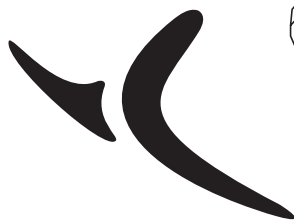
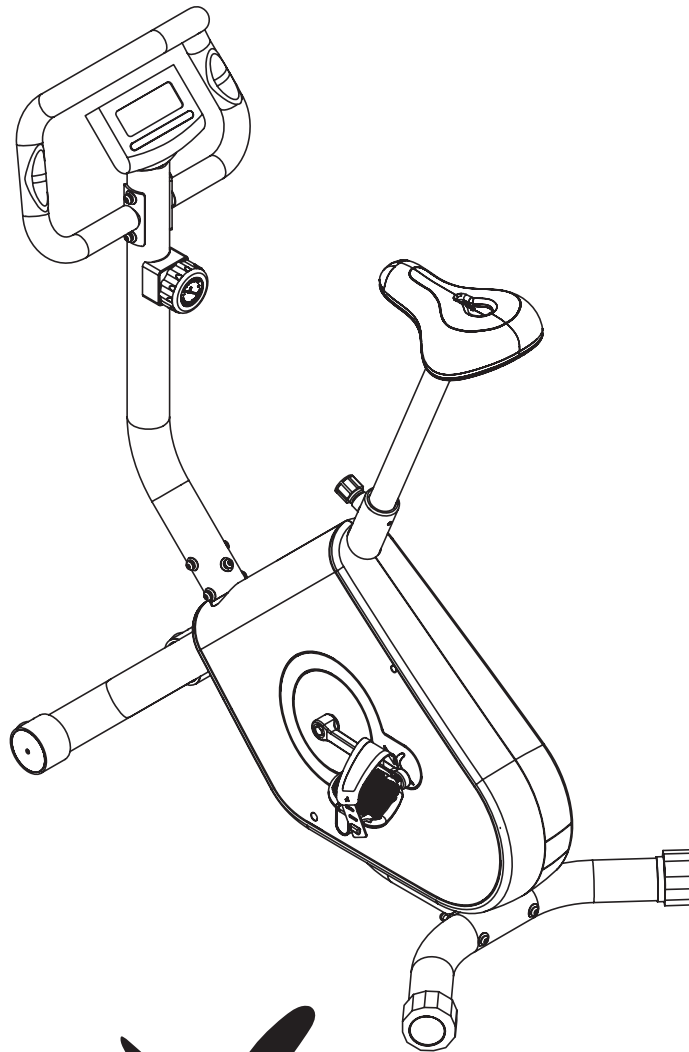


# WM 160

**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**

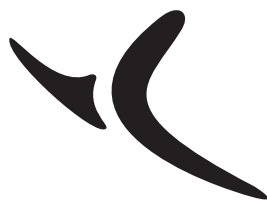


**D O M Y O S**

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# WM 160

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  
请妥善保存说明书



**DOMYOS**

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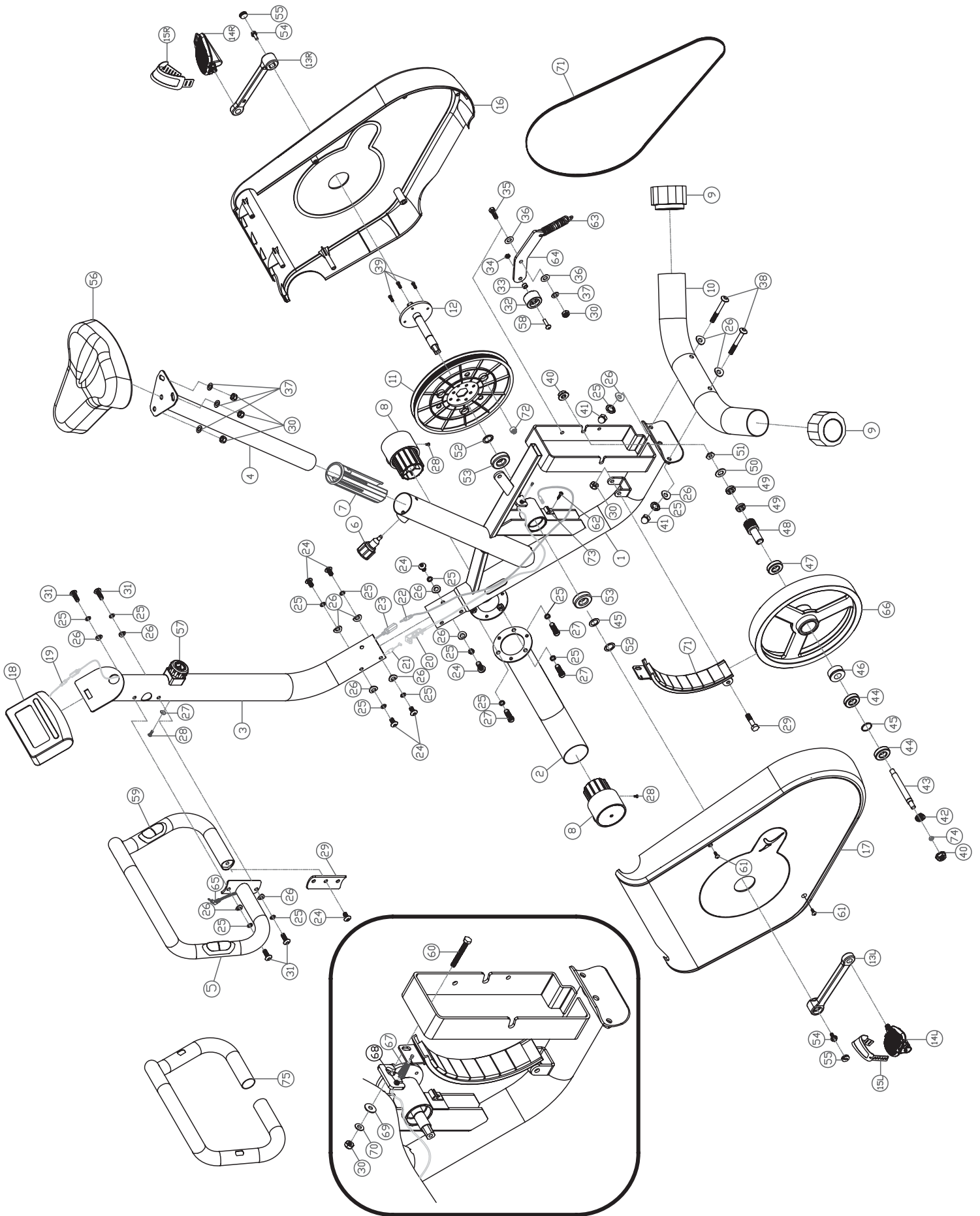
**decathlon**  
**creation©**

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

[www.decathlon.com](http://www.decathlon.com) Made in China - Hecho en China - 中國製造 - Сделанов Китае

Réf. pack : 425.481 - CNPJ : 02.314.041/0001-88 - 合格品



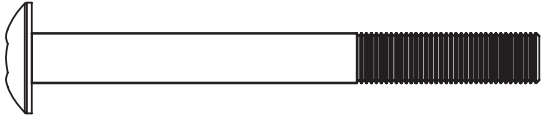


**A** x3

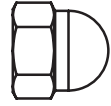


M8\*14

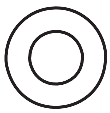
**B** x2



M8\*70



**C** x3



**D** x6



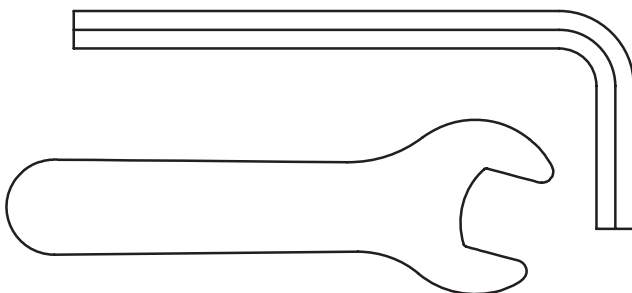
M8\*15

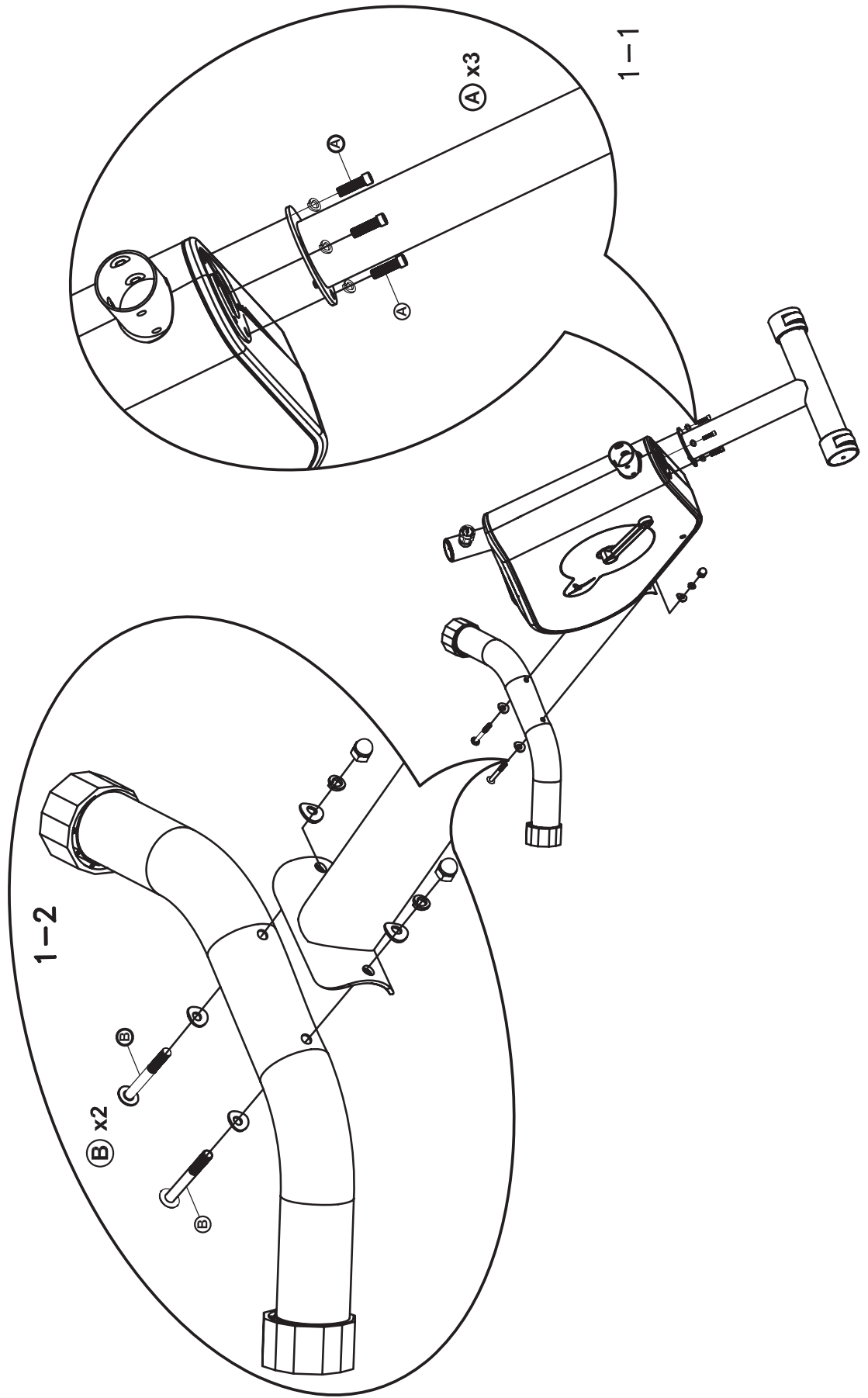
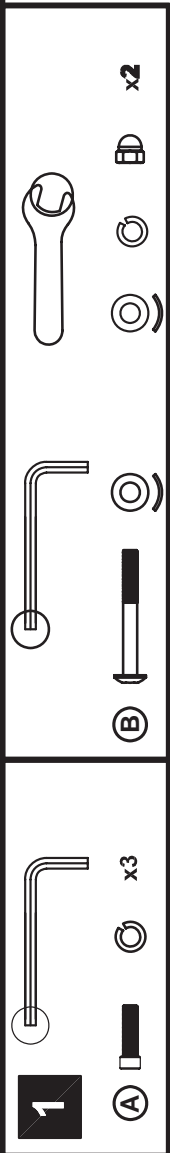


**E** x4

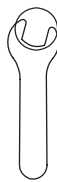


M8\*25





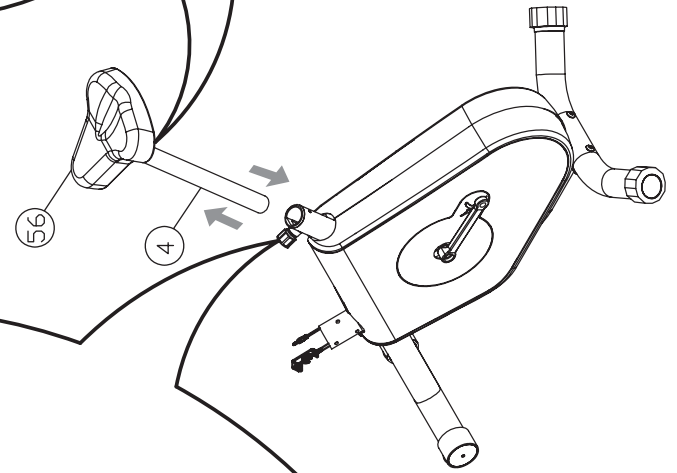
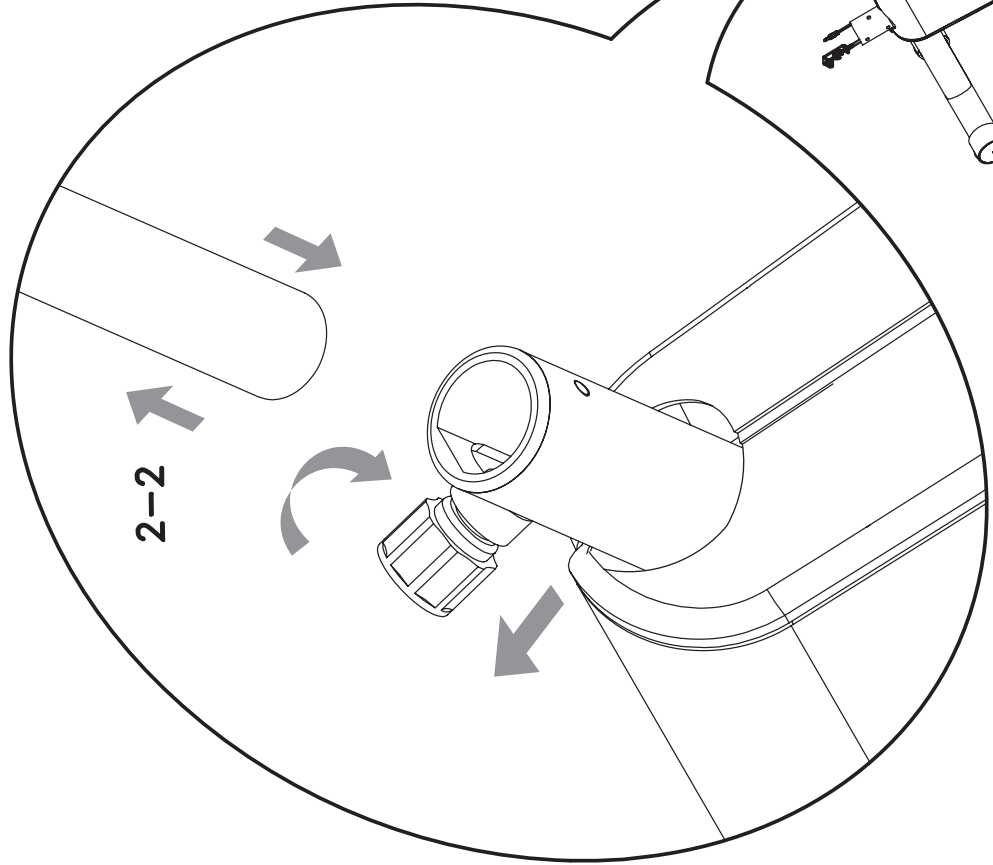
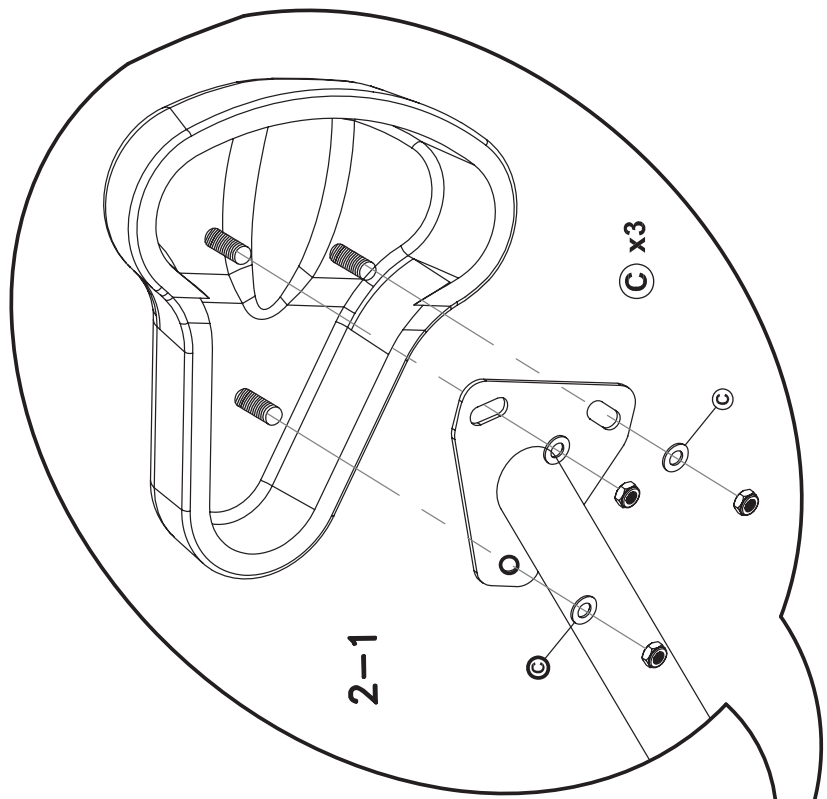
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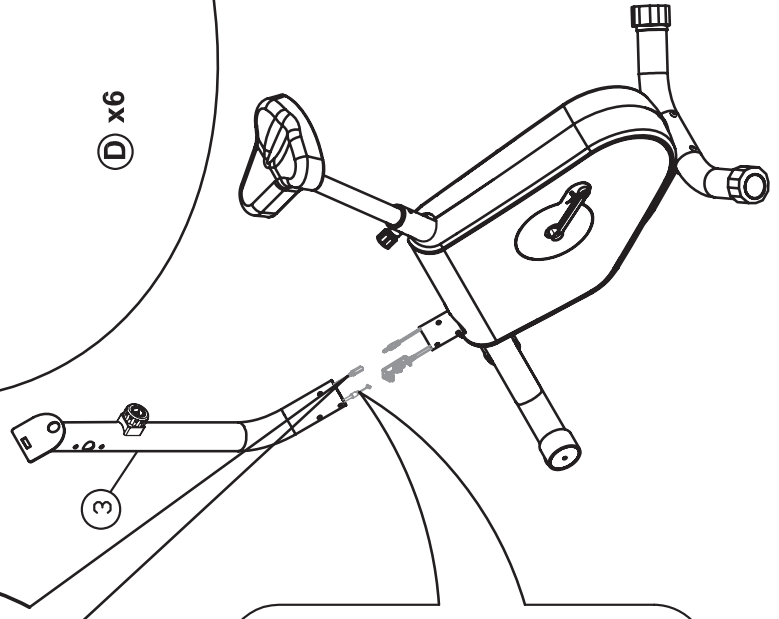
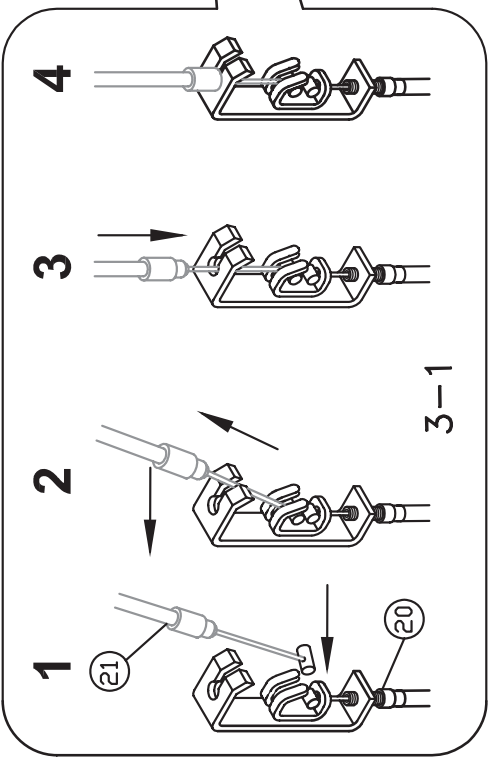
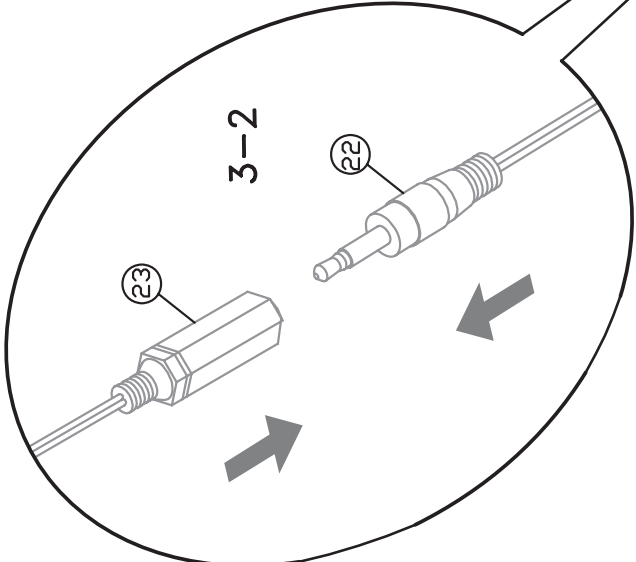
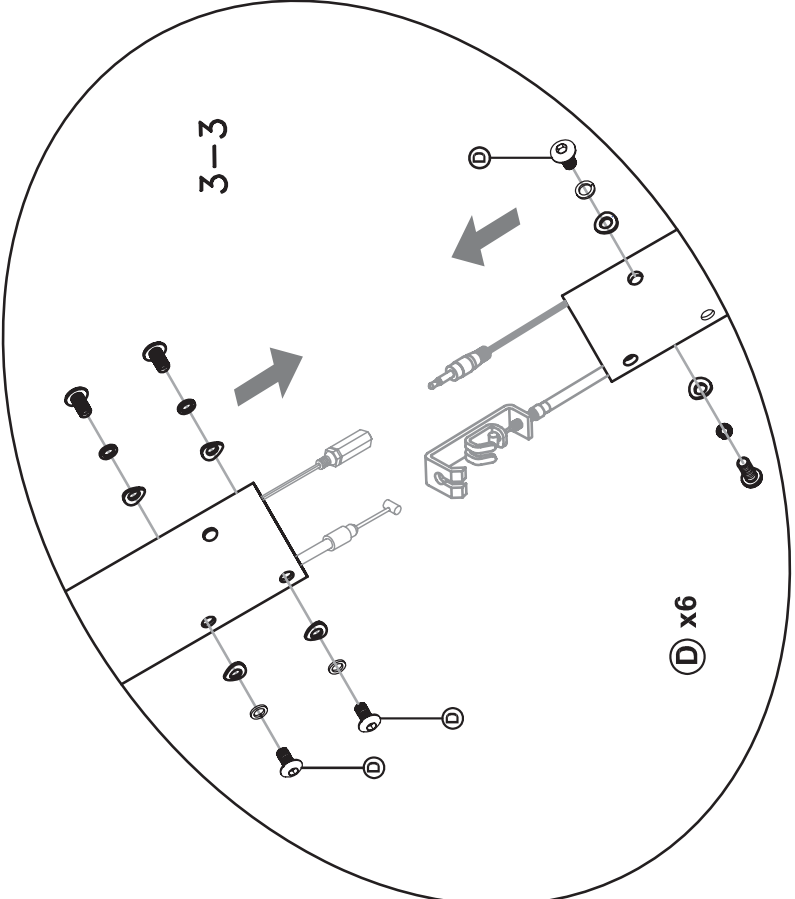
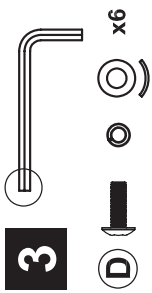


C



x3



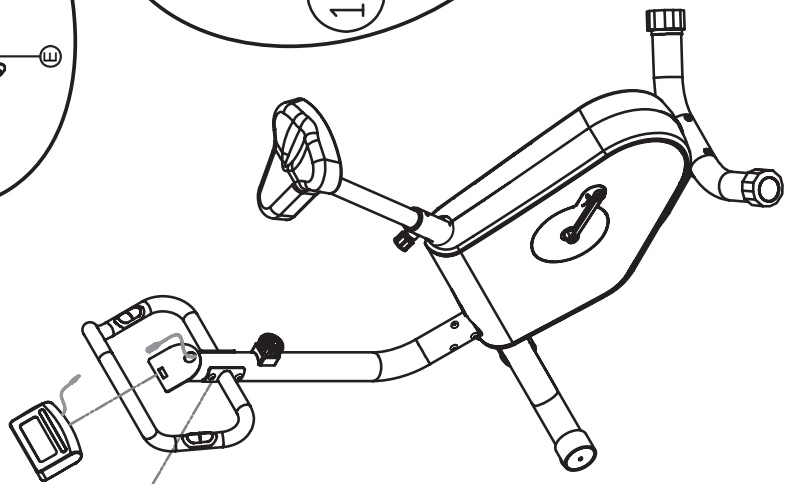
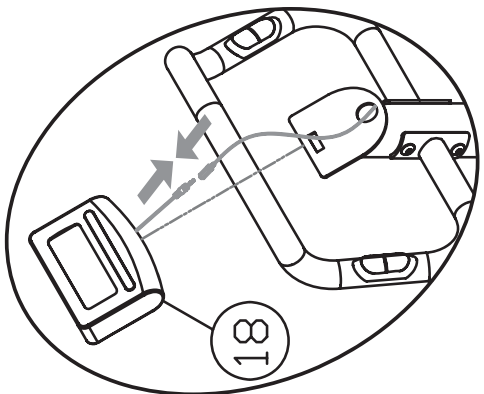
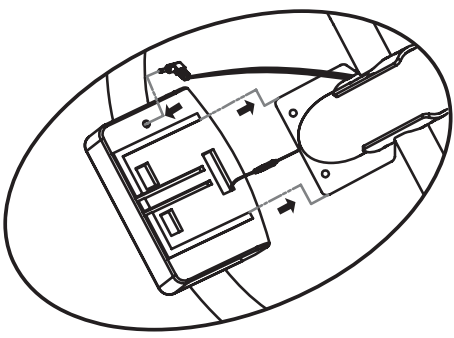
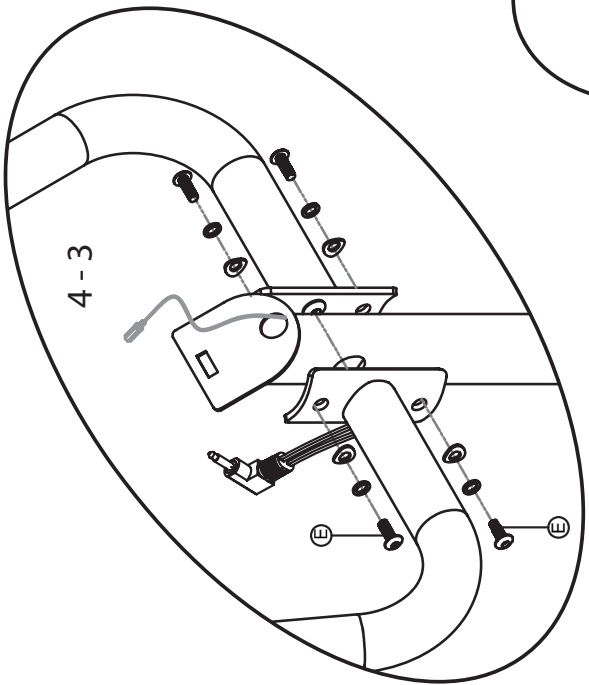
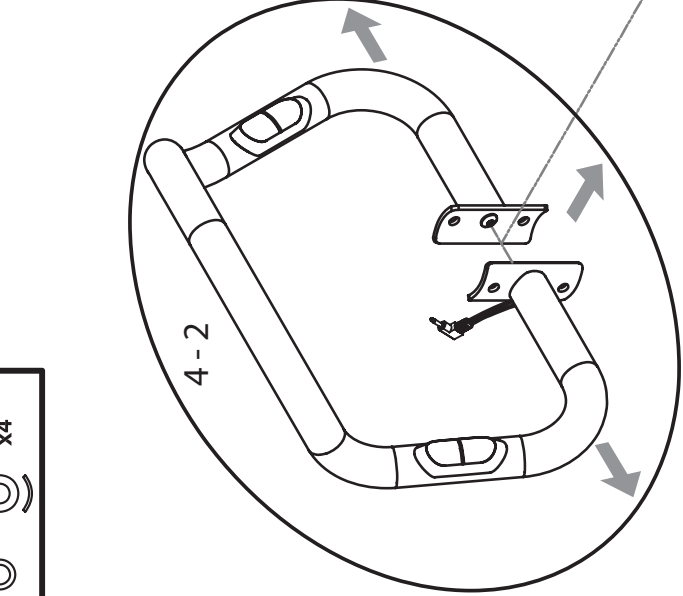


**4**

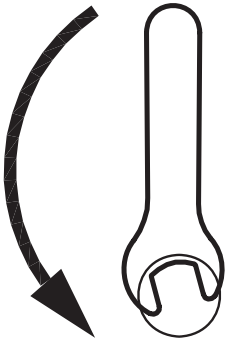
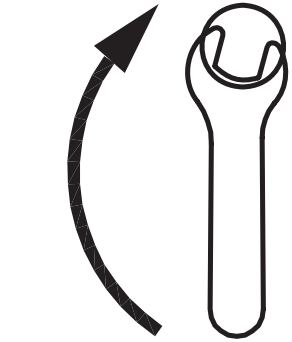
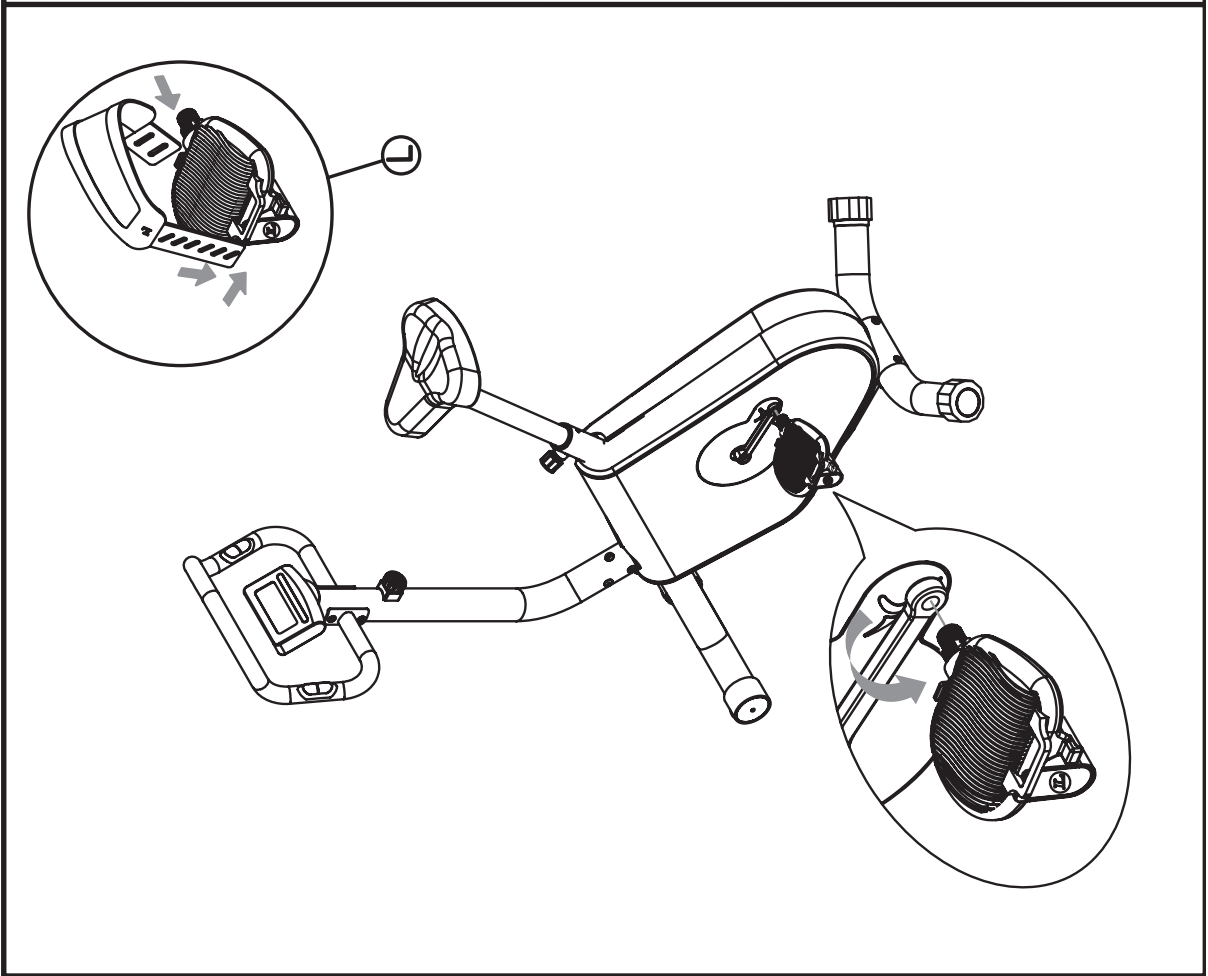
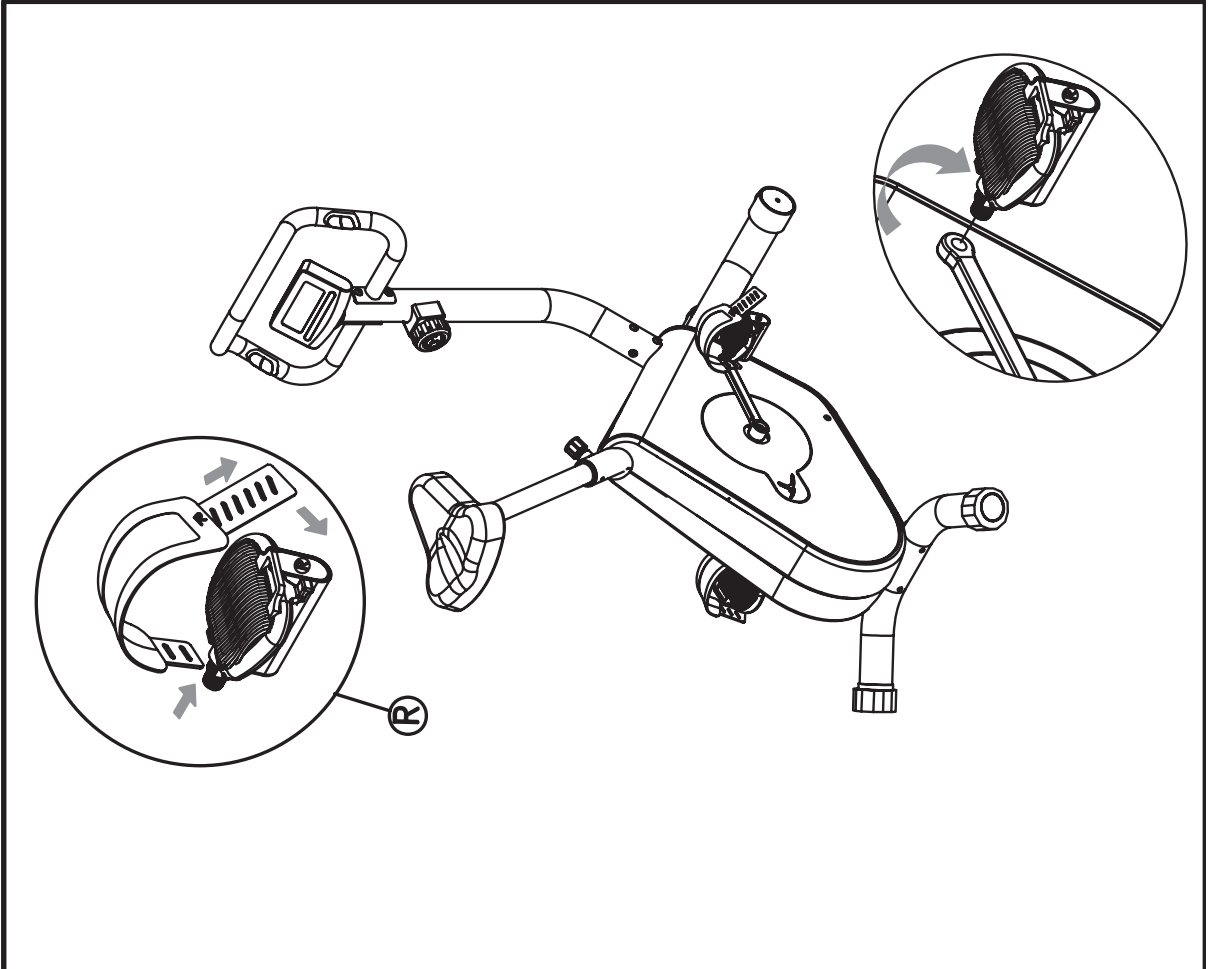
x4

E

E







# 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.

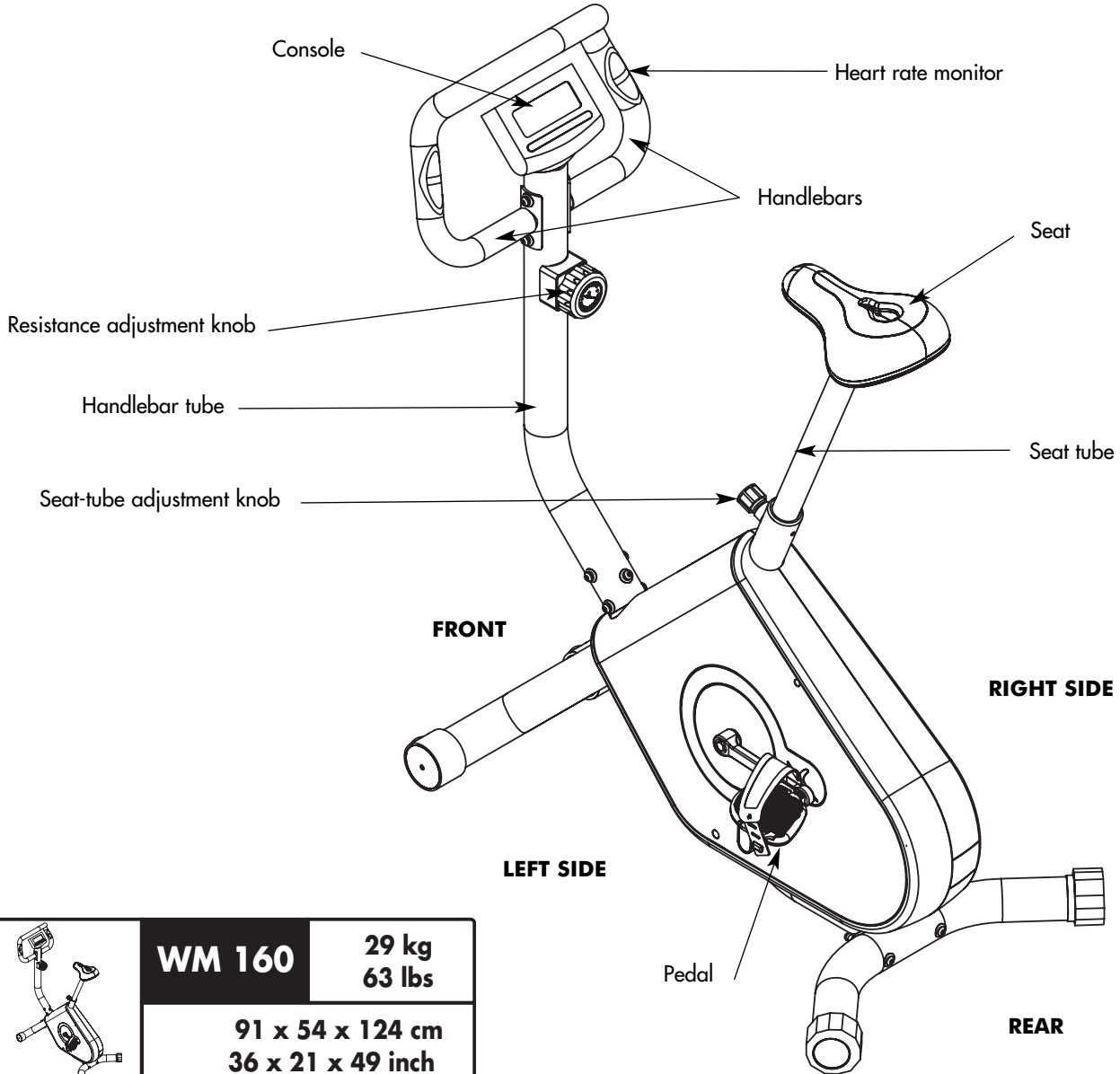
We have created the Domyos brand to provide a way for all athletes to train at home.

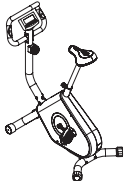
Our products are created by athletes for athletes.

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](http://www.decathlon.com)

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

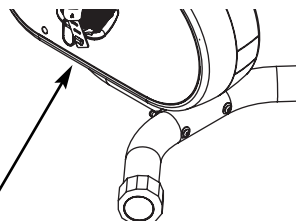


	<b>WM 160</b>	<b>29 kg</b> <b>63 lbs</b>
	<b>91 x 54 x 124 cm</b> <b>36 x 21 x 49 inch</b>	

**Model N° :** \_\_\_\_\_

**Serial N° :** \_\_\_\_\_

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



Serial number  
Decal

## 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 WM160 is a new-generation fitness bicycle.

The specially-designed shape of this bicycle puts your body in an anatomical position. The ergonomic form of the handlebars makes it easy to find the ideal position for your hands.

This product is equipped with a magnetic transmission for great pedaling comfort that is both smooth and silent.

## 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 WM160.
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

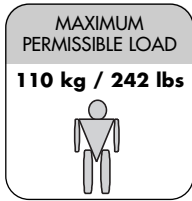
## WARNING

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.

# 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.

This product, which complies with the EN 957 class HC, 17498, GB17498 standards, is not designed for therapeutic purposes.



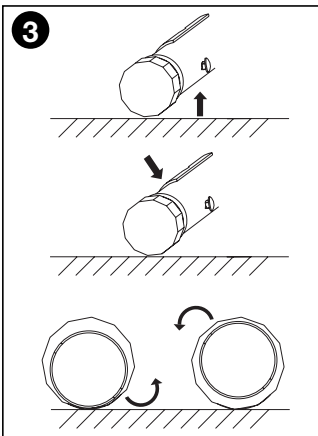
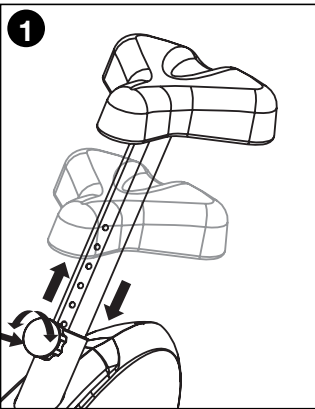
**CAUTION**

- 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.

XXXXXXXXXXXX		<b>DOMYOS</b>		deathlon creation©
DECATHLON		Code:XXXXX		
4, bd de Mons, 59 650 Villeneuve d'Ascq - FRANCE		DP Shanghai		
Stds : EN 957-1,2		STT:XXXXXXXX		
MADE IN CHINA		Prod : XXXXXXXX		
HECHO EN CHINA		WW-YY		
中国制造		CNPJ: 02.314.041/0001-98		
Произведено в Китае				

## ADJUSTMENTS

**Notice: it is necessary to get off the bicycle to make any adjustments (seat, handlebars).**



### 1 HOW TO ADJUST THE POSITION OF THE SEAT

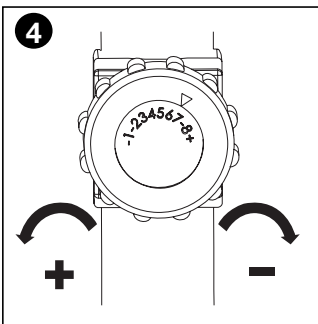
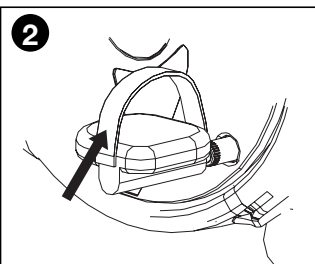
For an effective workout, the seat must be at the right height, meaning that while you are pedaling, your knees should be slightly bent when the pedals are at the lowest position. In order to adjust the seat, hold onto it, unscrew it and pull the knob on the seat post. Adjust the seat to the right height and reinsert the knob into the seat post, tightening it completely.

**IMPORTANT:**

- Make sure to put the knob back into place in the seat post and tighten it completely.
- Never exceed the maximum seat height.

### 3 LEVELING THE BICYCLE

In case of instability of the bicycle during use, turn one of the plastic end caps on the rear support leg, or both, until the instability is eliminated.



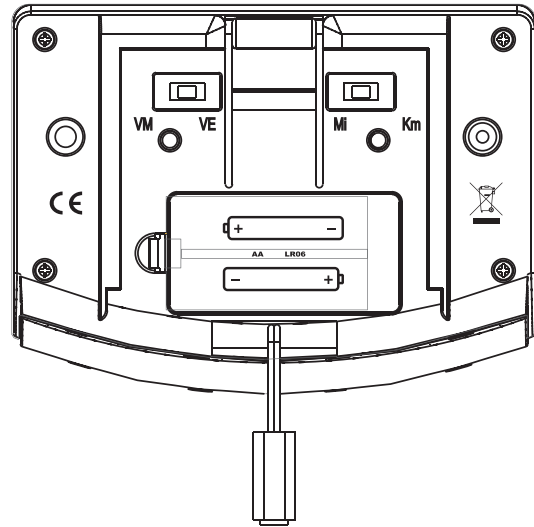
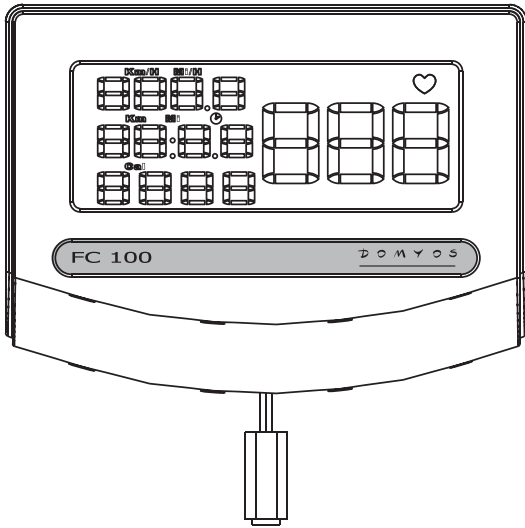
### 2 HOW TO ADJUST THE PEDAL STRAP

To adjust the pedal strap, try the different holes and fasten the strap when you find the right fit.

### 4 ADJUSTING THE RESISTANCE:

Braking and resistance are connected to pedaling speed. Resistance is adjusted using the knob marked 1 through 8. Position 1 corresponds to the lowest resistance, and position 8 to the highest. You can vary the resistance while pedaling.

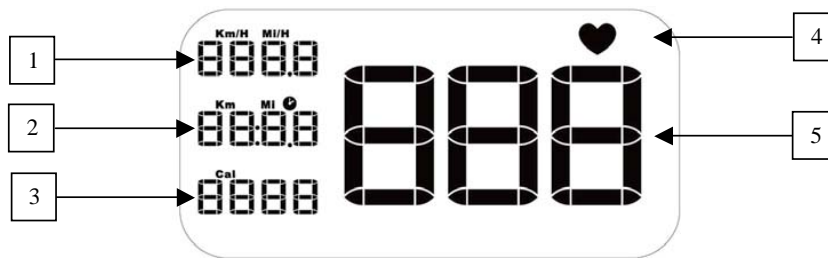
## FC 100 CONSOLE



## AUTOMATIC CONSOLE

The FC100 console is fully automatic and turns on as soon as you start pedaling.

### DISPLAY



1. Display of the pedaling SPEED
2. Alternating display of the DISTANCE covered and DURATION of the workout. The display alternates every 10 seconds
3. Display of CALORIES expended
4. HEART RATE indicator
5. Digital display of the HEART RATE

### RESETTING THE PRODUCT

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

## FUNCTIONS

### Speed :

This function indicates estimated speed, either in km/h or mph, depending on the position of the switch on the rear of the product

### Distance :

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

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

### Time :

This function indicates how much time has elapsed since the beginning of the session ; this indication is in Minutes: Seconds for the first hour, then it switches to Hours: Minutes  
After 10h the counter is automatically reset to 0

### Calories :

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

### Heart rate\* :

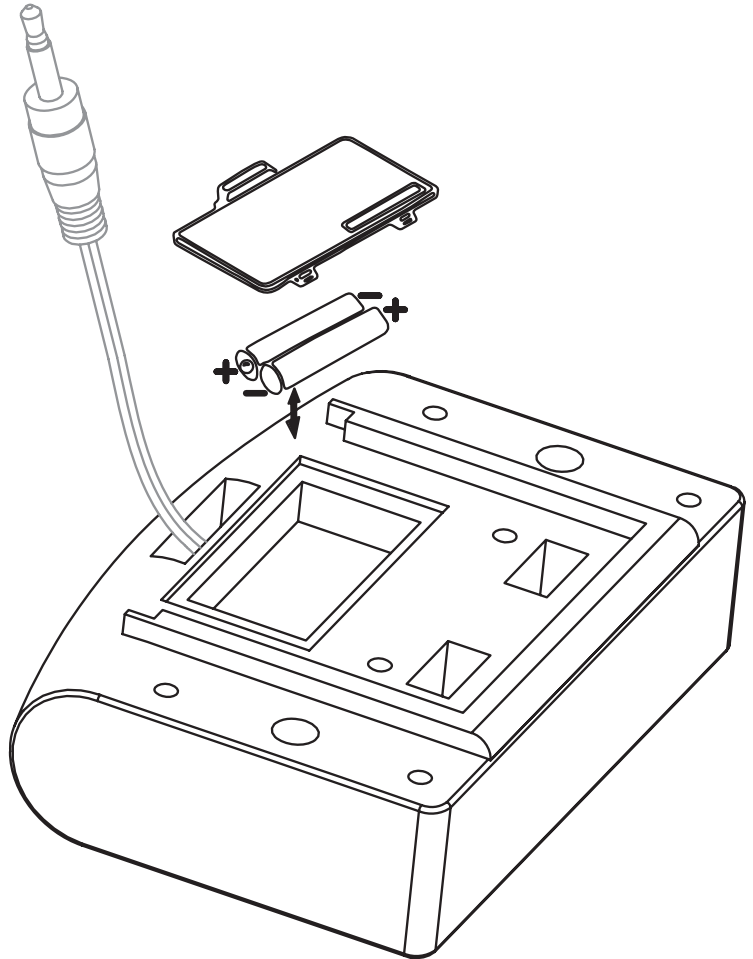
Place the palms of your hands on the pulse sensors; after a few seconds the heart rate indicator will flash and your heart rate will be displayed in beats per minute

**\*Note: this is only an estimate that in no case should be considered a medical certainty.**

• **IMPORTANT:** for around half a minute, or when the frequency hops, the value displayed may not correspond to your actual heart rate. This is due to the initialization of the algorithm.

## Installing batteries

1. Remove the console from its base, take the battery compartment lid off (located on the rear of the product) and insert two AA or UM-3 batteries in the battery compartment behind the screen.
2. Make sure the batteries are installed correctly and are flush with the springs.
3. Put the battery compartment lid back on and check to ensure that it is secure.
4. If the display is illegible or partial, remove the batteries, wait 15 seconds and then put them back in.
5. If you remove the batteries, the computer memory is erased.



### RECYCLING :

The "crossed-out wastebasket" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste. They are subject to a specific type of sorting. Deposit the batteries and your unusable electronic product in an authorized collection area for recycling. This treatment of your electronic waste will protect the environment and your health.

## TROUBLESHOOTING

- If the counter is not indicating the right units of measure for distance, check that the switch on the back of the console is in the Mi position for a display in miles and in Km for a display in kilometers. Remove the batteries and reinsert them to make the change take effect.
- If the distance or speed is abnormal, check that the switch on the back of the console is in the VM position for magnetic bikes and in VE position for elliptical bikes.

On magnetic bikes, each pedal revolution corresponds to a distance of 4 meters / 13.12 feet, and on elliptical bikes, 2 movements correspond to a distance of 1.6 meters / 5.25 feet (these values correspond to average values when riding or walking).

- If the heart rate indicator (4) is not flashing or is flashing erratically, check that your hands are positioned properly and that the sensors are not too moist

## 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.

## 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.

## 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.

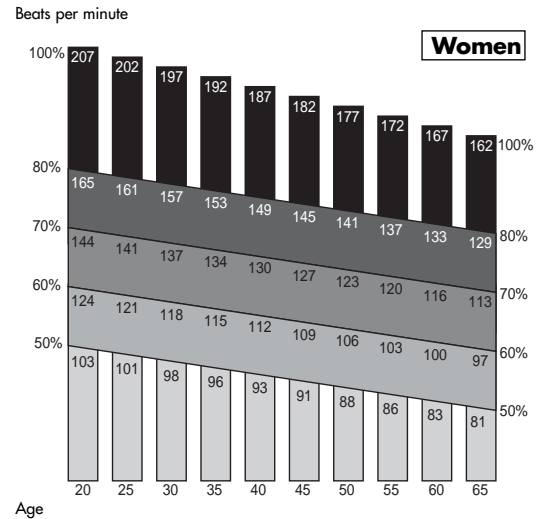
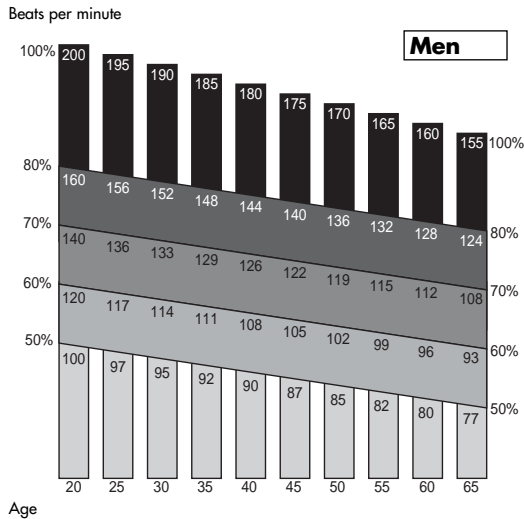
The resistance and/or speed of pedalling is increased so as to increase respiration during the exercise. The effort here is more sustained than for the maintenance workout.

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.

## CARDIO-TRAINING : EXERCISE RANGE

- Training at 80% to 90% of maximum heart rate and higher: Anaerobic and red zones reserved for competitive, specialized athletes.
- Training at 70-80% of maximum heart rate: endurance training.
- Training at 60-70% of maximum heart rate: Getting into shape/Burning off fat.
- Training at 50 to 60% of maximum heart rate: Maintenance/Warm-up



### NOTICE AND WARNINGS 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 exercised in recent years, you are over 35 years old, you are not certain of your health, or you are receiving medical treatment.

**BEFORE UNDERTAKING ANY SPORT IT IS NECESSARY TO CONSULT A DOCTOR.**

## 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

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