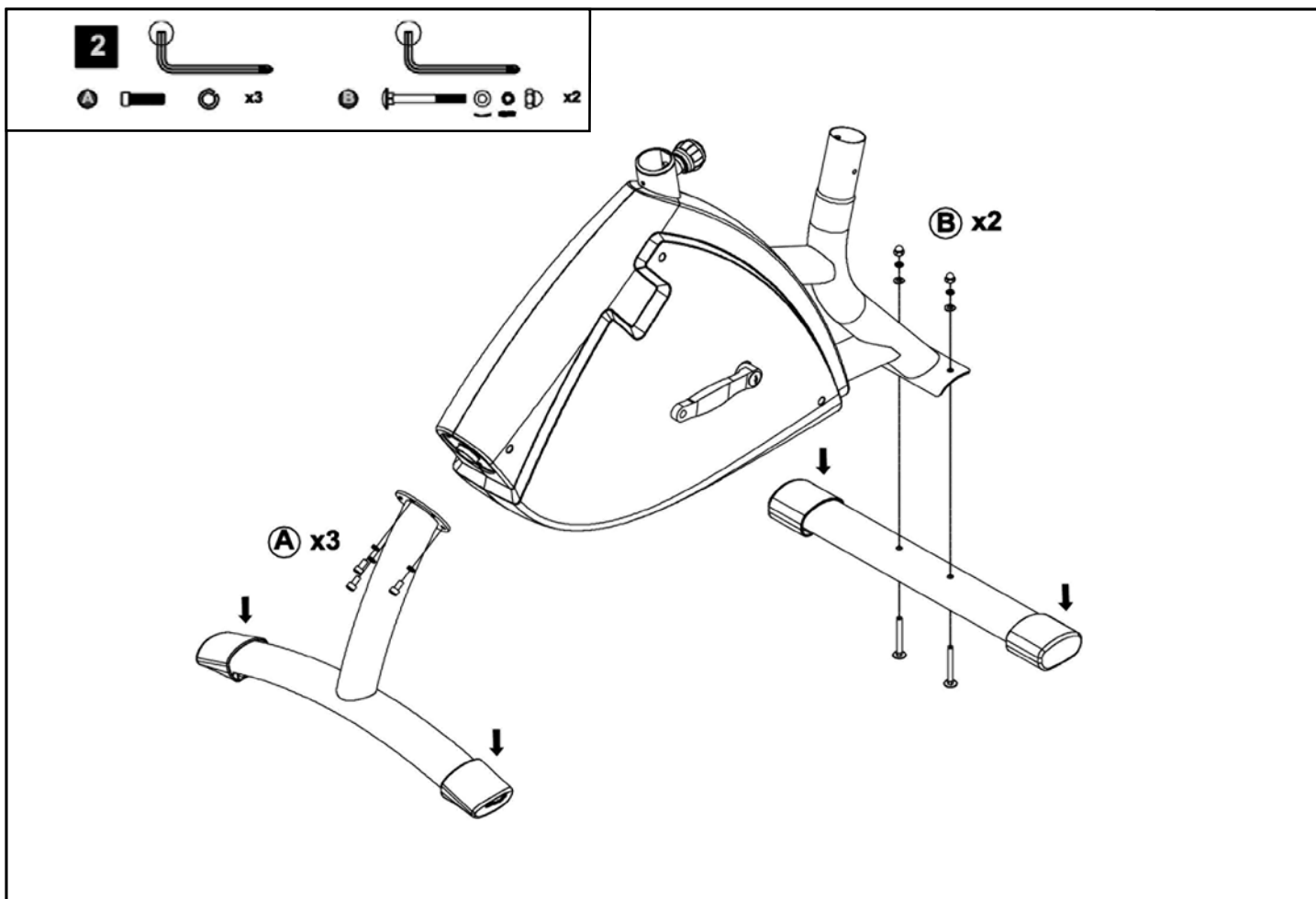
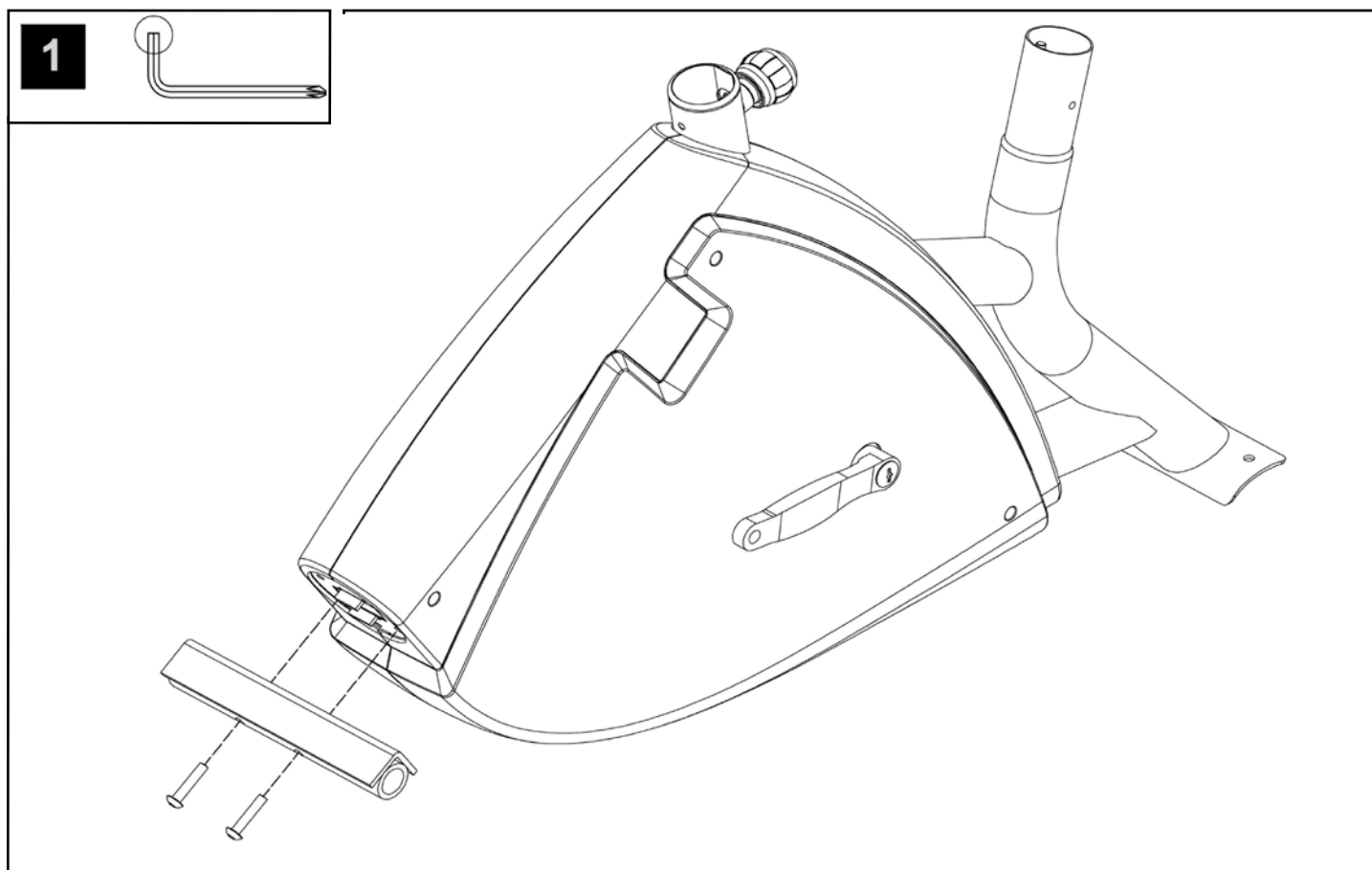


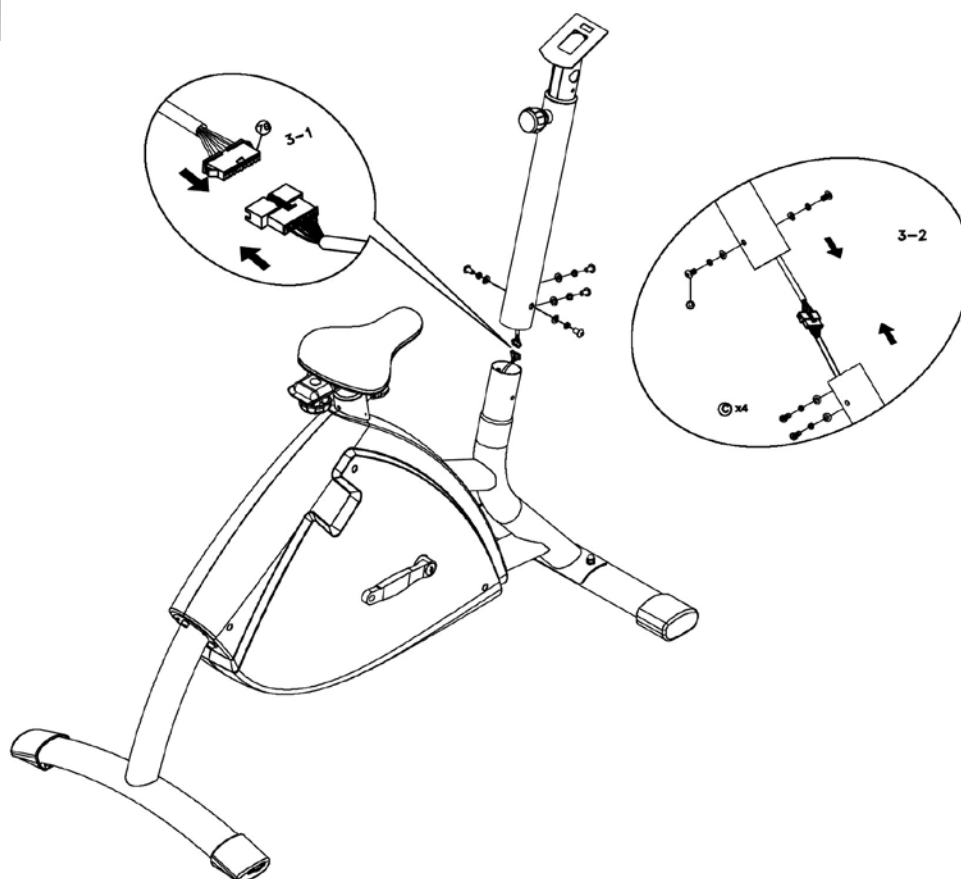
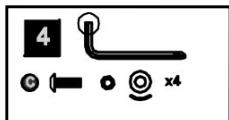
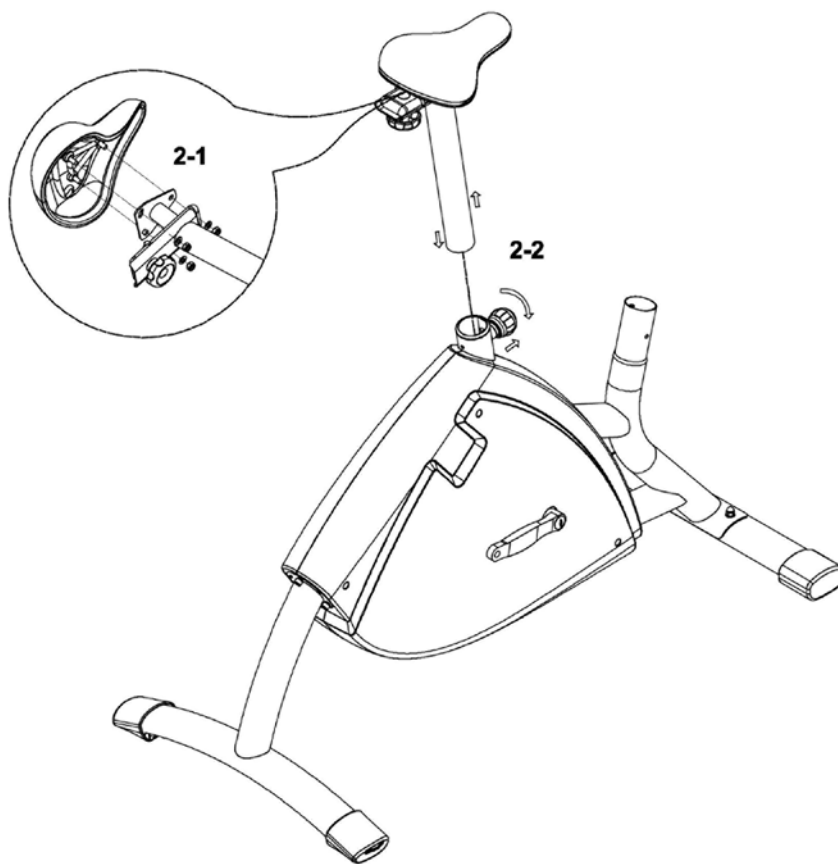
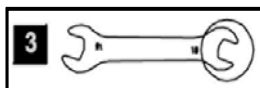
D x4

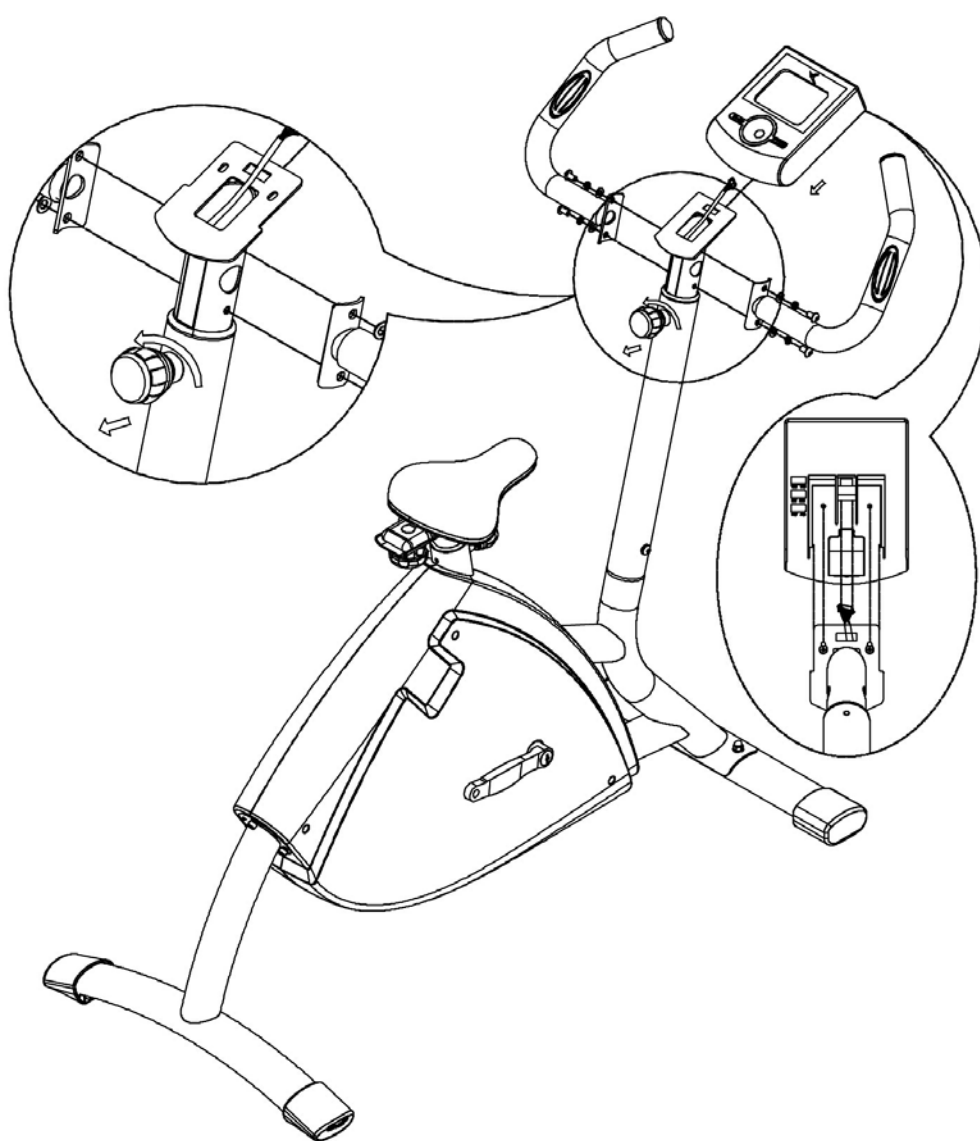
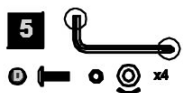


M8*15

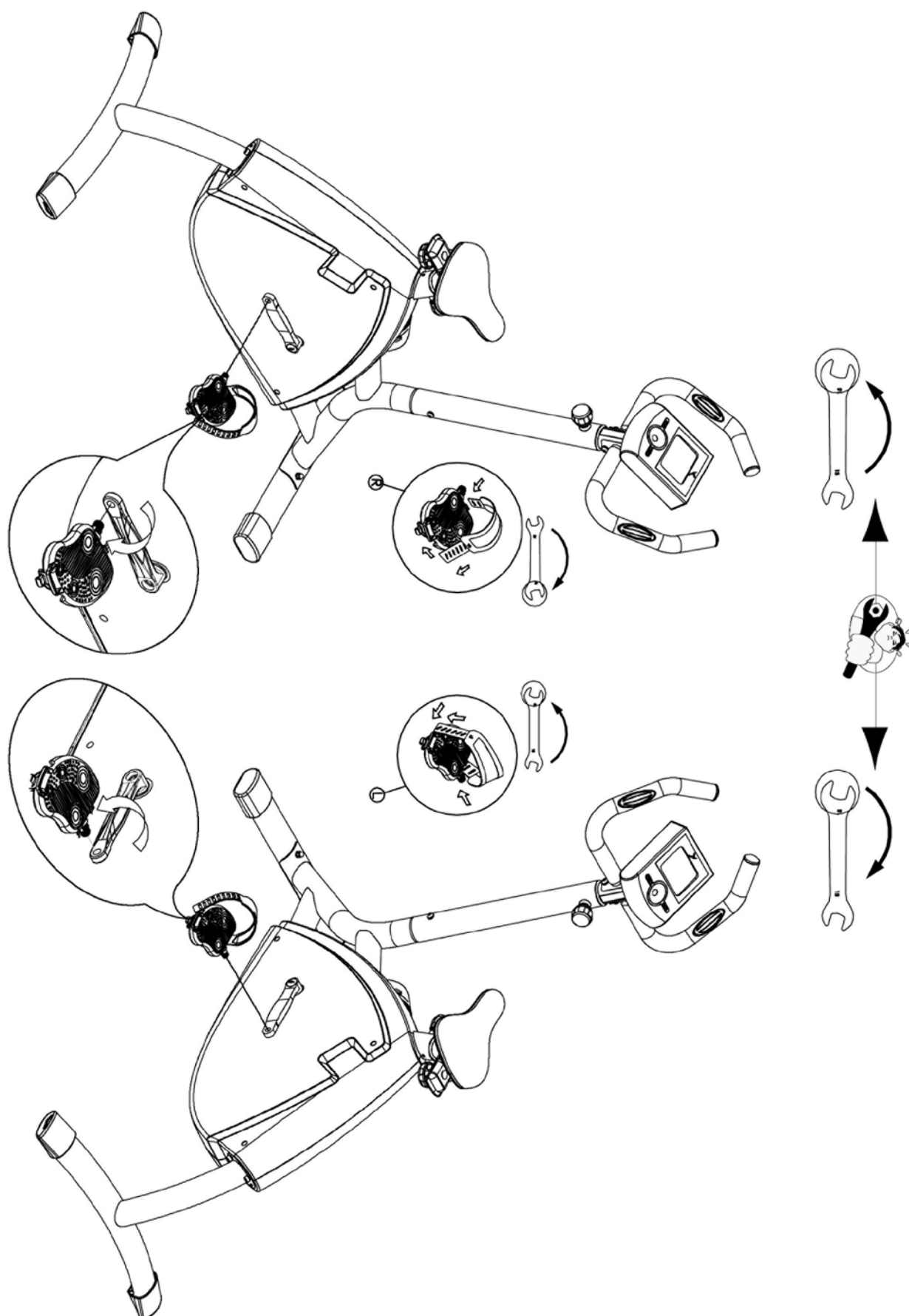








6



1 Siège - Seat
Asiento - Sattel
Sedile - Zadel
Assento - Siodetko
Ülés - Седло
Scaun - Sedadlo
Sedlo - Sits
Седло - Oturak
Сідло - المقعد
座位

2 Guidon - Handlebars
Manillar - Lenker
Manubrio - Stuur
Guiador - Kierownica
Kormány - Руль
Ghidon - Riadidlá
Riditka - Styre
Кормило - Gidon
كردون - الجادون
手把

3 Tube porte-selle
Seat tube
Tubo portasillin
Sattelstützrohr
Tubo porta-sella
Stang zadelsteun
Tubo porta-selim
Rurka podtrzymująca siodetko
Nyereg tartó cső
Опора седла
Tub sprijin şa
Nosná rúra sedla
Trubka nesoucí sedlo
Sadelstolpe
Носеща тръба на седлото
Sele borusu
Підсідельна трубка
عمود حامل للمقعد
鞍座支管

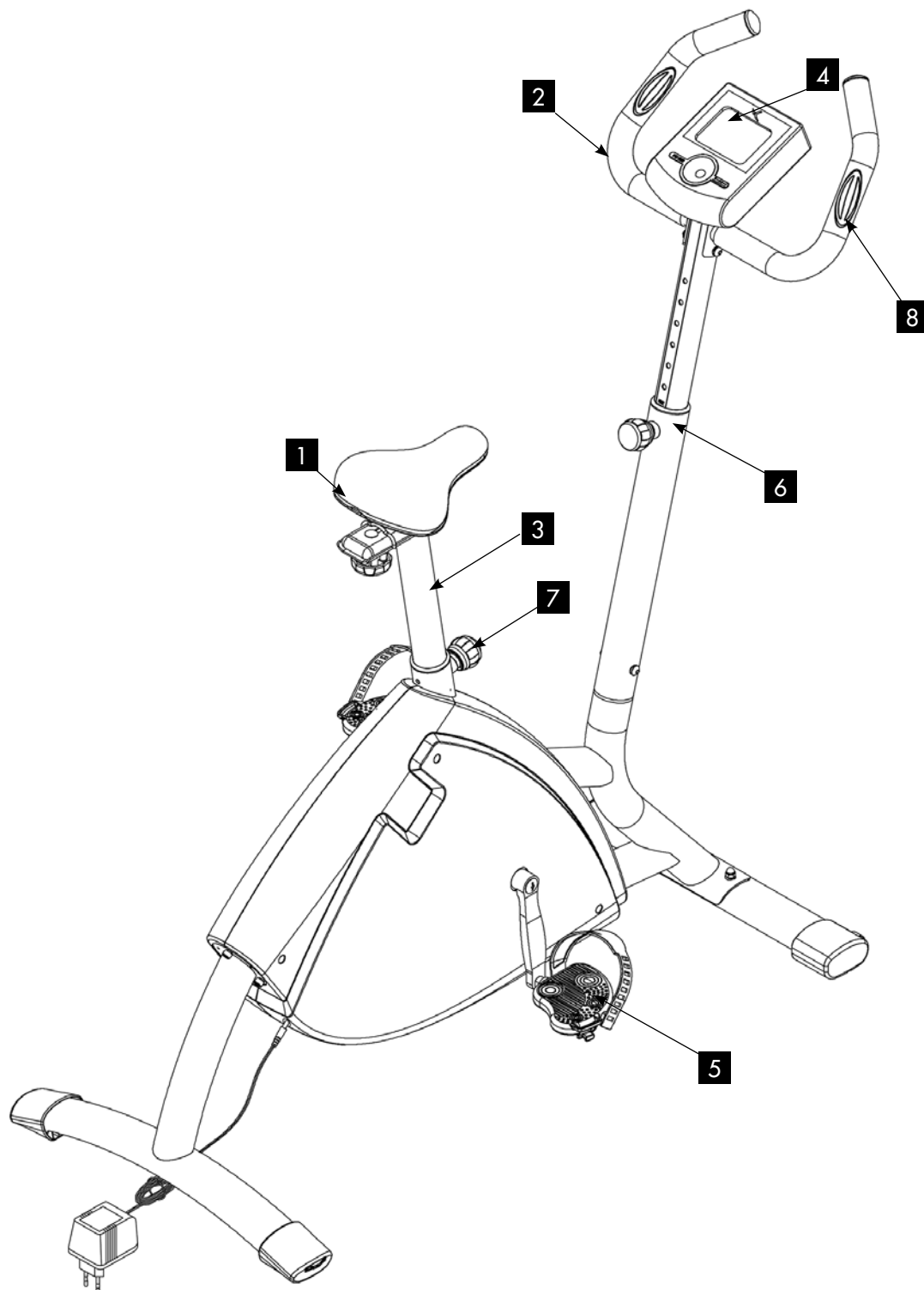
4 Console - Console
Consola - Konsola
Console - Console
Consola - Konsola
Műszerfal - Дисплей
Consolă - Konzola
Konzole - Konzol
Табло - Konsol
Приставка - الكونسول
控制面板

5 Pédale - Pedal
Pedal - Pedal
Pedale - Pedal
Pedal - Pedal
Pedál - Педаль
Pedală - Pedál
Slapky - Pedal
Педал - Pedal
Педаль - البدال
踏板

6 Tube support-guidon
Handlebar tube
Tubo soporte-manillar
Lenkerstützrohr
Tubo supporto-manubrio
Stang stuursteun
Tubo soporte-guiador
Rurka podtrzymująca kierownicę
Kormánytartó cső
Опора руля
Tub suport-ghidon
Nosná rúra riadidiel
Podpurná trubka řidítek
Hállarrör - styre
Носеща тръба на кормилото
Gidon dayanak borusu
Підкермова трубка
العمود الحامل للجادون
手把立管

7 Bouton de réglage du tube porte-selle
Seat-tube adjustment knob
Botón de ajuste del tubo portasillin
Einstellrad des Sattelstützrohrs
Bottone di regolazione del tubo porta-sella
Instellingsknop stang zadelsteun
Botão de regulação do tubo porta-selim
Przycisk regulacji rurki podtrzymującej siodetko
A nyereg tartó cső szabályozó gombja
Ручка регулировки опоры седла
Buton de reglare al tubului de sprijin pentru şa
Nastavovací gombík nosnej rúry sedla
Tlačítko pro nastavení trubky nesoucí sedlo
Justeringsknapp för sadelstolpen
Бутон за регулиране на носещата тръба на седлото
Sele borusu ayar düğmesi
Рукоятка регулювання
زر ضبط عمود الحامل للمقعد
坐墊高度调节旋钮

8 Capteurs de pulsations - Pulse sensors
Sensores de pulso - Pulssensoren
Sensori di pulsazioni - Hartslagsensoren
Sensores de pulsações - Czujniki pulsu
Pulzusszámérzők - Датчики пульса
Captatori de pulsații - Sniac pulzu
Sniac tepe - Pulsqivare
Датчики на пулса - Nabız algılayıcılar
Пульсові сенсори - مجسات النبض
脉搏测试仪



	VM 790	36,8 kg 81,1 lbs
	147 x 63 x 136 cm 57,9 x 24,8 x 53,5 inch	

ENGLISH

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 stay in shape.

This product has been designed by athletes for athletes. We would be pleased to receive your comments and suggestions concerning DOMYOS products. Therefore, your store team is ready to listen, as is the DOMYOS products design department.

You can also find us at www.domyos.com

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

PRESENTATION

The VM790 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.

This product is DIS (Domyos Interactive System) compatible.

WARNING

To reduce the risk of serious injury and damage to the product, read the following important instructions for safe usage before using the product.

1. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
4. This device complies with European standards (standard CE, standards EN-957-1 and EN 957-5 category HC) concerning fitness equipment in domestic, non-therapeutic use (equivalent to GB17498). Do not use this product in a commercial, rental or institutional setting.
5. Use the product indoors on a flat surface, in an uncluttered place free from moisture and dust. Ensure that you have enough space to safely access and move around the device. Do not store or use the product outside.
6. It is the user's responsibility to inspect and if necessary tighten all parts before using the product. Immediately replace any worn or defective parts.
7. Any assembly or disassembly of the product should be carried out with care.
8. Do not modify your product.
9. Should your product deteriorate, stop using it until it has been fully repaired and return it to your Décathlon store.
10. Do not store this product in a damp place (e.g. edge of a pool, bathroom, etc).
11. For its protection, cover the floor under the product with a suitable floor mat, available in Decathlon stores.
12. Never allow more than one person to use the product at any one time.
13. Keep your hands and feet away from moving parts.
14. Keep your back straight while exercising.
15. Put your hair up so that it does not get in the way during exercise.
16. Do not wear baggy clothing likely to get in your way during exercise.
17. Always hold the fixed handlebar when getting on or off the machine.
18. Keep children and pets away from the product at all times.
19. Use a soft cloth to remove dust. Persistent stains (like sweat) can be removed with a slightly damp cloth.
20. There are many factors that may affect the precision of the readout from the heart rate monitor; it is not a medical device. It is designed merely to help you determine your approximate heart rate.
21. Maximum user weight: 130kg – 287lbs.

WARNING:

22. People who use a pacemaker or any other implanted electronic device are warned that they use the heart rate monitor at their own risk. Before the first use, a test exercise under the supervision of a doctor is thus recommended.
23. Pregnant women are advised not to use the heart rate monitor. Before any use consult your doctor
24. As you finish your workout, gradually reduce your pedalling speed until the pedals come to a complete stop.

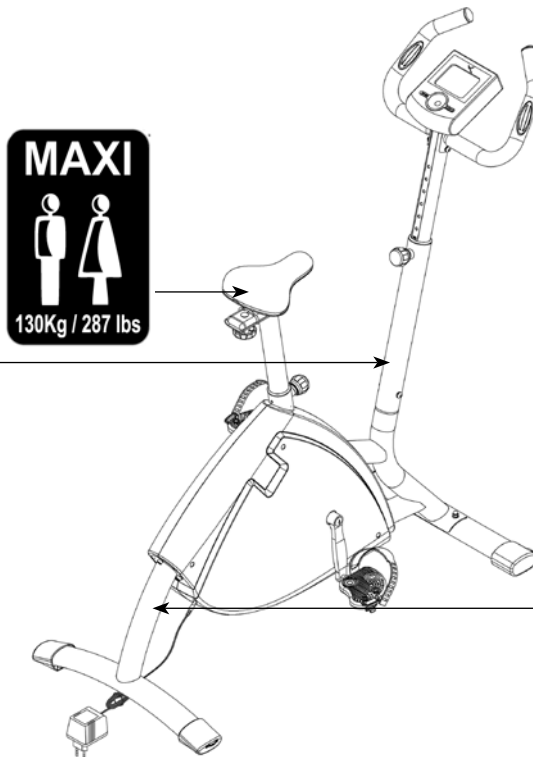
WARNING: If you experience vertigo, nausea, chest pains or any other abnormal symptom, stop exercising immediately and consult your doctor before continuing.

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.



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

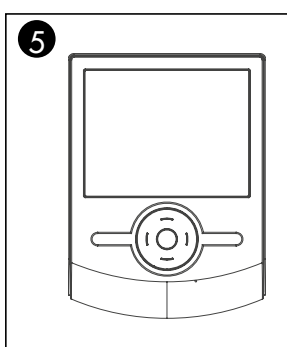
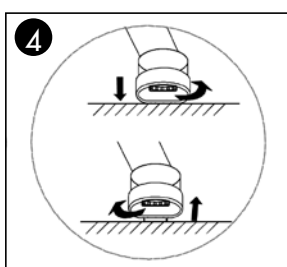
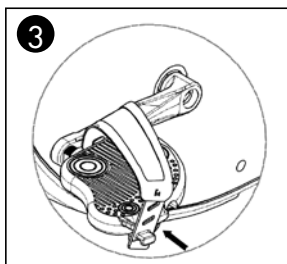
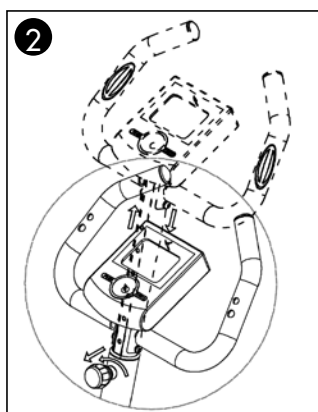
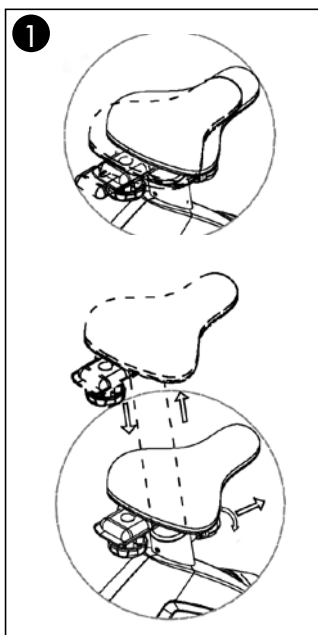
WARNING

- 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.

decathlon creation®	D O M Y O S		0000.000
	DECATHLON - 4 bd de Mons - 59665 Villeneuve d'Ascq - France F: (+).33.3.20.50.00		
	EN 957-1,5 / 16CFR1303 / GB17498		
	STT: xxxx	DPP: DP Shanghai	
	Order: xxxxxx - xxxxxx xxxxxx	Model: xxxxxxxxxx Made in CHINA	

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

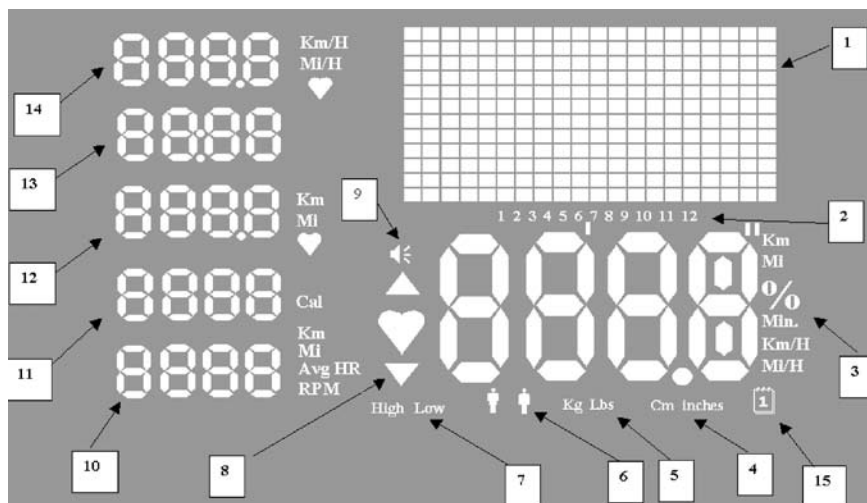
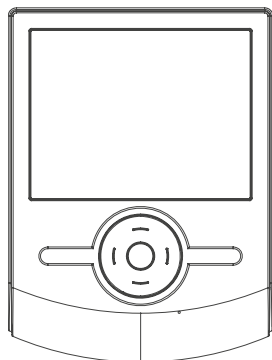
According to EN definition, this product is a «speed independent product». You can adjust the braking torque not only through the pedalling frequency, but also by choosing the resistance level manually (by turning the torque controller button on non-motorized products, by pressing the up/down buttons on motorized products). Nevertheless, if you keep the same resistance level, the braking torque will increase/decrease as your pedalling frequency increases/decreases.

6 MOVING YOUR PRODUCT

Stand facing the front of the bike, hold the handlebar and pull the bike towards you. Your bike now rests on the castors and you can move it. When you have finished moving it, hold on to it until the back feet are back on the ground.

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

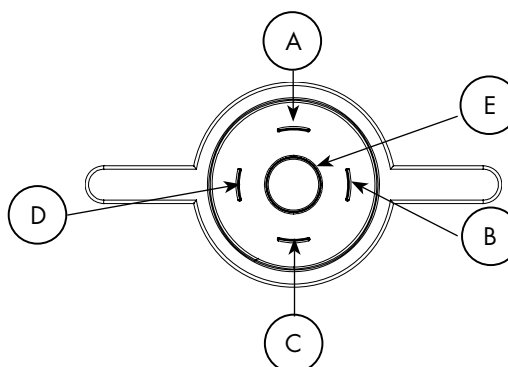
Resetting the product:

- 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)
- Press the RESET button
- 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



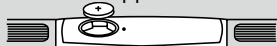
Waterproof seal



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*: Heart rate is measured by the heart rate monitor belt or by "handpulses". Your heart rate 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.

WARNING: There are many factors that may affect the precision of the readout from the heart rate monitor; it is not a medical device. It is designed merely to help you determine your approximate heart rate.

When recording pulse rates, make sure that your hands are in full contact with the sensors.

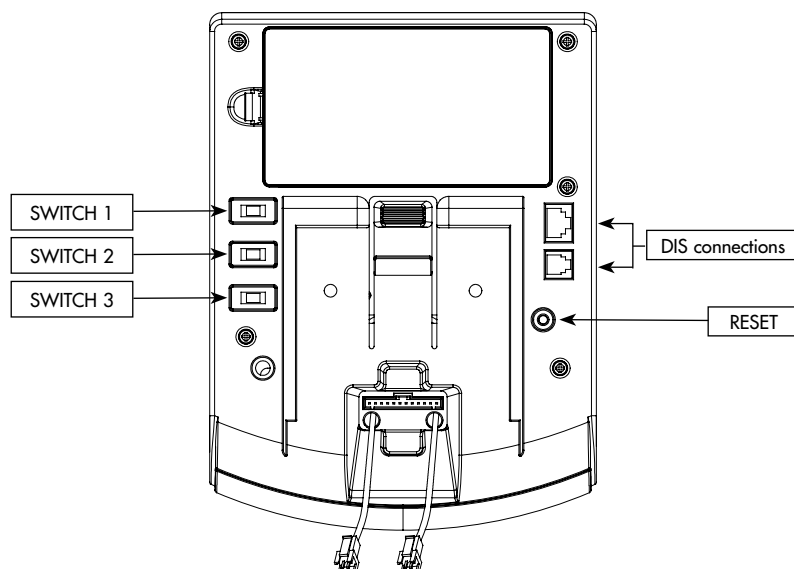
When recording pulse rates, do not hold the pulse rate sensors tightly. Taking the pulse rate through the hands (using the sensors on the handlebars) cannot be as accurate as taking the pulse rate at the chest (using a cardio belt for example).

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)



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.

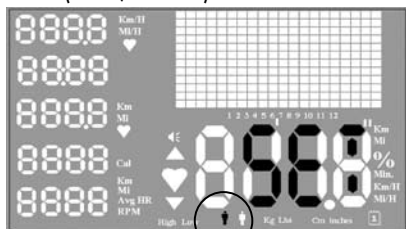
In setting mode, you can enter your SEX, AGE and WEIGHT. The device then offers you a target heart rate zone, which, by default, is a maximum of

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.

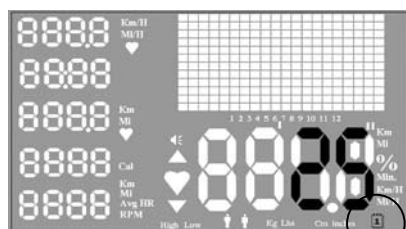
Setting your sex (Male/Female)



A/C

B

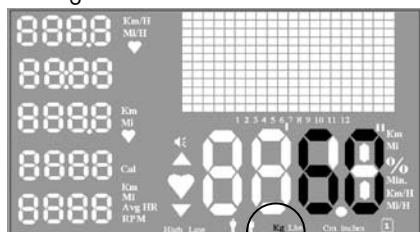
Setting your age



A/C

B

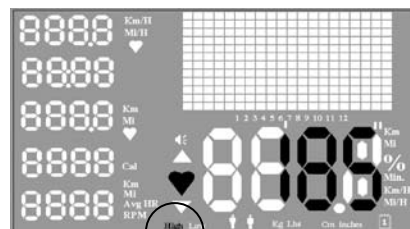
Setting your weight



A/C

B

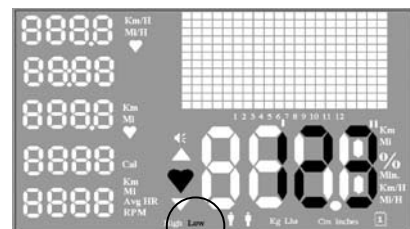
Max. target heart rate.



A/C

B

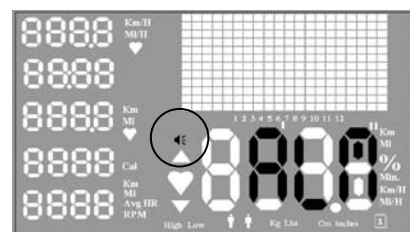
Min. target heart rate.



A/C

B

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



A/C

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.

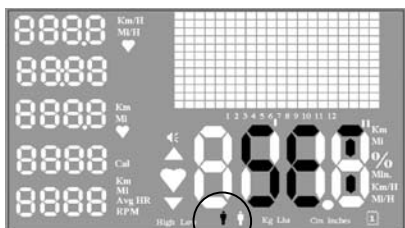
ENGLISH

CALCULATION OF BODY FAT PERCENTAGE

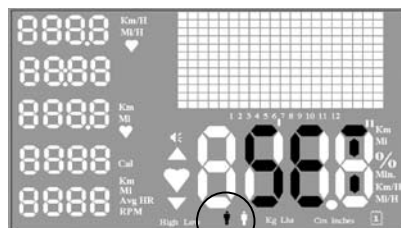
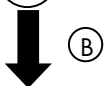
To return to "Body fat calculation" mode, hold down button C when the screen displays the word SEL.

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)

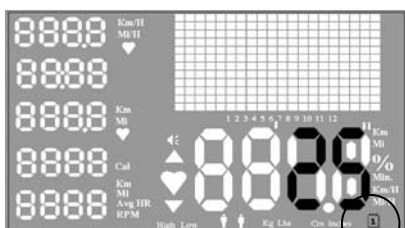


A/C

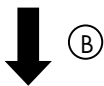


E

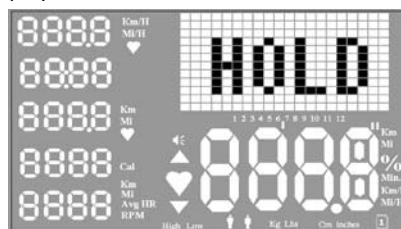
Setting your age



A/C

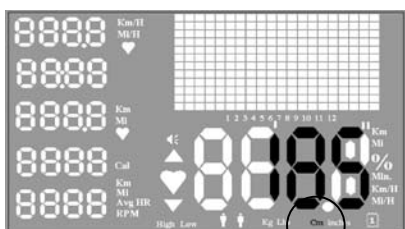


Place your hands on the heart rate sensors for as long as you see 'HOLD' displayed.

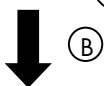


A/C

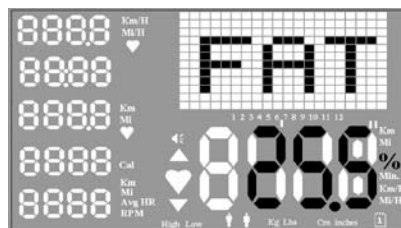
Setting your height



A/C

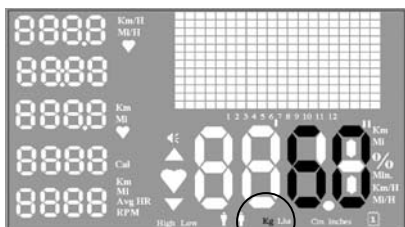


Your body fat percentage appears on the screen after being calculated.

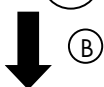


A/C

Setting your weight



A/C



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.

PROGRAMME

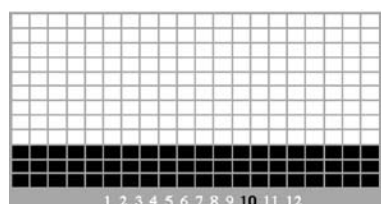
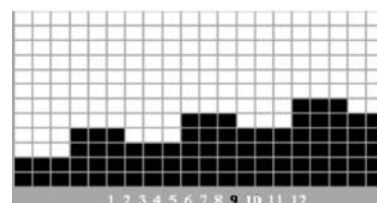
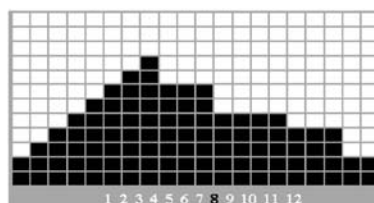
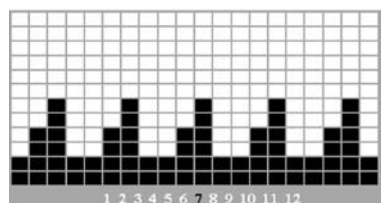
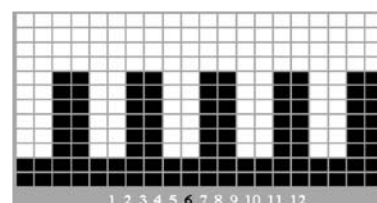
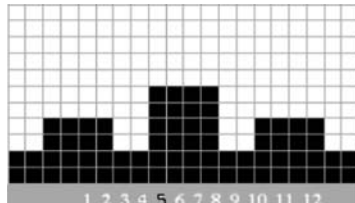
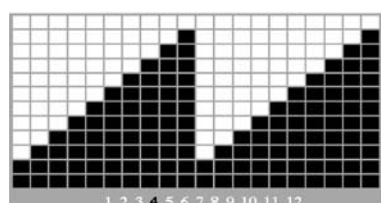
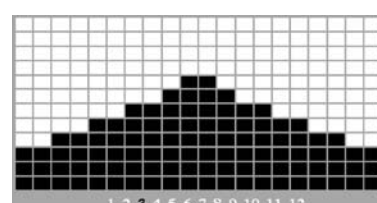
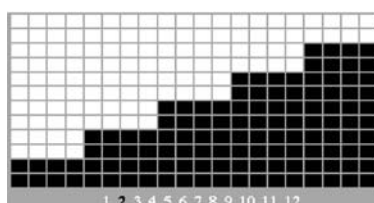
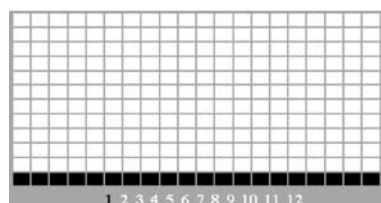
Reminder: Holding down button E stops the current programme.

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

Programmes 1 to 10

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 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.

ENGLISH

CARDIO-TRAINING

Cardio training is aerobic exercise (muscle development using oxygen); it enables you to improve your cardiovascular capacity.

More specifically, you improve the tone of your heart muscle and blood vessels.

Cardiovascular training takes oxygen from the air you breathe into your muscles.

The heart pumps this oxygen throughout the entire body, and especially to the muscles that are doing the work.

CONTROL YOUR PULSE RATE

Taking your pulse regularly while exercising is essential for controlling your training.

If you don't have an electronic measuring instrument, this is how you do it :

To take your pulse, place 2 fingers over :
your neck, beneath the ear, or inside the wrist next to the thumb
Don't press too hard :

Pressing too hard lessens the blood flow and can slow down the heart rhythm.

After counting the beats for 30 seconds, multiply by 2 to get the number of beats per minute.

Example :

A count of 75 beats gives 150 beats/minute

PHASES OF PHYSICAL ACTIVITY

A - Warm-up phase: progressive effort

The warm-up is the preparatory phase for exercise and gets your body COMPLETELY READY to start working out.

It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES.

It involves two stages:

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 gradually, for a better blood supply to the muscles and better preparation for the exercise. 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

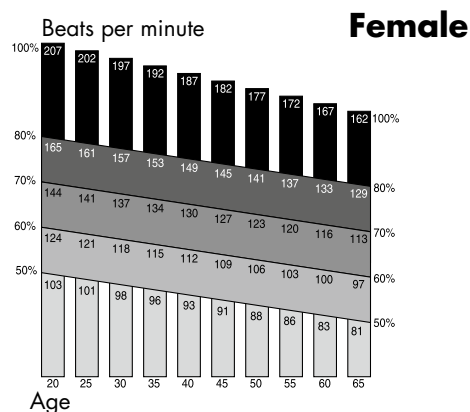
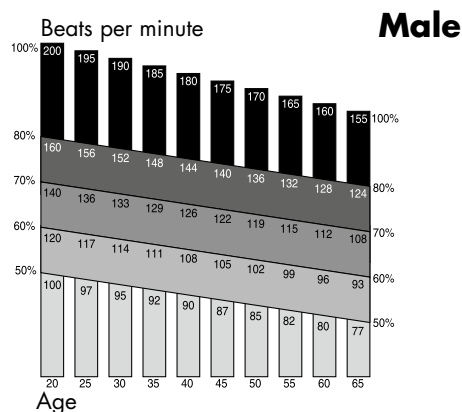
This corresponds to low-level activity; it is the gradual "resting" phase. WARMING DOWN returns your cardiovascular, respiratory and circulatory systems and your muscles to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

D - Stretching

You should stretch after warming down. Stretching after exercise: Minimises MUSCULAR STIFFNESS caused by the build-up of.

CARDIOVASCULAR TRAINING: EXERCISE ZONE

- Training at 80 to 90% and over of maximum heart rate: Anaerobic and red zones reserved for competitive, specialist athletes.
- Training at 70 to 80% of maximum heart rate: Endurance training.
- Training at 60 to 70% of maximum heart rate: Getting fit/Burning off fat.
- Training at 50 to 60% of maximum heart rate: Staying in shape/Warm-up.



If your age differs from those given in the table, you can use the following formulae to calculate your maximum heart rate which corresponds to 100%.

For men: $220 - \text{age}$

For women: $227 - \text{age}$

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.

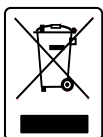
Aerobic endurance training requires at least three training sessions per week.

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.

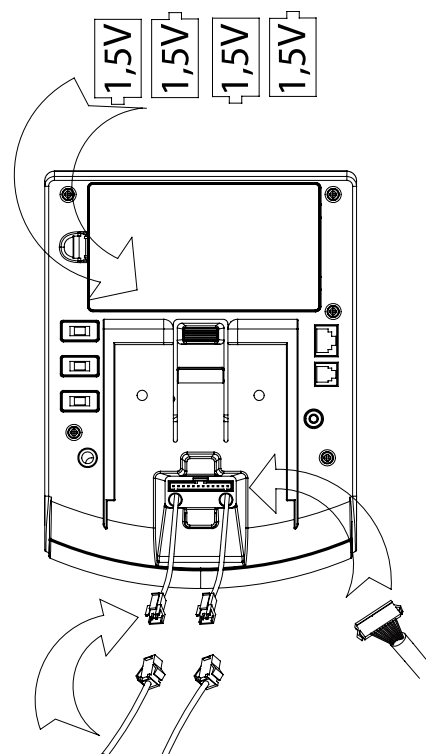
BATTERY INSTALLATION

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.



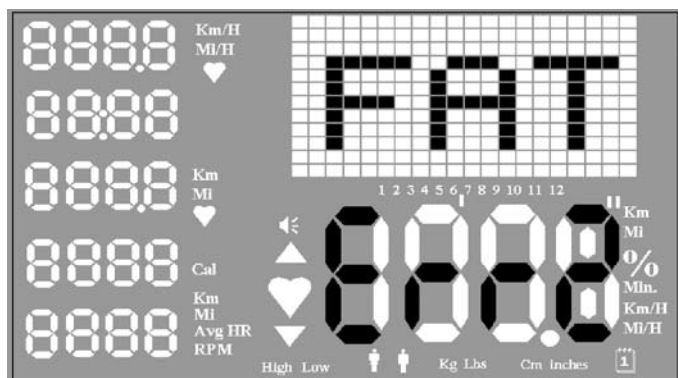
TROUBLESHOOTING

- *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

DOMYOS 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.

DOMYOS'S obligation in compliance with this warranty is limited to the product's replacement or repair, at Domyos's convenience.

All the products for which the warranty is applicable, shall be accepted by Domyos 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 Domyos
- The commercial use of the product concerned

This trade warranty does not exclude the legal guarantee(s) applicable according to countries and / or provinces.

OXYLANE

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- 59665 VILLENEUVE D'ASCQ – France -