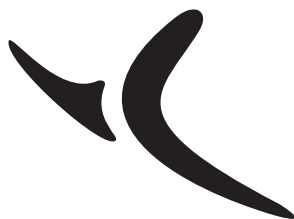
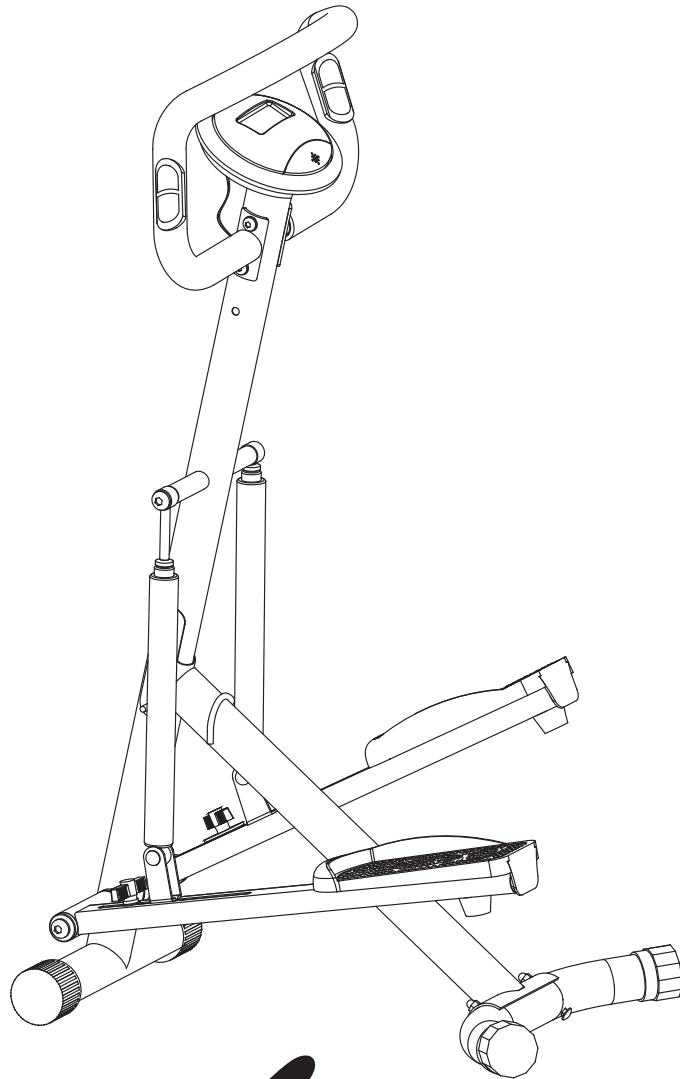


# ST 660

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

**INSTRUKCJA UŻYTKOWANIA**  
**HASZNÁLATI ÚTMUTATÓ**  
**ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ**  
**ISTRUCIUNI DE UTILIZARE**  
**NÁVOD NA POUŽITIE**  
**NÁVOD K POUŽITÍ**  
**BRUKSANVISNING**

**УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ**  
**KULLANIM KILAVUZU**  
**ІНСТРУКЦІЯ ВИКОРИСТАННЯ**  
دليل الاستخدام  
使用说明

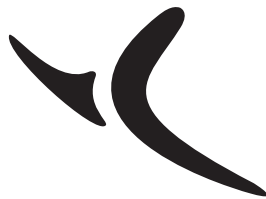


**D O M Y O S**

---

# ST 660

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



**DOMYOS**

---

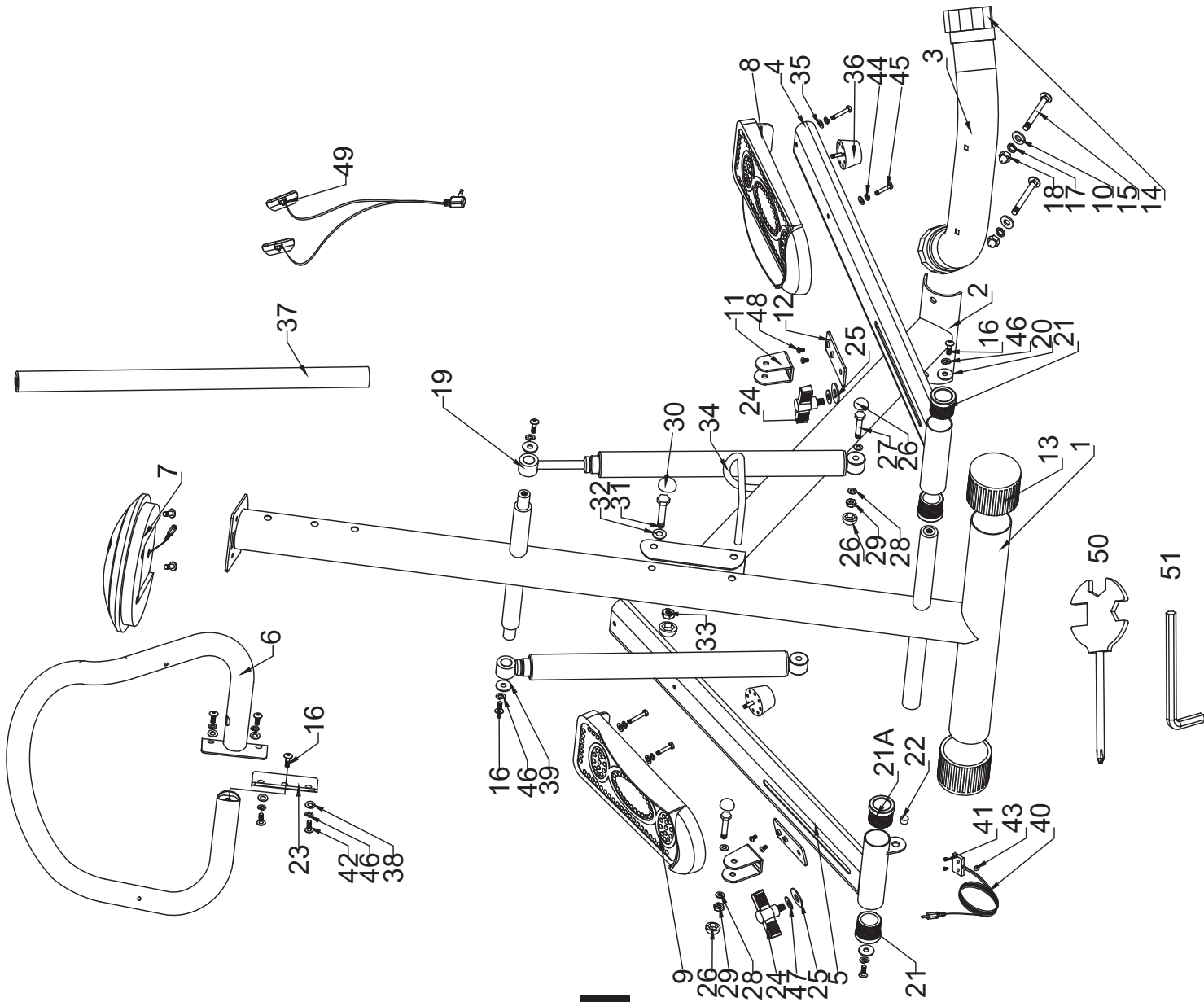
**decathlon  
creation©**

DECATHLON - 4, Boulevard de Mons, BP 299 - 59665 Villeneuve d'Ascq - France

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

Réf. pack : 1108.129 - CNPJ : 02.314.041/0001-88 - 合格品





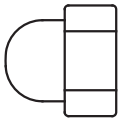
Numéro	Quantité
Numero	Quantity
Número	Cantidad
Nummer	Menge
Nummer	Quantità
Nummer	Hoeveelheid
Número	Quantidade
Numer	Ilość
szám	menyiség
номер	количество
Numărul	cantitate
Číslo	Množstvo
Číslo	Množství
Nummer	Antal
Номер	Количество
Numara	Miktar
Номер	Кількість
رقم	الكمية
号码	数量
1	1
2	1
3	1
4	1
5	1
6	1
7	1
8	1
9	1
10	2
11	2
12	2
13	2
14	2
15	2
16	5
17	2
18	2
19	2
20	2
21	2
21A	2

Numéro	Quantité
Numero	Quantity
Número	Cantidad
Nummer	Menge
Nummer	Quantità
Nummer	Hoeveelheid
Número	Quantidade
Numer	Ilość
szám	menyiség
номер	количество
Numărul	cantitate
Číslo	Množstvo
Číslo	Množství
Nummer	Antal
Номер	Количество
Numara	Miktar
Номер	Кількість
رقم	الكمية
号码	数量
22	1
23	1
24	2
25	2
26	4
27	2
28	4
29	2
30	2
31	1
32	2
33	1
34	1
35	4
36	2
37	1
38	4
39	2
40	1
41	2
42	4
43	1

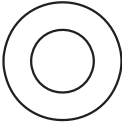
Numéro	Quantité
Numero	Quantity
Número	Cantidad
Nummer	Menge
Nummer	Quantità
Nummer	Hoeveelheid
Número	Quantidade
Numer	Ilość
szám	menyiség
номер	количество
Numărul	cantitate
Číslo	Množstvo
Číslo	Množství
Nummer	Antal
Номер	Количество
Numara	Miktar
Номер	Кількість
رقم	الكمية
号码	数量
44	4
45	4
46	8
47	2
48	4
49	2
50	1
51	1

- ⑮ x2


M8


- ⑩ x4

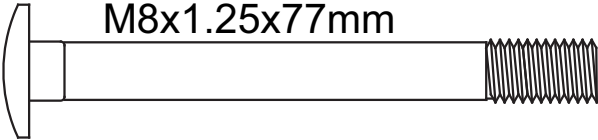
M8


- ⑰ x4

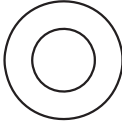
M8


- ⑮ x2


M8x1.25x77mm


- ⑳ x4

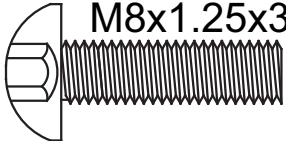
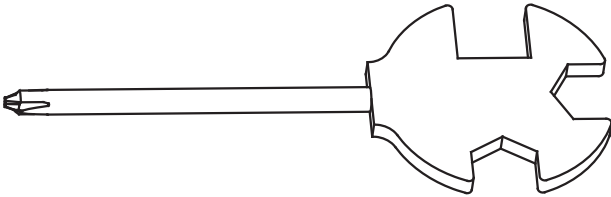

M8

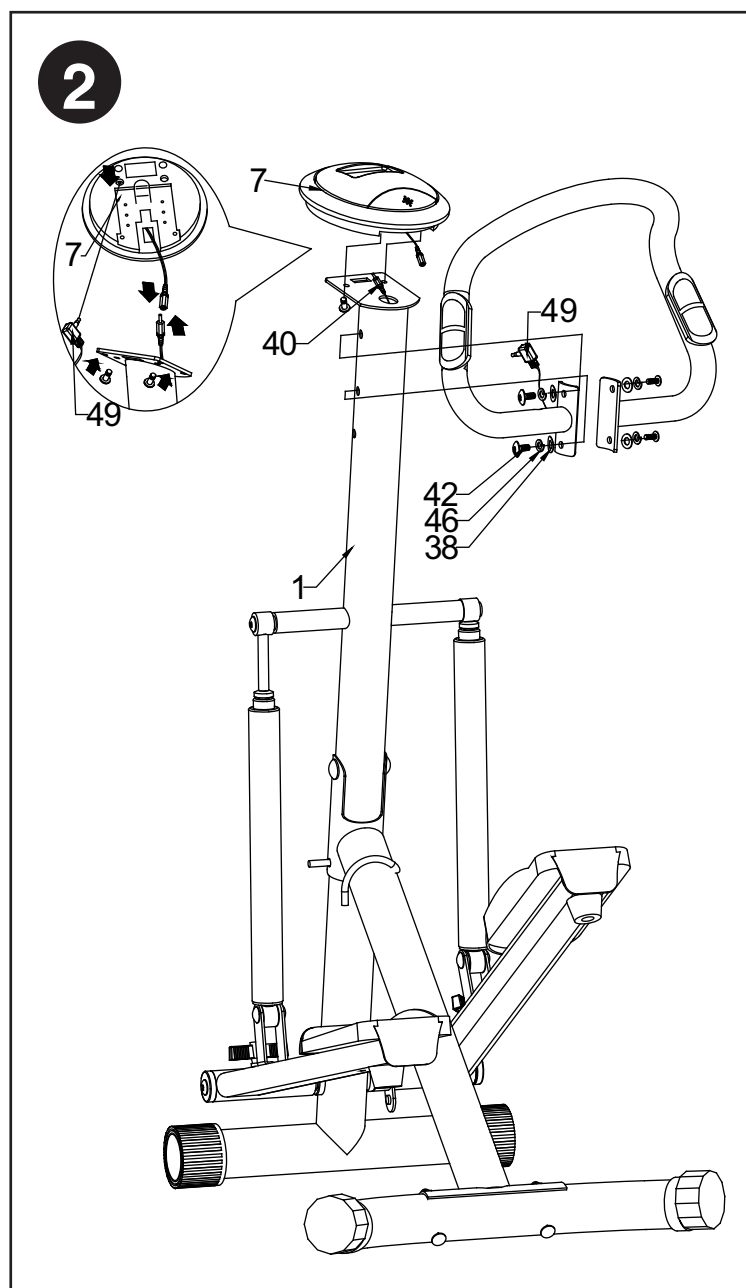
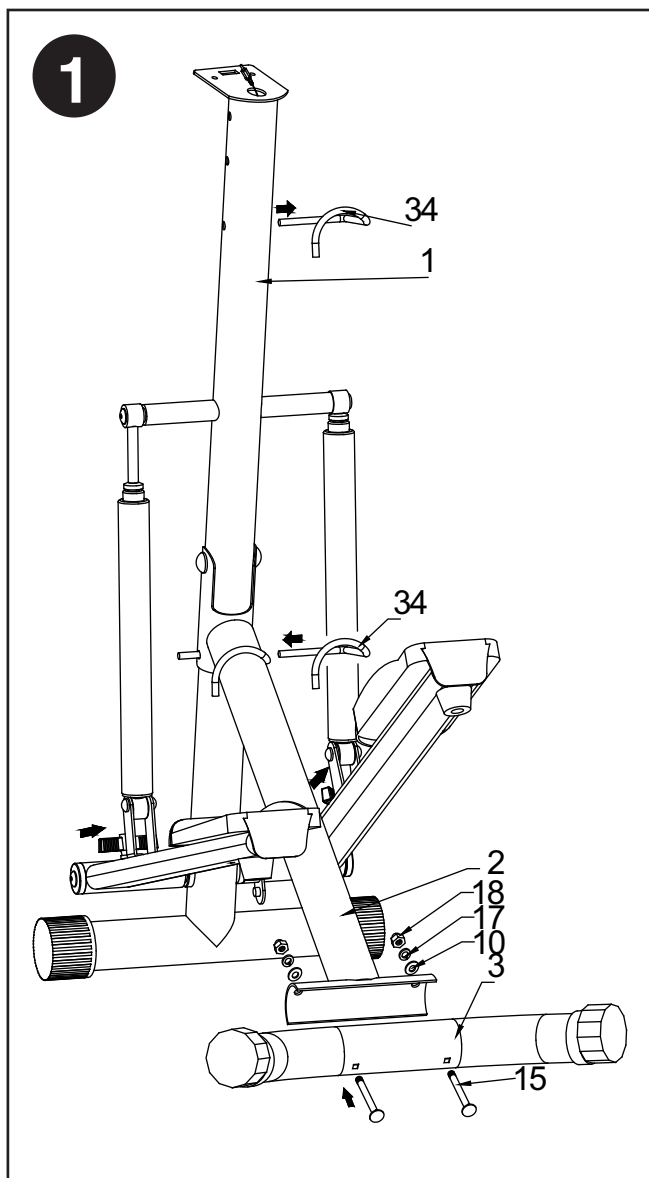

- ㉔ x4

M8


- ㉒ x4

M8x1.25x30mm


- ㉖ x1

- ㉗ x1




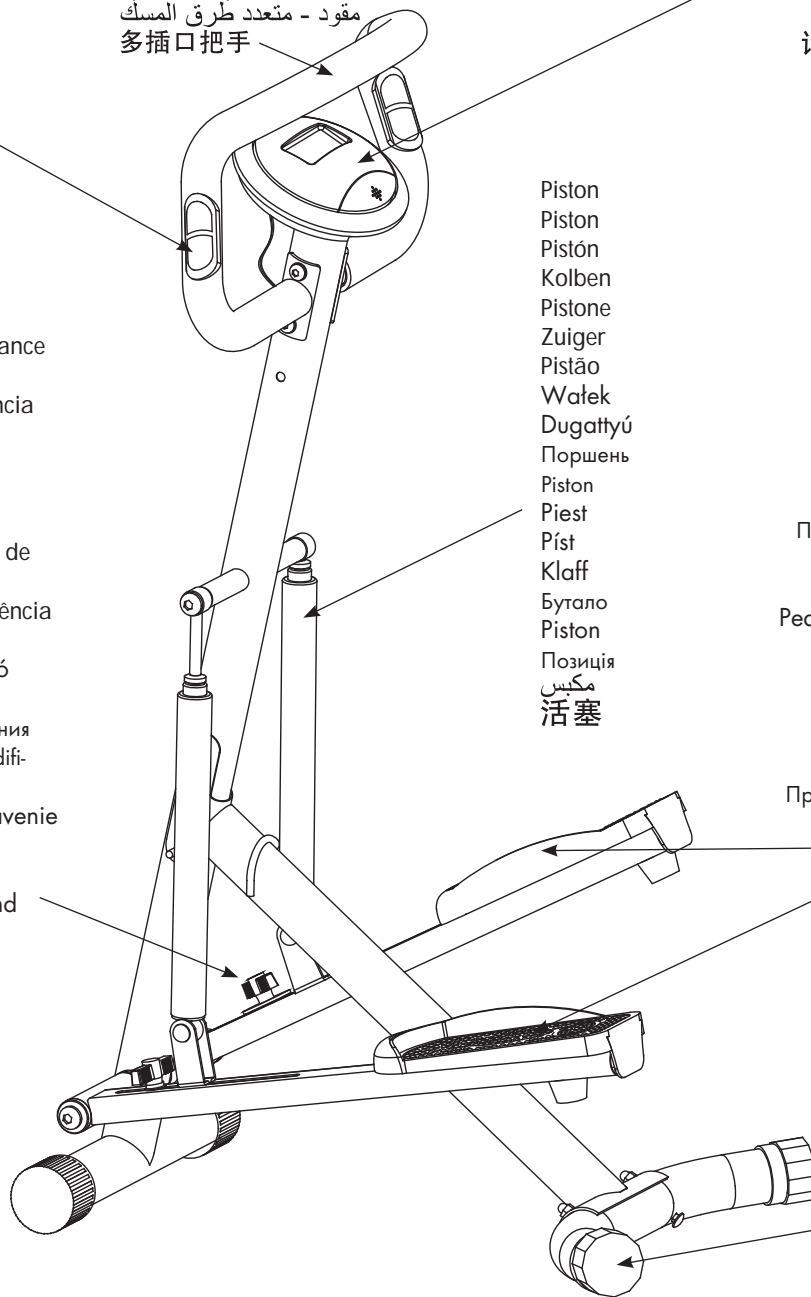
Capteurs de pulsation cardiaque  
Heartbeat sensors  
Sensores de pulsaciones cardiacas.  
Herzfrequenz-Messfühler  
Rilevatori di pulsazioni cardiache  
Hartslagsensoren  
Sensores de pulsações cardíacas  
Czujniki pomiaru tętna.  
Szívritmus-érzékelő

Датчики измерения сердечного пульса  
Captatori de pulsații cardiace  
Snímač srdcového pulzu  
Snímače srdečního pulsu  
Pulsmätare  
Датчици за сърдечен пулс  
Kalp atış kaptörleri  
Датчики пульсу  
مستشعرات نبضات القلب  
心脉传感器

Guidon multi-prises  
Multi-grip handlebars  
Manillar multitomas  
Lenkstange mit mehreren Griffen  
Manubrio multipresa  
Stuur met meerdere handgrepen  
Guiador multitomadas  
Kierownica z uchwytami  
Többféleképp fogható fogantyú  
Поручень с мультизахватами  
Ghidon cu mai multe prize  
Rukoväť pre ľahké uchopenie  
Mnohozásuvková řídítka  
Stång med flera grepp  
Многофункционално кормило  
Çok prizli gidon  
Рукоятка з різними хватками  
مقود - متعدد طرق المسك  
多插口把手

Compteur 1 écran 5 fonctions  
1-screen, 5-function counter  
Contador 1 pantalla 5 funciones  
Zähler-Bildschirm mit 5 Funktionen  
Contatore 1 schermo 5 funzioni  
Teller 1 scherm 5 functies  
Contador 1 ecrã 5 funções  
Licznik z 1 wyświetlaczem 5-funkcyjnym  
1 kijelzős, 5 funkciós számláló  
1 дисплей, 5 функций  
Contorizator 1 ecran 5 funcții  
Počítadlo s 1 displejom a 5 funkciami  
Počítadlo 1 obrazovka 5 funkcí  
Räknare 1 skärm 5 funktioner  
Брояч 1 екран с 5 функции  
1 ekran 5 fonksiyonlu sayaç  
Лічильник з 1 екраном і 5 функціями  
عداد ۱ شاشة ۵ وظائف  
计数器 1个屏面 5个功能

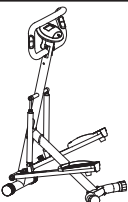
Mécanisme de réglage de la résistance  
Resistance adjusting mechanism  
Mecanismo de ajuste de la resistencia  
Mechanismus zur Anpassung des Widerstands  
Meccanismo di regolazione della resistenza  
Mechanisme voor het instellen van de weerstand  
Mecanismo de regulação da resistência  
Mechanism regulacji oporu.  
Az ellenállás beállítására szolgáló mechanizmus  
Механізм регулювання опору  
Mecanism de reglare al nivelului de dificultate  
Regulačný mechanizmus na nastavenie odporu  
Mechanismus nastavení odporu  
Reglage för inställning av motstånd  
Механізм за регулювання на устійчивості  
Direnç ayarlama mekanizması  
Механізм регулювання опору  
نظام ضبط المقاومة  
阻力调节机构



Piston  
Piston  
Pistón  
Kolben  
Pistone  
Zuiger  
Pistão  
Wałek  
Dugattyú  
Поршень  
Piston  
Piest  
Píst  
Klaff  
Бутало  
Piston  
Позиція  
مكبس  
活塞

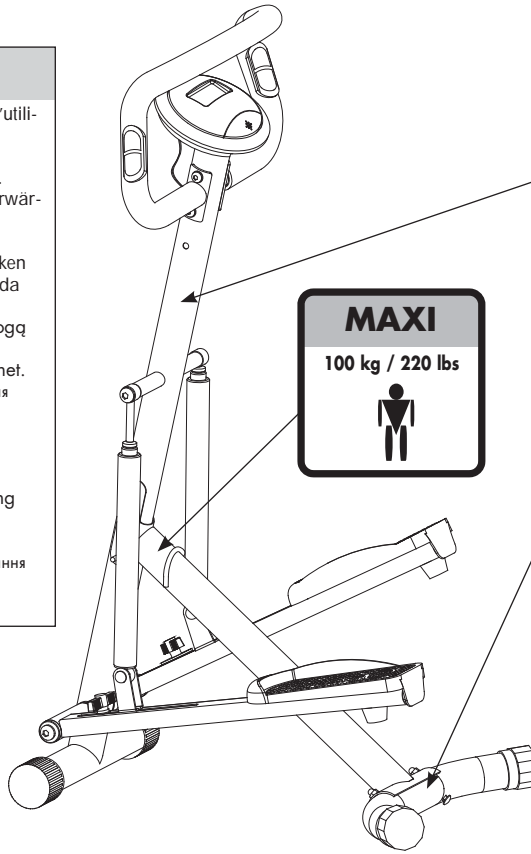
Marches antidérapantes  
Non-slip footplates  
Marchas antiderrapantes  
Rutschfeste Trittflächen  
Pedali antisdrucciolo  
Anti-sliptreden  
Degraus antiderrapantes  
Stopnie antypoślizgowe  
Csúszásgátló lépcsők  
Педали с противоскользящим покрытием  
Trepte antiderapante  
Pedale s protišmykovou úpravou  
Protiskluzné schody  
Glidskyddade steg  
Нехлъзгащи се стъпала  
Kaydırmaz basamaklar  
Противковзні платформи для ніг  
درجات مانعة للانزلاق  
防滑踏板

Stabilisateurs.  
Stabilizers  
Estabilizadores  
Stabilisatoren  
Stabilizzatori  
Stabilisatoren  
Estabilizadores  
Elementy stabilizujące  
Stabilizátorok  
Стабилизаторы  
Stabilizatori.  
Stabilizatory.  
Stabilizatory.  
Stabilisatorer.  
Стабилизатори.  
Stabilizatorler.  
Стабилизатори.  
عناصر الموازنة.  
稳定器

	<b>ST660</b>	<b>18,2 kg</b> <b>40,2 lbs</b>
	<b>137 x 80 x 61 cm</b> <b>54 x 31 x 24 inch</b>	



- La tige et le cylindre peuvent devenir chauds en cours d'utilisation.
- The rod and cylinder may heat up during use
- La varilla y el cilindro pueden calentarse durante el uso.
- Stange und Zylinder können sich während der Übung erwärmen.
- L'asta e il cilindro possono riscaldarsi durante l'uso.
- De stang en de cilinder kunnen tijdens gebruik verhit raken
- A haste e o cilindro podem tornar-se quentes ao longo da utilização.
- Podczas korzystania z uderzenia drążek i cylinder mogą się nagrzewać
- A dugattyú és a henger használat közben felmelegedhet.
- Шток и цилиндр могут нагреваться во время использования тренажера
- Tija și cilindrul se pot încălzi în cursul utilizării
- Tiahlo a valec sa môžu pri používaní zahriať
- Kmen a válec se mohou během používání zahřát.
- Stänging och cylindern kan bli varma under användning
- Лостът и цилиндърът може да се загреят при употреба
- Kullanım sırasında çubuk ve silindir ısınabilir.
- Стрижень та циліндр можуть розігрітись під час використання
- قد تصبح المساق والاسطوانة ساخناتان من الاستعمال،
- 在使用过程中，杆柄和液压缸可能会变热。



### 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.



- Eloignez-vous de cette zone
- Keep away from this area
- Manténgase lejos de esta zona
- Bitte dieser Zone fern bleiben
- Allontanarsi dalla zona
- Verwijder u van deze zone
- Afaste-se desta zona
- Należy oddalić się od danej strefy
- Távoldjonj el ettől a területtől
- Держитесь подальше от этой зоны
- Îndepărtați-vă de această zonă
- Vzdialte sa od tejto zóny.
- Vzdale se z této zóny.
- Håll avstånd från området
- Отдаляйте се от тази зона.
- Bu alandan uzaklaşın.
- Відійдіть від цієї зони.
- يجب الابتعاد عن هذا الجزء
- 请走开这个地方

### AVERTISSEMENT

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfants d'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains, pieds et cheveux de toutes les pièces en mouvement.

### ADVERTENCIA

- Cualquier uso impropio de este producto puede provocar heridas graves.
- Antes de cualquier utilización, lea atentamente el modo de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permitir a los niños utilizar esta máquina y mantenerlos alejados de la misma.
- Si faltase la pegatina, o si la misma estuviera dañada o ilegible, conviene sustituirla.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

### WARNHINWEIS

- Jede unsachgemäße Benutzung dieses Produktes kann schwere Verletzungen zur Folge haben.
- Vor jedem Gebrauch bitte diese Gebrauchsanweisung aufmerksam lesen und alle darin enthaltenen Warnhinweise und Anweisungen befolgen.
- Kindern ist die Benutzung dieser Maschine zu untersagen und sie sind davon fernzuhalten.
- Ist der Aufkleber beschädigt, unleserlich oder nicht mehr vorhanden, muss er ersetzt werden.
- Ihre Hände, Füße und Haare von allen drehenden Teilen fernhalten.

### AVVERTENZA

- Ogni uso improprio del presente articolo rischia di provocare gravi incidenti
- Prima di qualsiasi utilizzo, vi preghiamo di leggere attentamente le istruzioni per l'uso e di rispettare le avvertenze e le modalità d'impiego.
- Tenere i bambini lontani dalla macchina e non permettere loro di utilizzarla.
- Se l'etichetta è danneggiata, illeggibile o assente, occorre sostituirla.
- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

### WAARSCHUWING

- Onjuist gebruik van dit product kan ernstige verwondingen veroorzaken.
- Voordat u het product gaat gebruiken, moet u de gebruiksaanwijzing lezen en alle waarschuwingen en instructies die hij bevat toepassen.
- Deze machine niet door kinderen laten gebruiken en niet in de buurt ervan laten komen.
- Als de sticker beschadigd, onleesbaar of afwezig is, moet hij vervangen worden.
- Uw handen, voeten of haar niet in de buurt van de bewegende delen brengen.

### AVISO

- Qualquer utilização imprópria deste produto comporta o risco de causar danos graves.
- Antes de cada utilização, leia atentamente as instruções de utilização e respeite o conjunto dos avisos e instruções incluídas.
- Mantenha este aparelho afastado das crianças e não permita a sua utilização por estas.
- Se o autocolante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

### UWAGA

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

### FIGYELMEZTETÉS

- A szerkezet helytelen használatára súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartsa be minden figyelmeltetést, illetve használati útmutatót
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezezt, lábakat, a haját a mozgó alkatrészekről

### Предупреждение

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкцию по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата

### ATENȚIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răni grave.
- Înainte de utilizare, vă rugăm să citiți cu atenție modul de folosire și să respectați toate
- Atenționările și instrucțiunile pe care acesta le conține.
- Nu permiteți copiilor să utilizeze această mașină și țineți departe de aceasta.
- Dacă autocolanul este deteriorat, ilizibil sau lipsese, este indicat să-l înlocuiți
- Nu va apropiați mâinile, picioarele și părul de piesele în mișcare.

### UPOZORNENIE

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré sú tu uvedené.
- Nedovoľte deťom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že je samolepiaci štítek poškodený, nečitateľný alebo úplne chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

### UPOZORNĚNÍ

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě přečtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabráňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohybujícím se součástkám.

### VARNING

- Felaktig användning av denna produkt riskerar att förorsaka allvarliga personskador.
- Läs noga bruksanvisningen innan du använder produkten och ta hänsyn till alla varningar och instruktioner som den innehåller.
- Låt inte barn använda denna maskin och håll dem på avstånd från den.
- Om dekalen är skadad, oläslig eller saknas, måste den ersättas med en ny.
- Låt inte händerna, fötterna eller håret komma i närheten av rörliga delar.

### ПРЕДУПРЕЖДЕНИЕ:

- Всяко неправилно използване на този продукт може да доведе до сериозни наранявания.
- Преди да използвате продукта, моля прочетете внимателно начина на употреба и спазвайте всички предупреждения и инструкции, които той съдържа.
- Не позволявайте тази машина да бъде използвана от деца и ги дръжте на разстояние от нея.
- Ако самозалепващата лента е повредена, нечетлива или липсва, тя трябва да бъде сменена.
- Не доближавайте ръцете, краката и косите си до движещите се части.

### UYARI

- Bu ürünün herhangi bir yanlış kullanımını ağır yaralarla yol açabilir.
- Her kullanımdan önce, kullanım yöntemi hakkında okumanız ve içindeki tüm uyarı ve talimatları uyanız gerekir.
- Çocukların bu makineyi kullanmalarına izin vermemeyi ve onları bu makineden uzak tutun.
- Yarışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırmayın.

### ЗАСТЕРЕЖЕННЯ

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

### تحذير

- عدم استخدام هذا المنتج بشكل سليم قد يسبب في إصابة خطيرة.
- قبل الاستخدام احرص على قراءة دليل الاستخدام بعناية مع الاهتمام الخاص بجميع التحذيرات والتعليمات التي يتضمنها.
- يمنع استخدام من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.

### 注意

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

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: domyos@decathlon.com

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

## INTRODUCTION

The stair stepper is a stair-climbing simulator that uses hydraulic pumps to enable you to do this exercise on the spot.

The stair stepper is a cardio-training device.

Based on the principle of cardio training (aerobic exercise), the stair stepper helps you improve your endurance (maximum oxygen absorption capacity) and your physical condition and enables you to burn calories (weight loss and weight control in conjunction with a diet).

In addition to the beneficial cardiovascular and respiratory effects of exercise, the stair stepper improves the muscle tone in your buttocks, hips, thighs and calves through low-impact exercise.

## SAFETY

**Warning: To reduce the risk of serious injury, read the important instructions for safe usage below before using the product.**

1. Read all the instructions in this manual before using the product. 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 about how to use this product safely.
3. Domyos disclaims any responsibility for injuries or damage sustained by any person or property caused by improper use of this product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
5. Use this product indoors, away from moisture and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is enough room to allow access to and to move around the equipment safely. Ensure that this product does not damage your floor.
6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled, and prior to each use, check that the non-slip parts are still effective. Check the condition of the parts that are the most subject to wear and tear.
7. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
8. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
9. Wear athletic shoes to protect your feet while exercising.
10. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult your physician.
11. Keep children and pets away from the product at all times.
12. Do not try to repair this product yourself.
13. Maximum user weight: 220 lbs. – 100 kg

## CAUTION

Before undertaking any exercise program, everyone must consult a doctor to be sure there are no counter-indications.

This is especially important for persons over the age of 35 or persons with pre-existing health problems.

Read all the instructions before use. DECATHLON does not accept any responsibility for any personal injury or property damage sustained by or through use of this product.



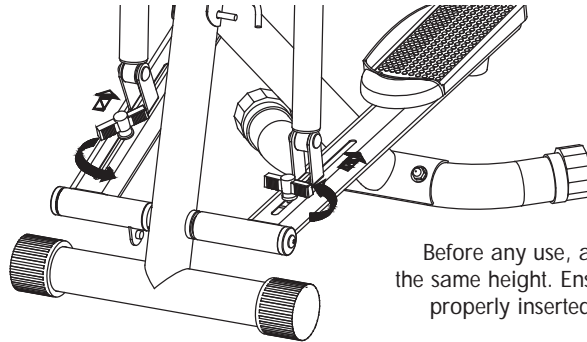
## ADJUSTMENTS

**Important: you have to get off the stepper before making any adjustments.**

In order to adjust the resistance of each footplate, loosen the knob and position it across from the desired resistance setting.

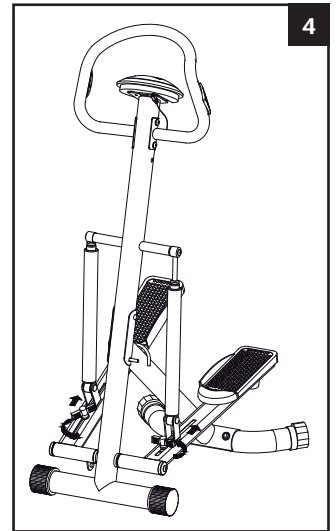
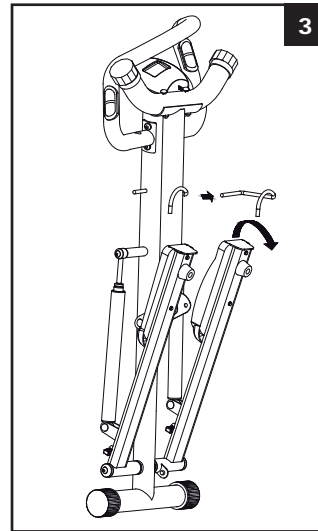
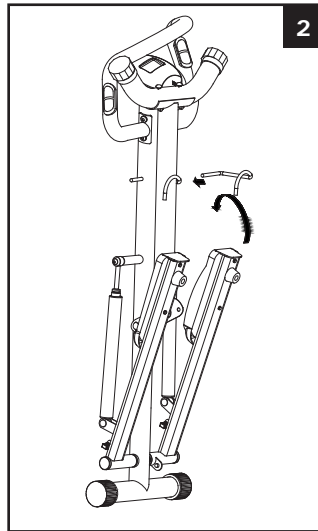
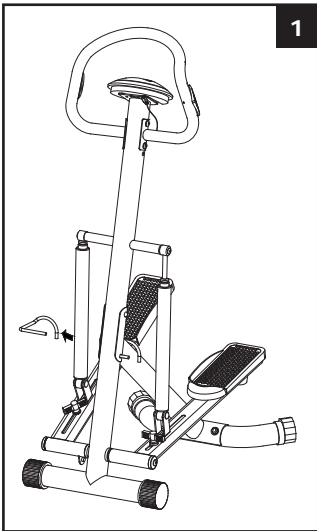
Once you have repositioned it, retighten the knob all the way.

Repeat the procedure with the other knob.



Before any use, adjust each foot to the same height. Ensure that each foot is properly inserted into its housing.

## FOLDING/UNFOLDING



**Folding, step 1: (see fig. 1)**

Remove the hook that connects the two feet.

**Folding, step 2: (see fig. 2)**

Fold the pedals up, then reassemble the two feet, using the hook.

⚠ Important: make sure that the locking hook is positioned correctly.

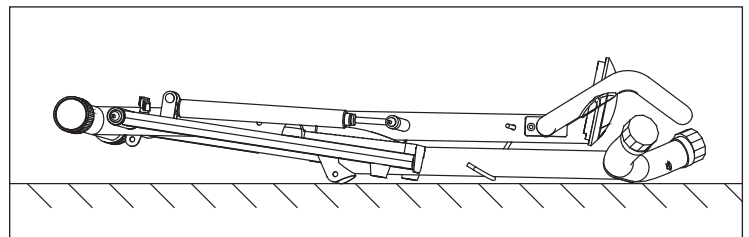
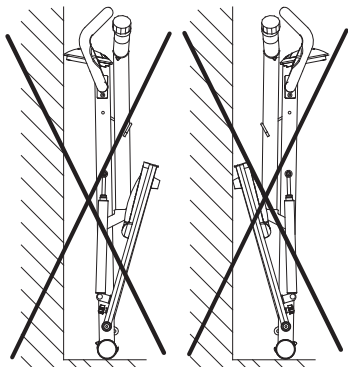
**Unfolding, step 1: (see fig. 3)**

Remove the hook that connects the two feet, then unfold the pedals.

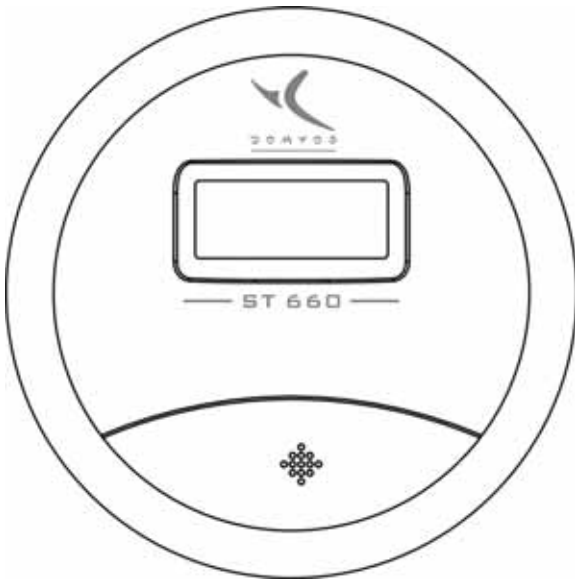
**Unfolding, step 2: (see fig. 4)**

Reassemble the two feet, using the hook, then select the appropriate position for the cylinders, using the adjusting system.

## STORAGE



## ST 660 COUNTER



The console starts up automatically when you begin exercising.

Use the button to go from one function to another. When STOP appears in the lower left-hand corner of the screen, the button is active.

If no function is selected, the SCAN function is the default selection.

Pressing for a long time will reset all the functions to 0 (except the TOTAL COUNT function).

The system turns off automatically after 4 minutes if no movement is detected. At this point, all the functions are cleared to 0.

### FUNCTIONS:

**SCAN :** This automatically scrolls through each function display for 6 seconds each.

**TIMER (TMR) :** Displays the time elapsed since the beginning of the workout, from 0 to 99 minutes, 59 seconds.

**COUNT (CNT) :** Displays the number of steps you have climbed since the beginning of the workout. The counter increments by 1 for 1 cycle done (so 2 steps: right foot and left foot)

**TOTAL COUNT (TOTAL CNT) :** Displays the number of steps you have climbed since the first workout.

**CALORIES (CAL) :** Displays calories expended.  
*This value is provided for an average workout, for a person with an average body size and strength.  
 Do not use it for therapeutic purposes.  
 We recommend that you consult with your physician or your dietician to adapt your diet and your calorie intake to your physical condition and to the sports activities you plan to do.*

**PULSE :** Displays your heart rate.

*To take your heart rate, place the palms of your hands on the pulse sensors. After a few seconds, the heart rate indicator (♥) flashes and your heart rate is displayed in number of beats per minute. Important: this is only an estimate, which in no case should be considered a medical certainty.*

### TO INSERT OR CHANGE THE BATTERIES:

Remove the lid from the back of the console, insert two 1.5 V AA or UM-3 type batteries, with the polarities matched up correctly.

If nothing, or only a partial display, appears on the screen, take out the batteries, wait 15 seconds, and put them back into place.

The display values are automatically reset to 0 if you remove the batteries.

If you do not use the counter for a long time, remove the batteries to keep the contacts from corroding and interfering with the proper functioning of your device.

To protect the environment, dispose of the used batteries at a battery recycling point.

### Notes :

If nothing is displayed on the counter: check if the battery is inserted with the polarities matched up correctly / the batteries may be depleted, in this case, change them.

The counter is on but the functions remain at zero: remove the console from its base and check that both connectors are linked together.

### PRECAUTIONS :

- Do not expose to sunlight.
- Do not put in contact with water.

### 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 end-of-life electronic product in an authorized collection area for recycling. This treatment of your electronic waste will protect the environment and your health.



## USE

Adjust each piston to the same setting.

The braking system depends on the speed you choose for your workout.

In order to increase the aerobic intensity of the workout, exercise at a brisk pace (at least 20 minutes of training per day). For this type of exercise, work out at least 3 times a week.

To tone your muscles, exercise at a brisk pace, in sets, with rest times in between. For this type of exercise, you can work out every other day.

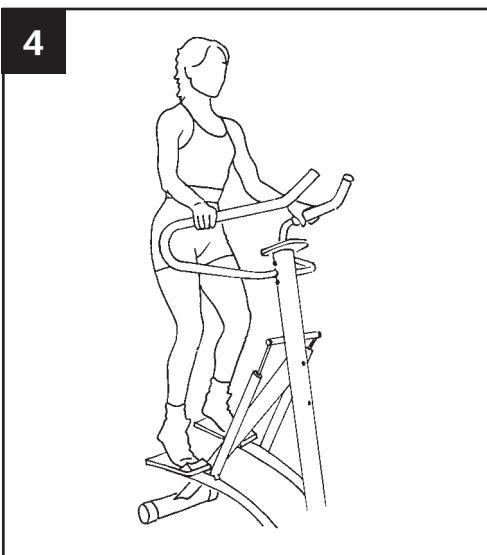
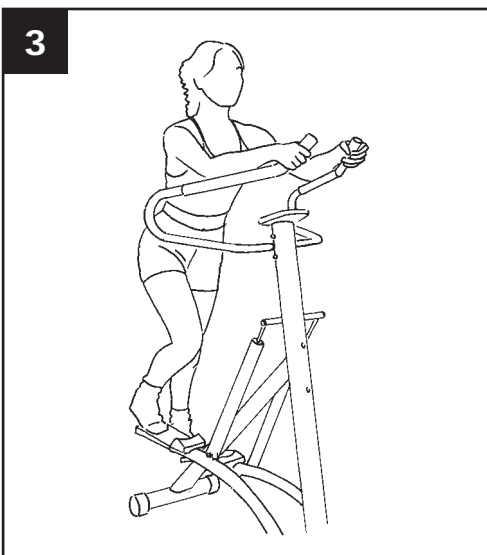
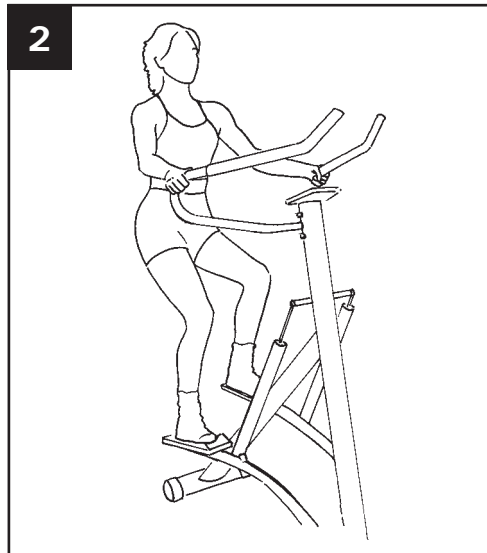
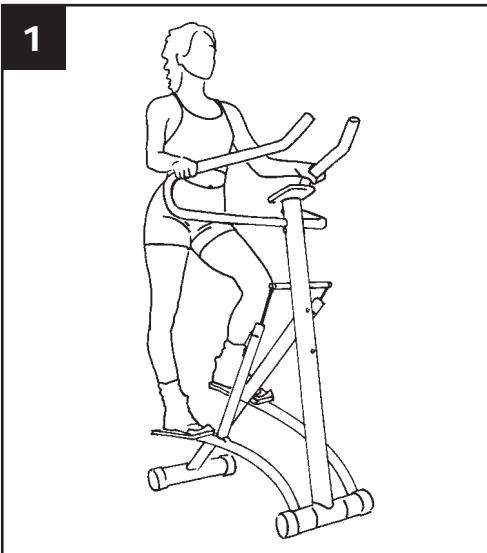
Always start out by warming up at a slow pace for several minutes.

ALLOW THE FOOTPLATE TO GO BACK UP BEFORE IT TOUCHES THE BASE, in order to optimize your workout and protect your joints.

While exercising, try to keep your back straight.

## EXERCISES

In order to work your leg and buttock muscles evenly, always stay in a completely upright position (basic position). However, you can also use the stair stepper to focus on specific muscle groups.



- 1 • **BASIC POSITION:**  
Fully upright position, back straight, abdominals contracted, pelvis tilted forward, pushing on your heels, with your arms bent.
- 2 • **ISOLATING THE MUSCLES AT THE BACK OF THE THIGH:**  
The muscles located at the back of the thigh help your leg bend and enable you to bring your heel up to your buttocks.  
On the stair stepper, simply try to make this heel-to-buttocks movement: in order to do so, lean backwards slightly, in order to find a semi-seated position, without leaning too much.
- 3 • **ISOLATING THE BUTTOCK MUSCLES:**  
In order to work your buttock muscles more, pull your feet halfway off the footplates and contract your abdominal muscles.
- 4 • **ISOLATING THE CALVES:**  
In order to work your calves more, simply walk on tiptoes.

## C A R D I O - T R A I N I N G

### GENERAL CARDIO-TRAINING PRINCIPLE

If you are just starting out, begin by exercising for several days without pushing yourself to hard, taking breaks if necessary. Gradually increase the number or duration of the sessions.

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

For maintenance work to keep yourself 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.

#### **Aerobic exercise for getting into shape: Moderate exertion for a relatively long time (35 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 so, there is no need to push yourself beyond these limits. Training on a regular basis is what will produce the best results.

Work out at your own pace, but 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's 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 exercise for more than about thirty minutes at least three times a week.

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

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

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

The more workouts you do, the longer and faster you will be able to exercise. You can do this type of workout at least three times a week.

Training at a more intense pace (anaerobic exercise and exercise in the red zone) is reserved for athletes and requires special preparation.

After each workout, set aside several minutes to walk or run at a lower speed, to slow down and gradually relax your body.

### 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 brings 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.

### PHASES OF PHYSICAL ACTIVITY

#### **A Warm-up phase: progressive effort.**

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) 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 activates the cardiovascular and respiratory system progressively and improves the blood supply to your muscles, to prepare them for exercise. It should be sufficiently long: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that the warm-up should be longer for people age 55 and older, and in the morning.

#### **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.

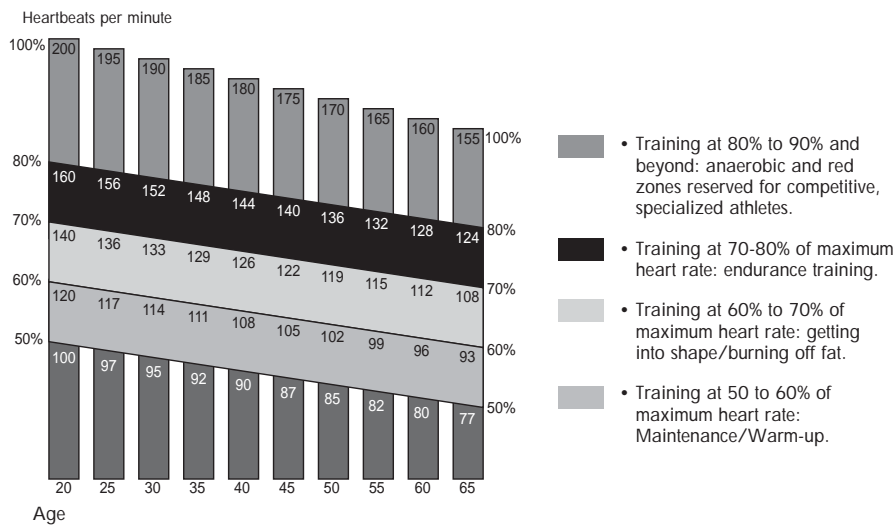
#### **C Warming down**

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 lactic acid, the accumulation of which is one of the major causes of muscle pain namely, cramps and stiffness).

#### **D Stretching**

Stretching must follow the warm-down phase, while your joints are still warm, in order to reduce the risk of injury. Stretching after exertion: minimizes MUSCLE STIFFNESS due to the accumulation of LACTIC ACID, and stimulates BLOOD CIRCULATION.

## EXERCISE ZONE



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

**BEFORE BEGINNING ANY SPORT IT IS ESSENTIAL  
TO CONSULT WITH A DOCTOR.**

## CARE AND MAINTENANCE

This product only requires minimum maintenance. To clean it, use a sponge and clean water for all parts of the device, except the cylinders. These should be cleaned with a dry cloth.

## 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

**DECATHLON, 4 BOULEVARD DE MONS - BP299 - 59665 VILLENEUVE D'ASCQ - France**