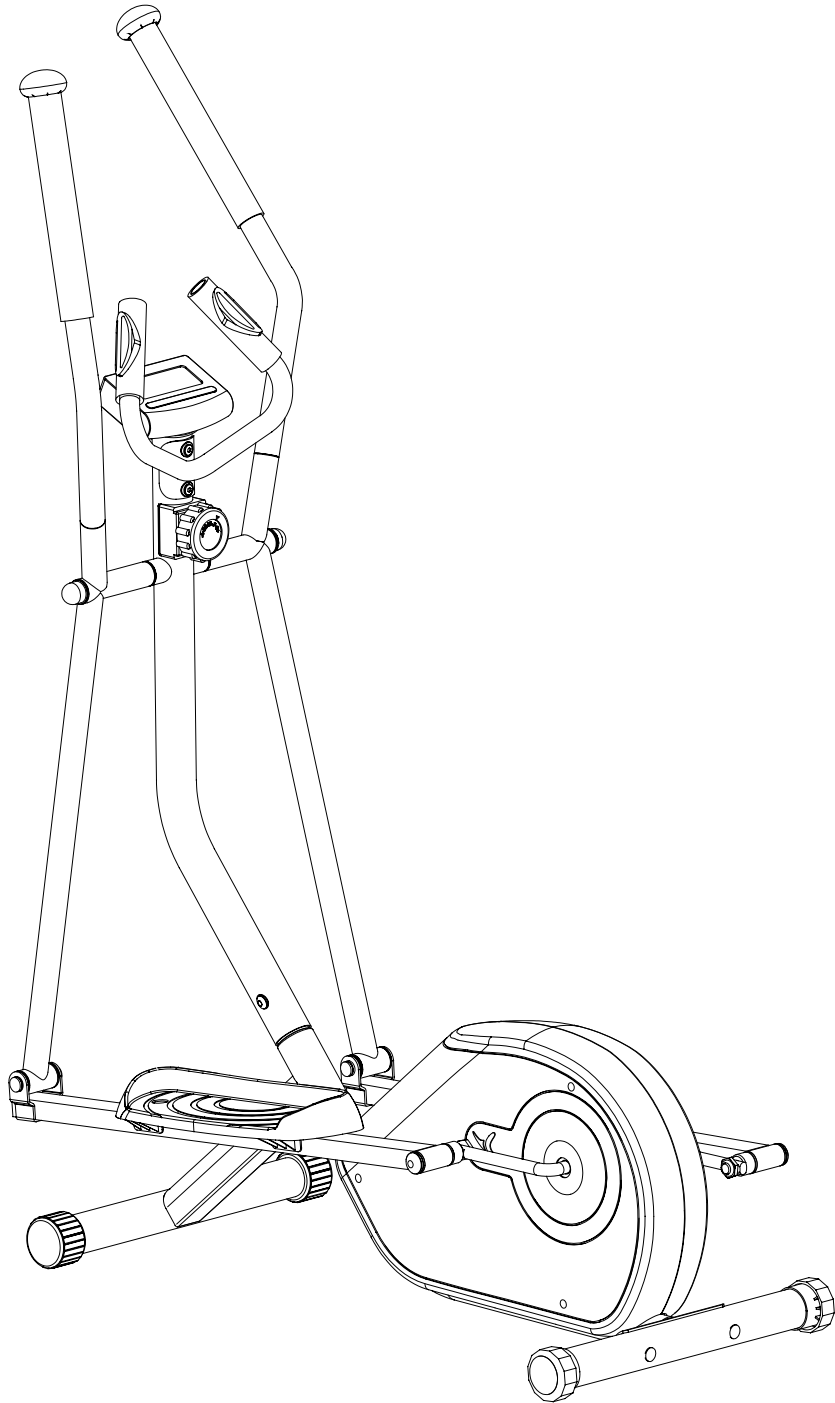


VE 170

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

**GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ**

**ΟΔΗΓΙΕΣ ΧΡΗΣΗΣ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
使用说明书**



D O M Y O S

VE 170

Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Οδηγίες χρήσης για φύλαξη
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
请妥善保存说明书

Réalisation : EVOLUTION + 32 / 69 250 500



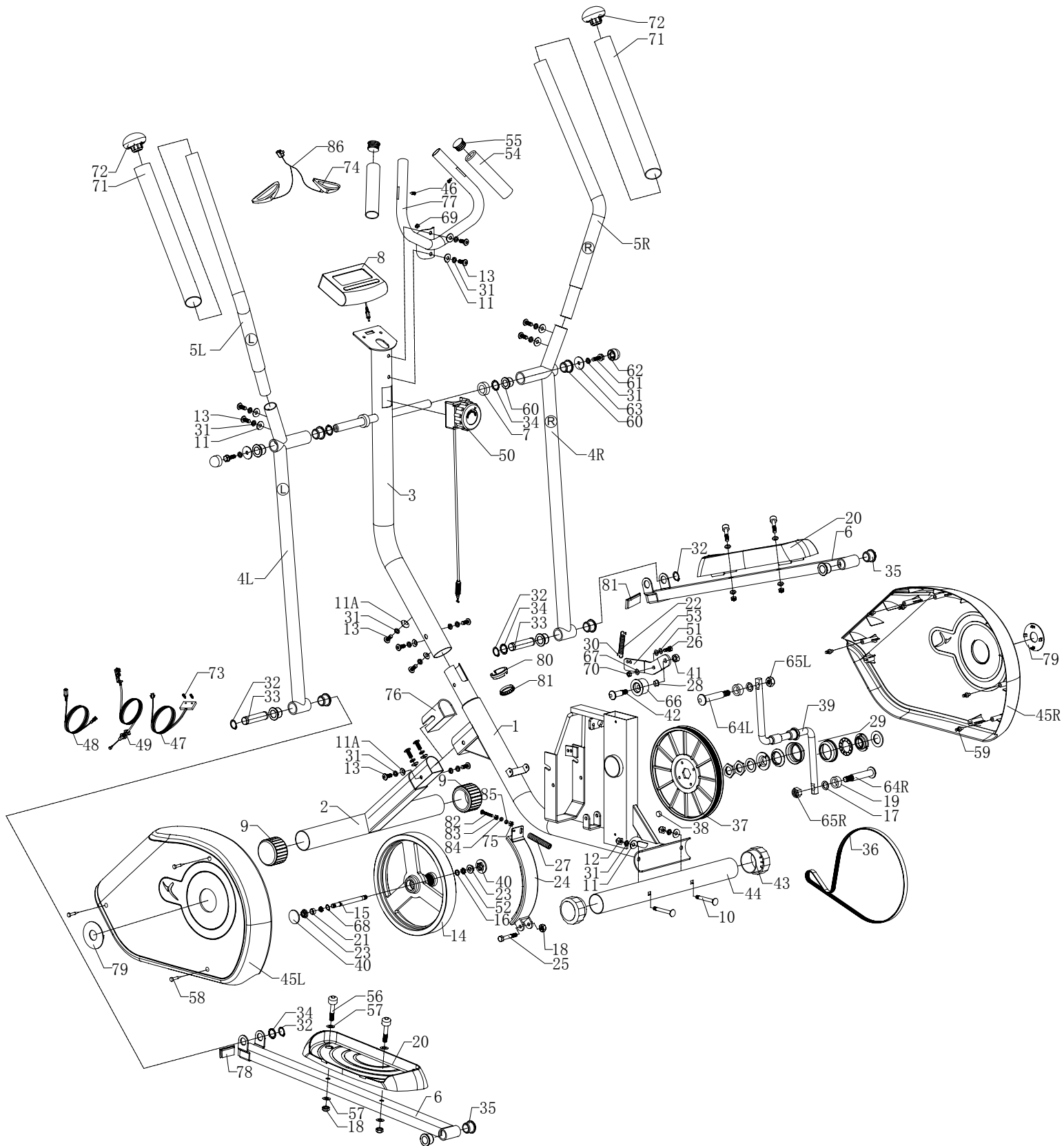
D O M Y O S

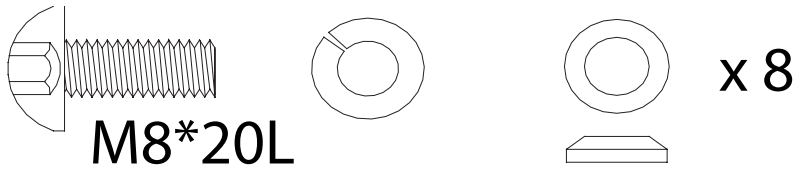
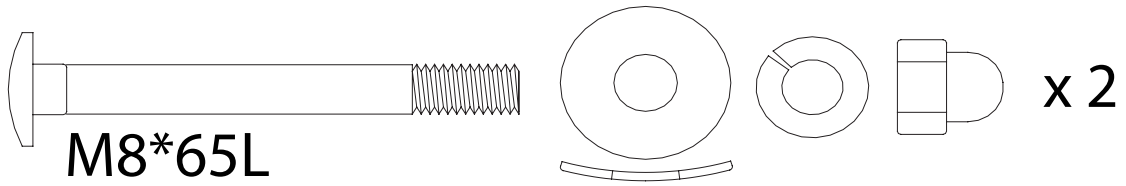
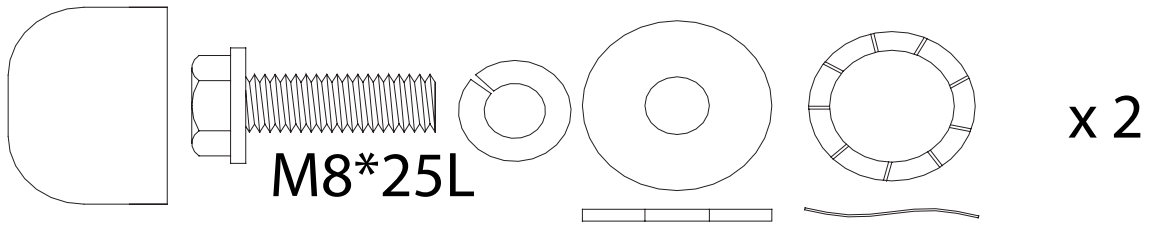
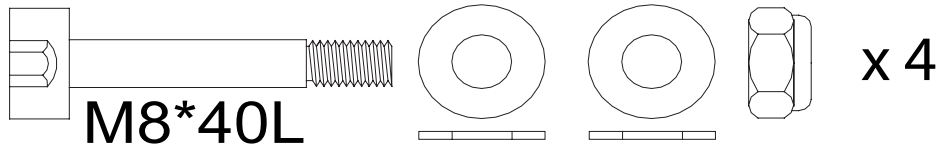
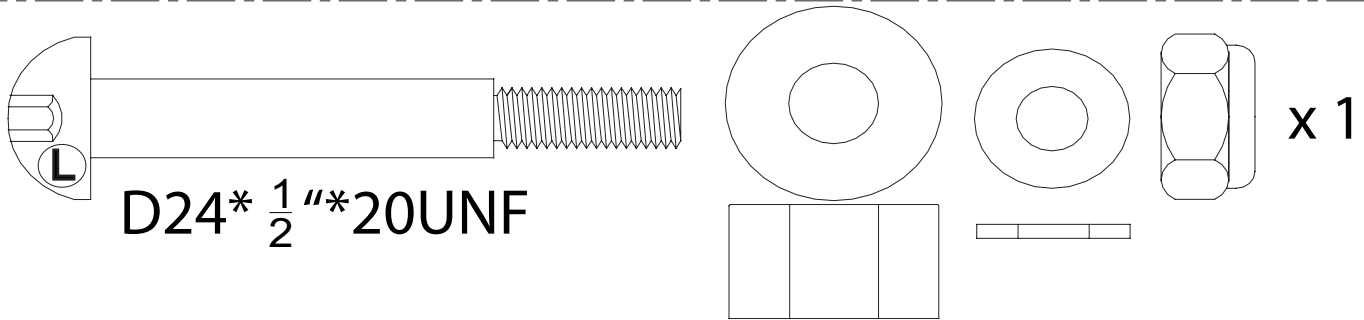
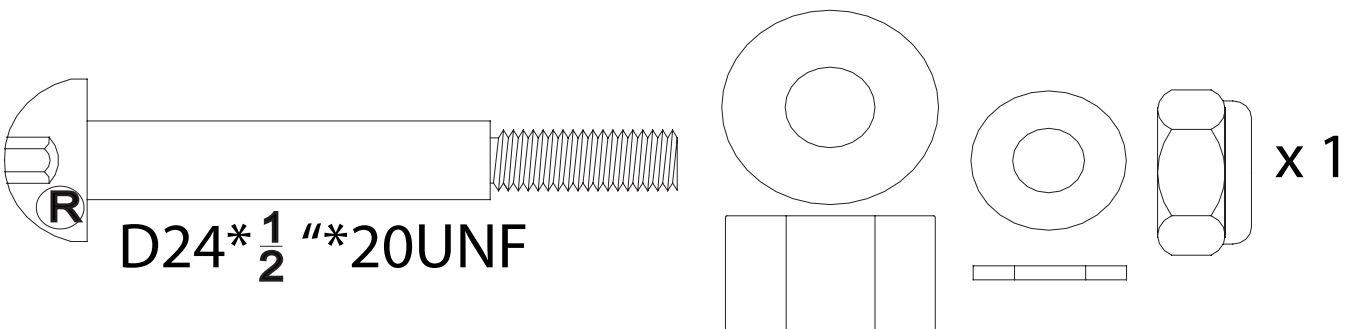
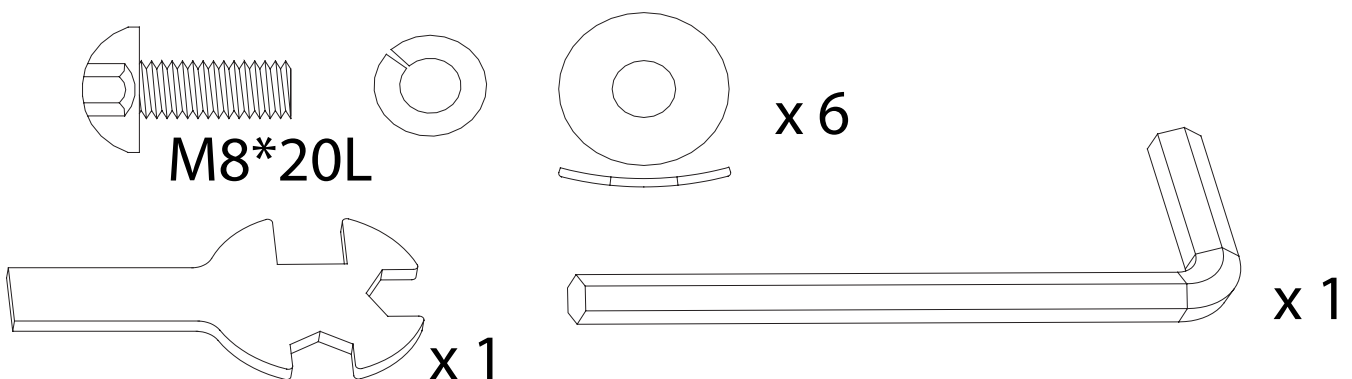
decathlon
creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in China - Hecho en China - 中國製造 - Сделанов Китае

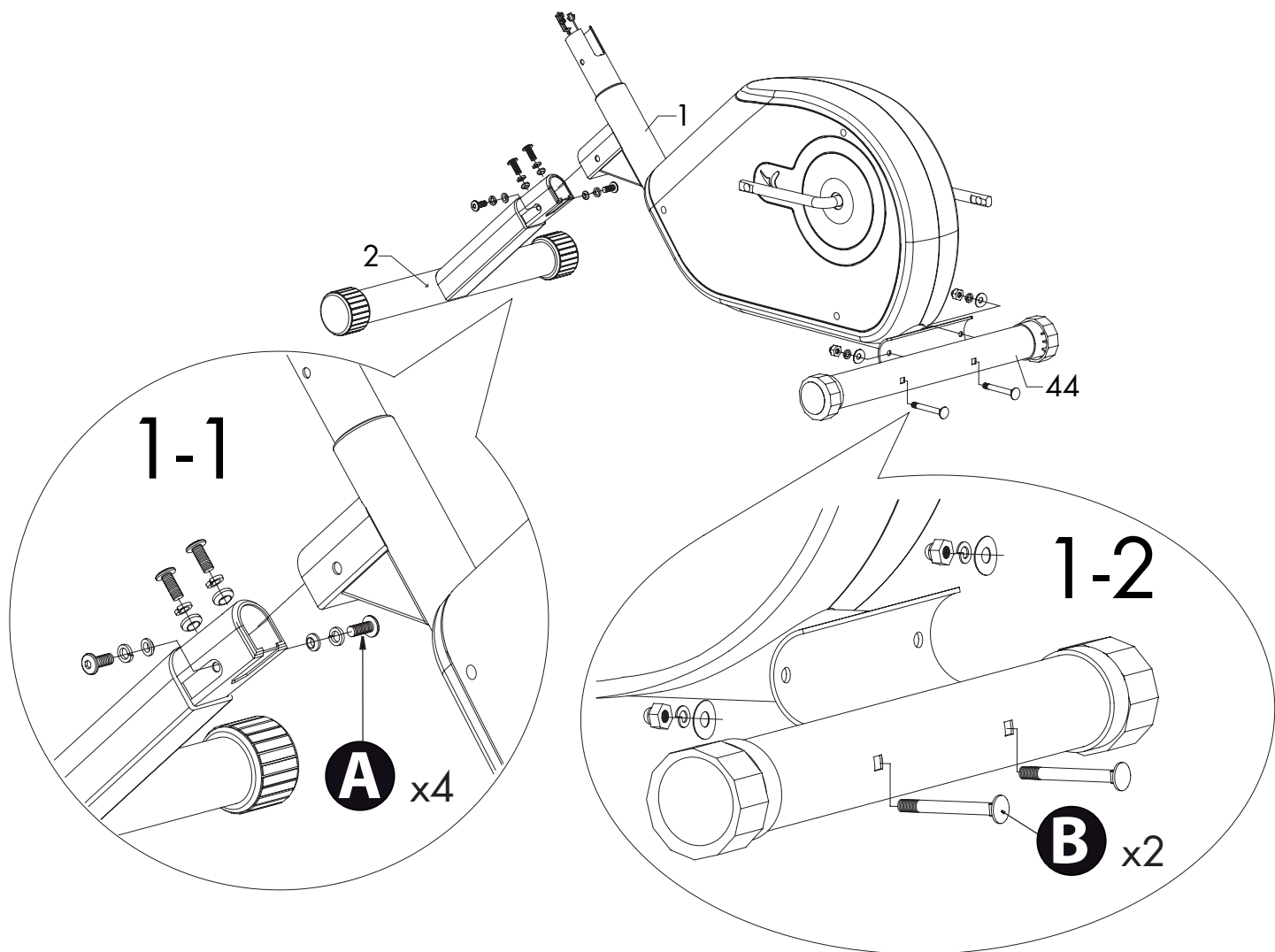
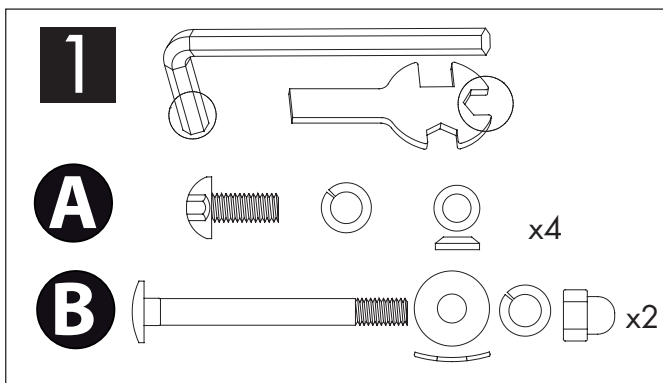
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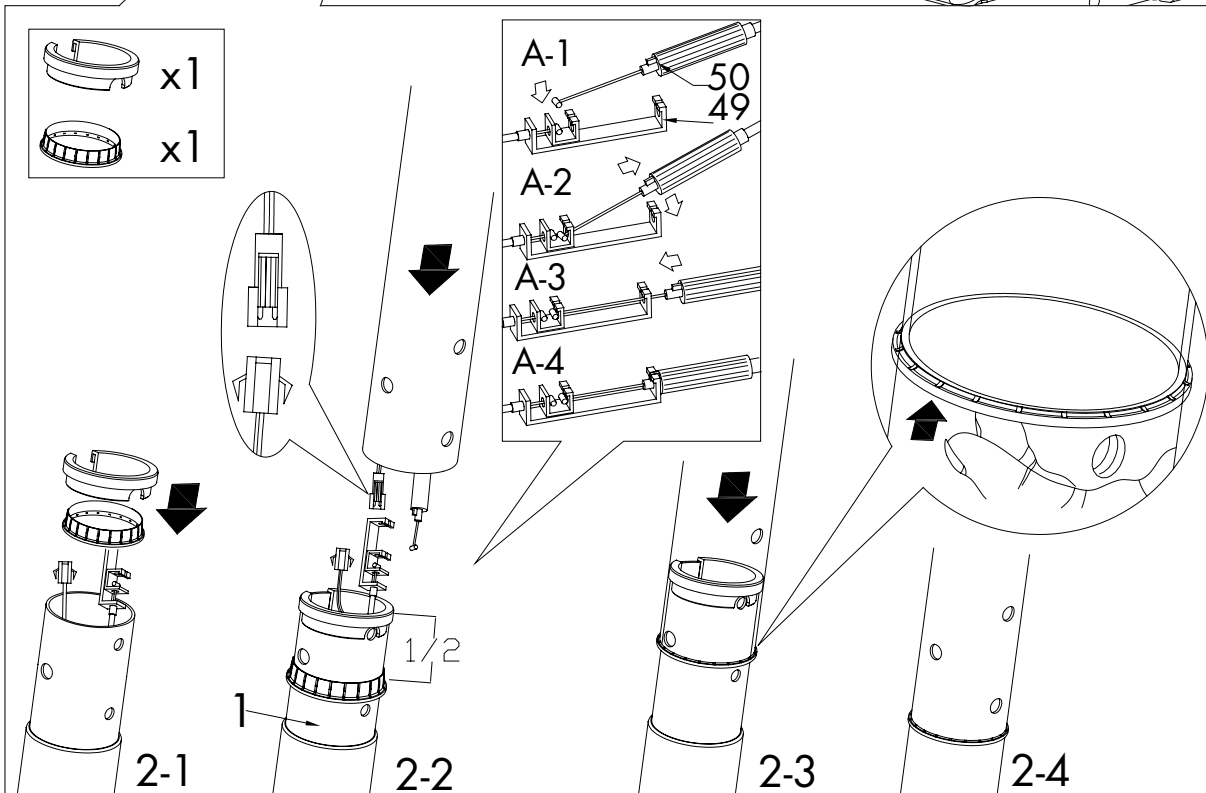
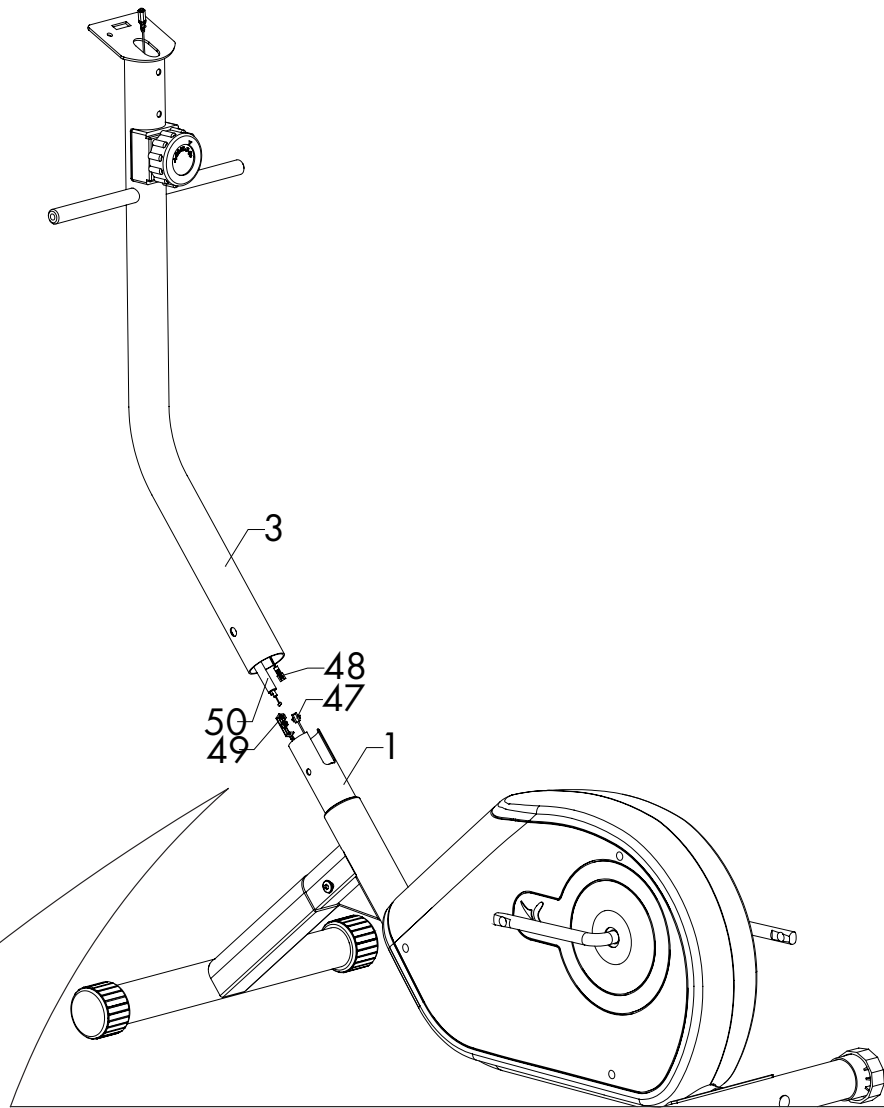


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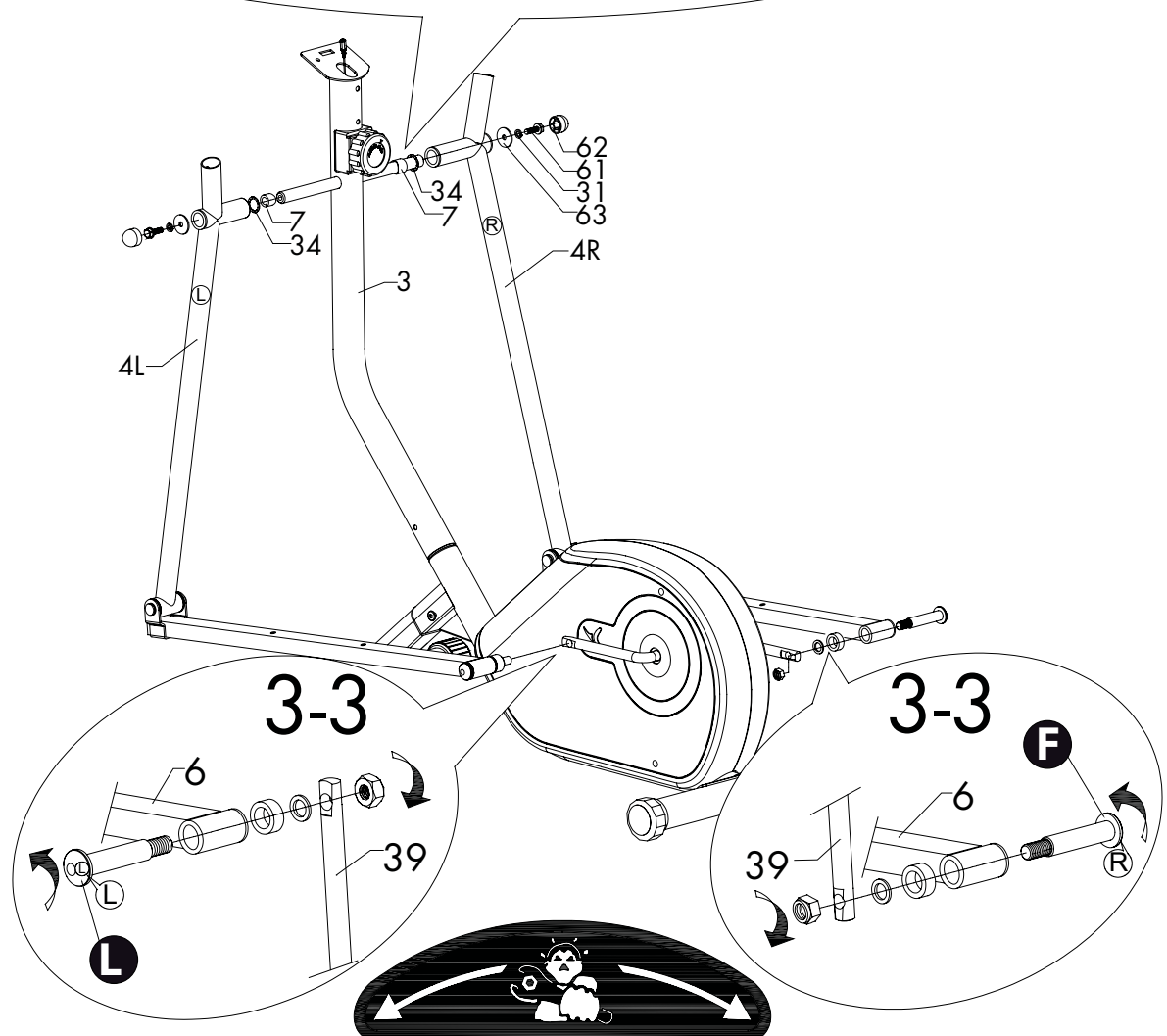
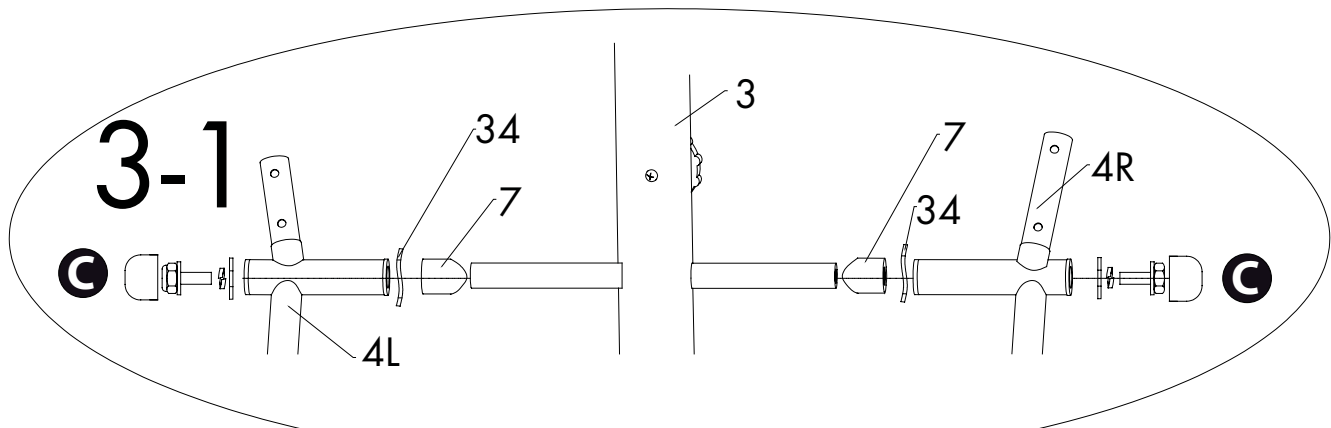
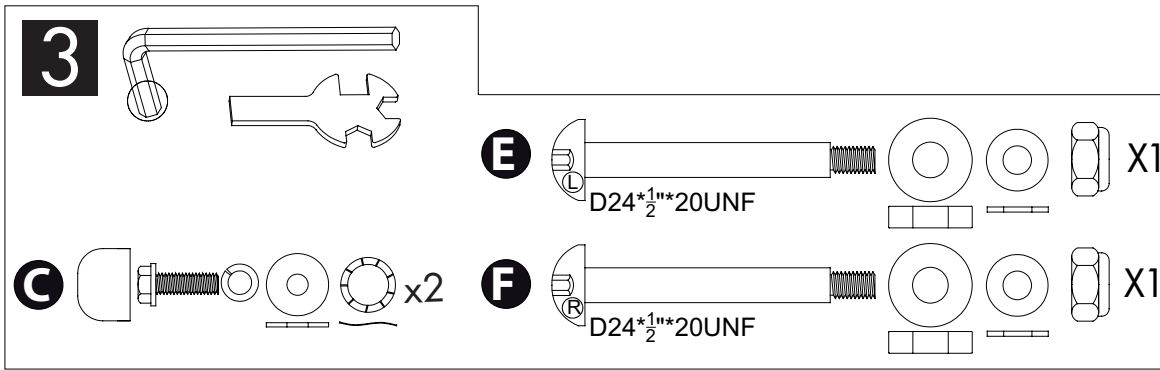
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 • MONTARE • MONTÁŽ • MONTÁŽ • 安装**

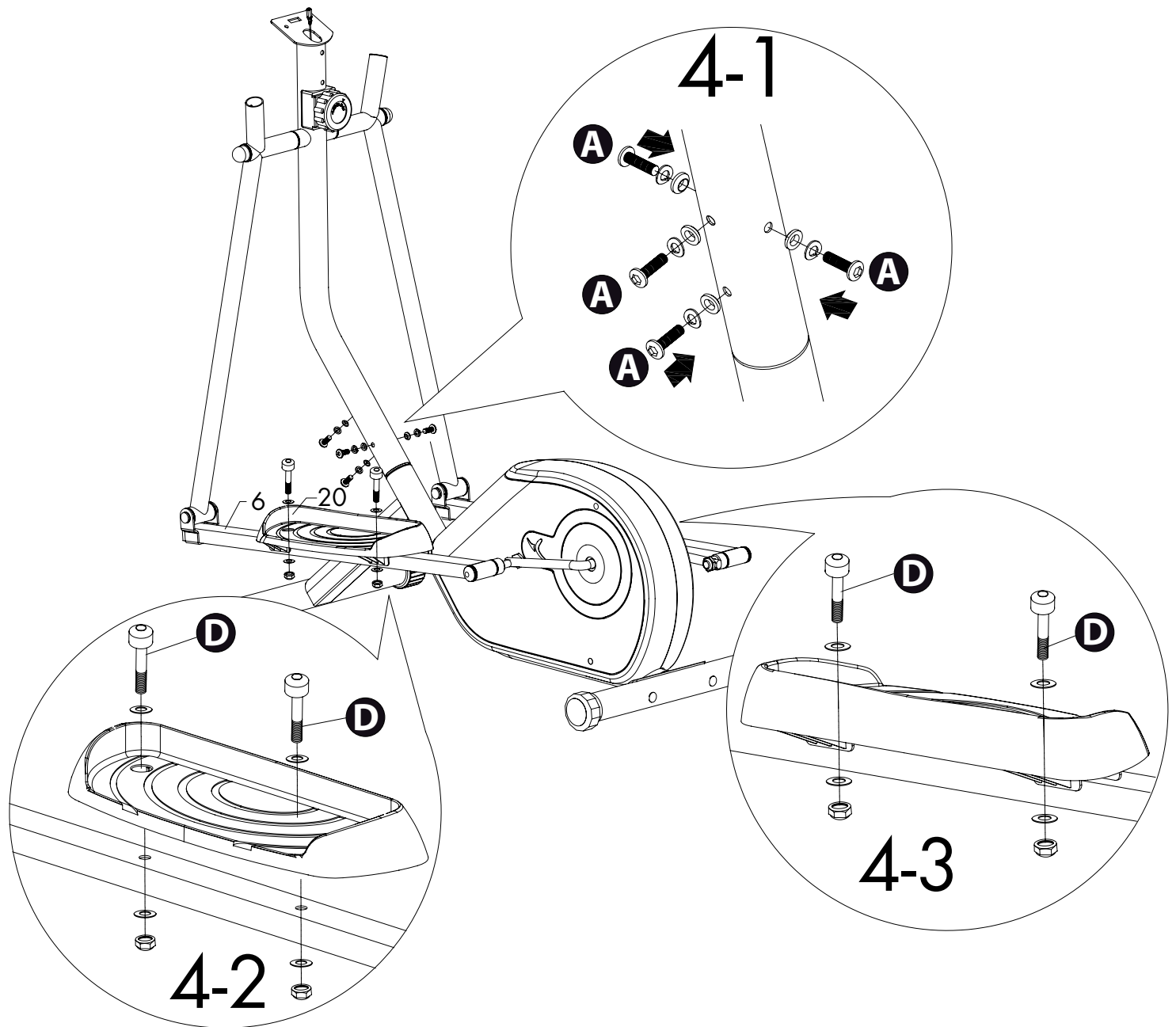
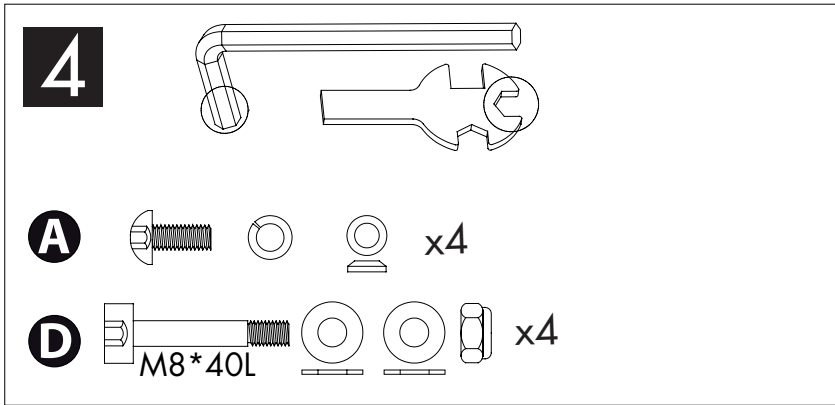


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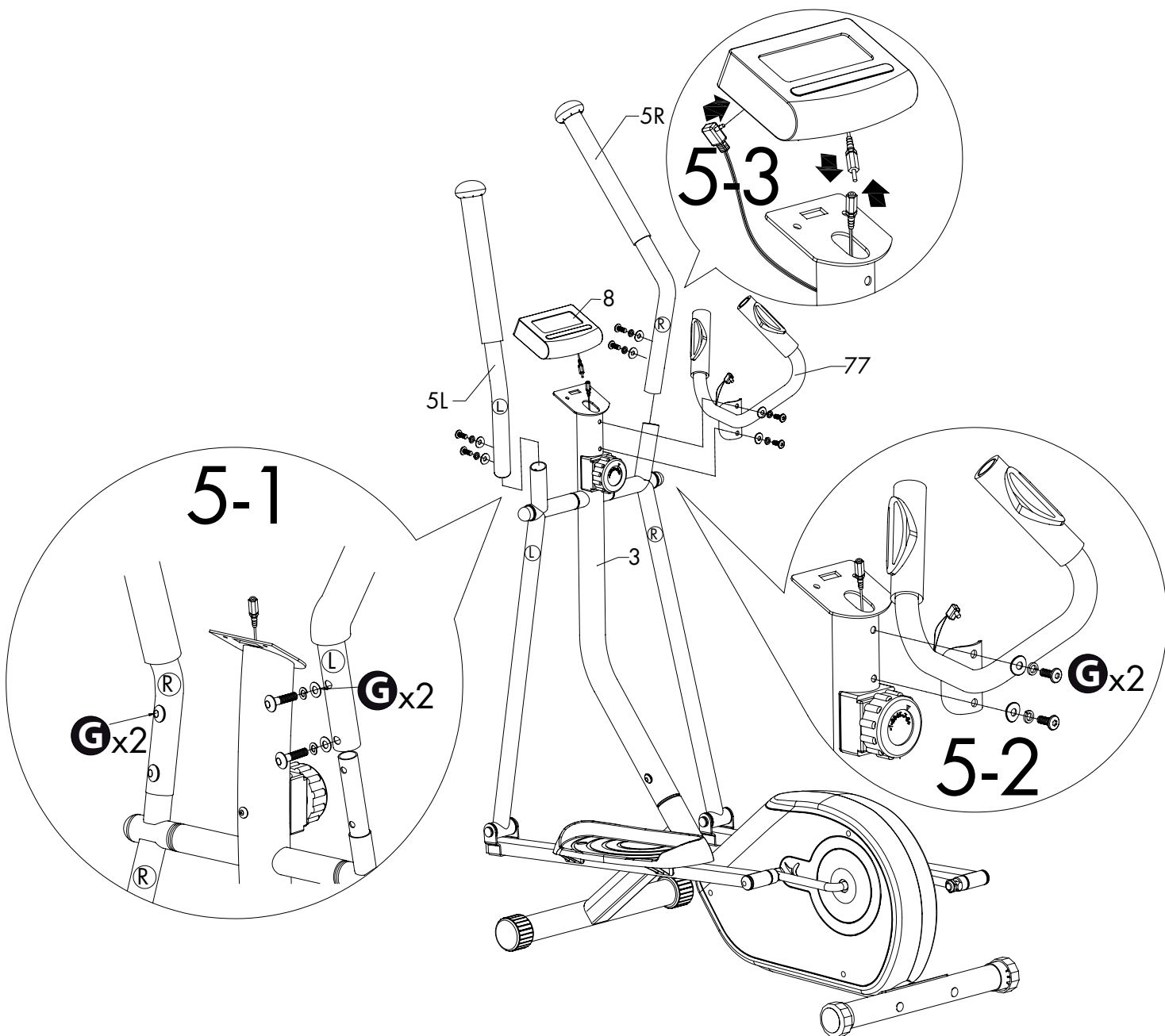
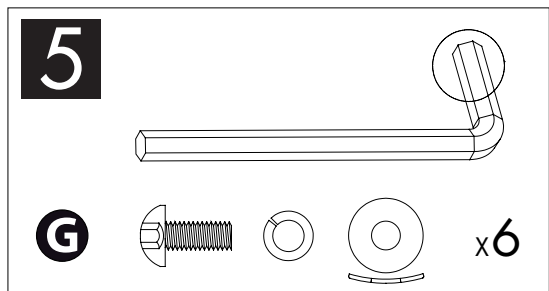


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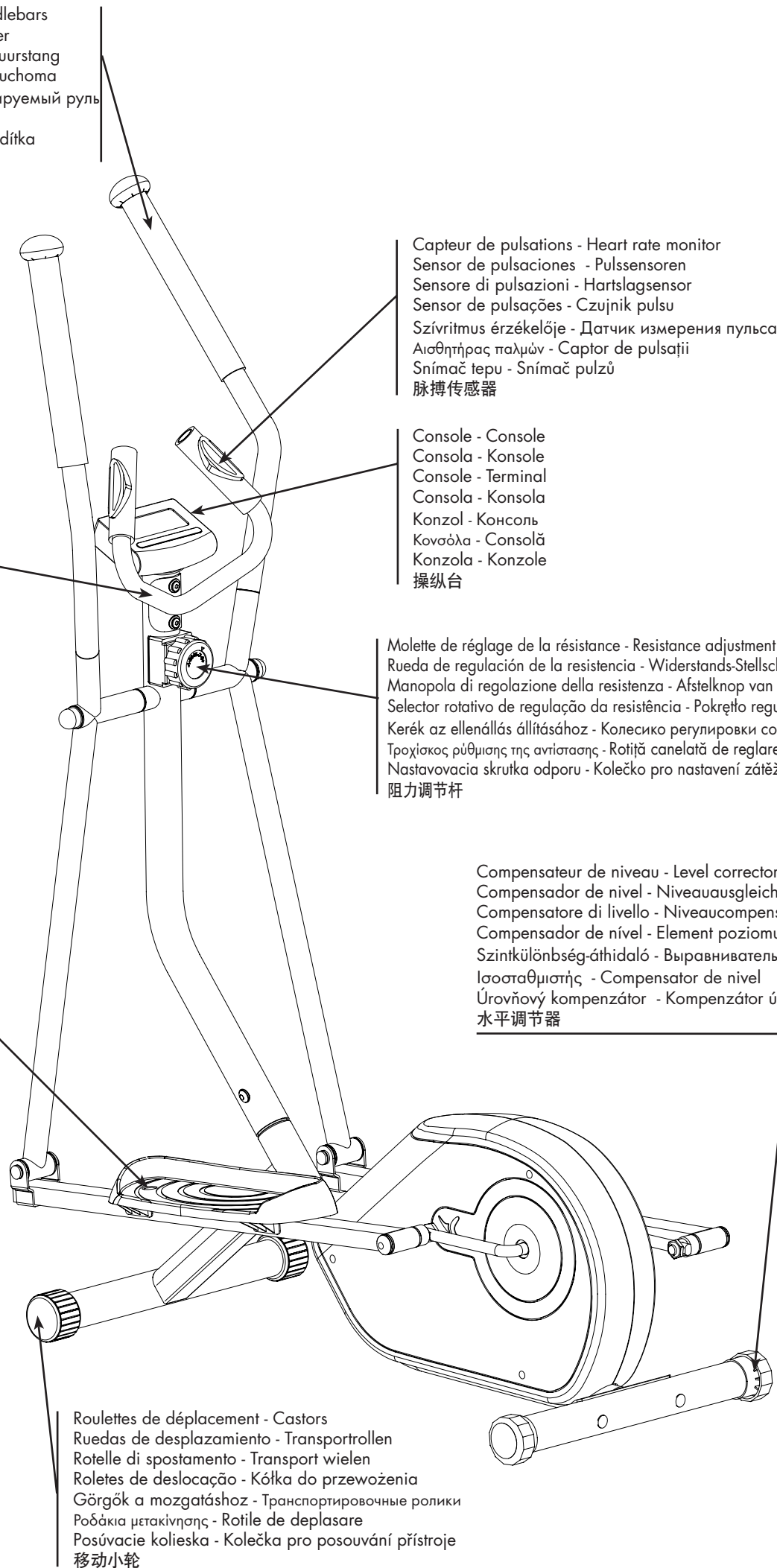
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 • MONTARE • MONTÁŽ • MONTÁŽ • 安装**



Guidon mobile - Moving handlebars
 Manillar móvil - Mobiler Lenker
 Manubrio mobile - Mobiele stuurstang
 Guiador móvel - Kierownica ruchoma
 Mozgatható kormány - Регулируемый руль
 Κινητό τιμόνι - Ghidon mobil
 Pohyblivé riadidlá - Mobilní řídítka
 移动把手

Guidon fixe
 Stationary handlebars
 Manillar fijo
 Fester Lenker
 Manubrio fiso
 Vaste stuurstang
 Guiador fixo
 Kierownica nieruchoma
 Rögzített kormány
 Регулируемый руль
 Σταθερό τιμόνι
 Ghidon fix
 Pevné riadidlá
 Pevná řídítka
 固定把手

Pédales - Pedals
 Pedales - Pedale
 Pedali - Pedalen
 Pedais - Pedaly
 Pedálok - Педали
 Πετάλια - Pedale
 Pedále - Pedály
 踏板



Captur de pulsations - Heart rate monitor
 Sensor de pulsaciones - Pulssensoren
 Sensore di pulsazioni - Hartslagsensor
 Sensor de pulsações - Czujnik pulsu
 Szívritmus érzékelője - Датчик измерения пульса
 Αισθητήρας παλμών - Captor de pulsații
 Snímač tepu - Snímač pulzů
 脉搏传感器

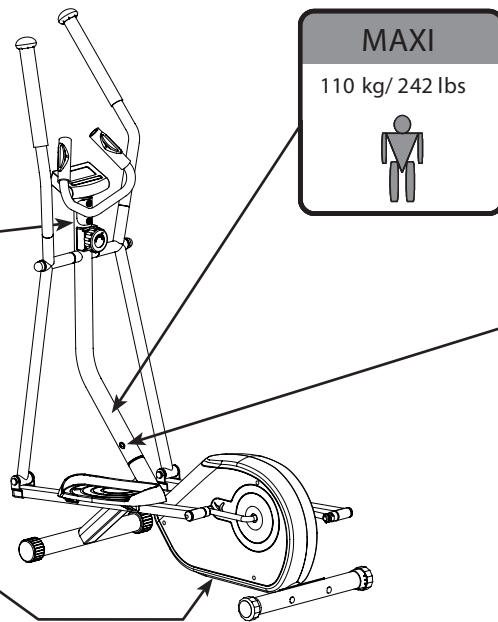
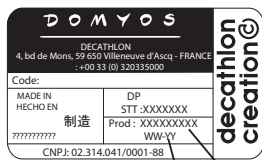
Console - Console
 Consola - Konsole
 Console - Terminal
 Consola - Konsola
 Konzol - Консоль
 Κονσόλα - Consolă
 Konzola - Konzole
 操纵台

Molette de réglage de la résistance - Resistance adjustment knob
 Rueda de regulación de la resistencia - Widerstands-Stellschraube
 Manopola di regolazione della resistenza - Afstelknop van de weerstand
 Selector rotativo de regulação da resistência - Pokrętło regulacji oporu
 Kerék az ellenállás állításához - Колесико регулировки сопротивления
 Τροχίσκος ρύθμισης της αντίστασης - Rotiță canelată de reglare a rezistenței
 Nastanovacia skrutka odporu - Kolečko pro nastavení zátěže
 阻力调节杆

Compensateur de niveau - Level corrector
 Compensador de nivel - Niveaueausgleicher
 Compensatore di livello - Niveaucompensator
 Compensador de nível - Element poziomujący
 Szintkülönbőség-áthidaló - Выравниватель
 Ισοσταθμιστής - Compensator de nivel
 Úrovňový kompenzátor - Kompenzátor úrovně
 水平调节器

Roulettes de déplacement - Castors
 Ruedas de desplazamiento - Transportrollen
 Rotelle di spostamento - Transport wielen
 Roletes de deslocação - Kółka do przewożenia
 Görgők a mozgathatóhoz - Транспортировочные ролики
 Ροδάκια μετακίνησης - Rotile de deplasare
 Posúvacie kolieska - Kolečko pro posouvání přístroje
 移动小轮

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.

Ce produit, qui est conforme aux normes EN 957 classe HC, GB17498, n'est pas destiné à un usage thérapeutique.

Este producto, que es conforme a las normas EN 957 clase HC, GB17498, no se debe utilizar a fines terapéuticos.

Dieses Produkt entspricht den Normen EN 957 Klasse HC, GB17498. Es ist nicht für eine therapeutische Benutzung geeignet.

Il presente articolo, conforme alle norme EN 957 classe HC, GB17498, non è destinato ad un uso terapeutico.

Dit product, dat voldoet aan de normen EN 957 klasse HC, GB17498, is niet bestemd voor therapeutisch gebruik.

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.

Este produto, que está em conformidade com as normas EN 957 classe HC, GB17498, não se destina a uma utilização terapêutica.

Produkt zgodny z EN 957 klasa HC, GB17498, nie nadaje się do celów terapeutycznych.

Ez a készülék megfelel az otthon és nem kezelés keretében használt Fitness termékekre vonatkozó európai és kínai szabványoknak [EN-957-1 és 5 HC osztály / GB17498].

Данный прибор соответствует европейским, американским и китайским стандартам на изделия для фитнеса для домашнего не лечебного использования (EN-957-1 и 5 класс HC / GB17498).

Η παρούσα συσκευή συμμορφώνεται προς τα Ευρωπαϊκά και Κινέζικα πρότυπα που σχετίζονται με τα προϊόντα μη θεραπευτικής άσκησης στο σπίτι [EN-957-1 και 5ης κατηγορίας HC / GB17498].

Acest produs care este conform normelor EN957, clasa HC, GB17498, nu este destinat utilizării terapeutice.

Tento výrobok spĺňajúci požiadavky noriem INTO 957 triedy HC, GB 17498, nie je určený na terapeutické použitie.

Tento výrobek, který je ve shodě s normami EN 957, třídy HC, GB17498, není určen pro léčebné účely.

本产品符合欧洲标准 EN 957 的 HC 等级、等级以及 GB17498 标准，不适合作为治疗用途产品使用。

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 zbliżaj rąk, nóg i włosów do elementów w ruchu.

FIGYELMEZTÉTÉS

- A szerkezet helytelen használatra súlyos sérülésekhez vezethet.
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatást.
- Ne hagyja, hogy a gyermek a gépre vagy közelébe kerüljenek.
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik.
- Tartsa távol a kezeket, lábakat, a haját a mozgó alka wtrészekétől.

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

Προειδοποίηση

- Η ακατάλληλη χρήση του προϊόντος εγκυμονεί κίνδυνο σοβαρού τραυματισμού.
- Πριν από κάθε χρήση, διαβάστε προσεκτικά τις οδηγίες χρήσης και τηρείτε όλες τις προφυλάξεις και τις οδηγίες που περιέχουν.
- Μην επιτρέπετε τη χρήση του μηχανήματος από παιδιά και κρατήστε τα μακριά από αυτό.
- Εάν κάποιο αυτοκόλλητο έχει καταστραφεί, είναι δυσανάγνωστο ή λείπει, θα πρέπει να αντικατασταθεί
- Μην πλησιάζετε τα χέρια, τα πόδια και τα μαλλιά σας σε κινητά εξαρτήματα

ATENCIÓN

- 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 lipsește, este indicat să-l înlocuiți
- Nu vă 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 štítok poškodený, nečitateľný alebo štítok 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 vážné 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 pohyblivým se součástkám.

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。

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 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 VE 170 is a new generation fitness machine.

This product features magnetic resistance for very comfortable, silent, smooth pedalling.

The VE 170 combines the circular movements of a bike, the horizontal movements of running and the vertical moves of a stepper.

The elliptical movements of your legs combined with arm movements exercise your: buttocks, quadriceps, calf and dorsal muscles, pectorals and biceps.

SAFETY

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 957-6 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.

WARNING:

21. 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.
22. Pregnant women are advised not to use the heart rate monitor. Before any use consult your doctor
23. 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

This is especially important for people aged over 35 or those who have previously had health problems or have not done any sport for a number of years. Read all instructions before use.

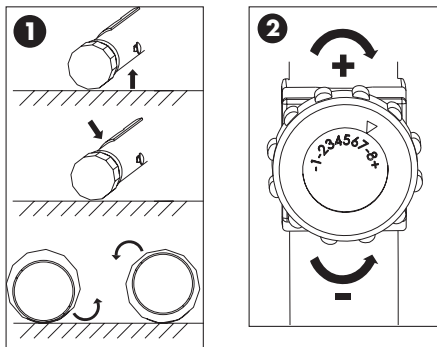
MOVING YOUR PRODUCT

Warning: You need to get off the elliptical bike before moving it.

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.

ADJUSTMENTS

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.



1 LEVELLING THE BIKE

Warning: You need to get off the elliptical bike before levelling it.

In the event that the product becomes unstable during use, turn one of the level correctors until it is stable again.

2 ADJUSTING THE RESISTANCE

Resistance is adjusted using the thumb wheel graded from 1 to 8.

Position 1 corresponds to the lowest resistance, and position 8 to the highest.

You can vary the resistance while pedalling.

FC100 CONSOLE

INSTALLING BATTERIES

1. Remove the console from its holder, remove the battery cover at the rear of the product and insert two AA/UM-3 batteries into the compartment at the back of 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.



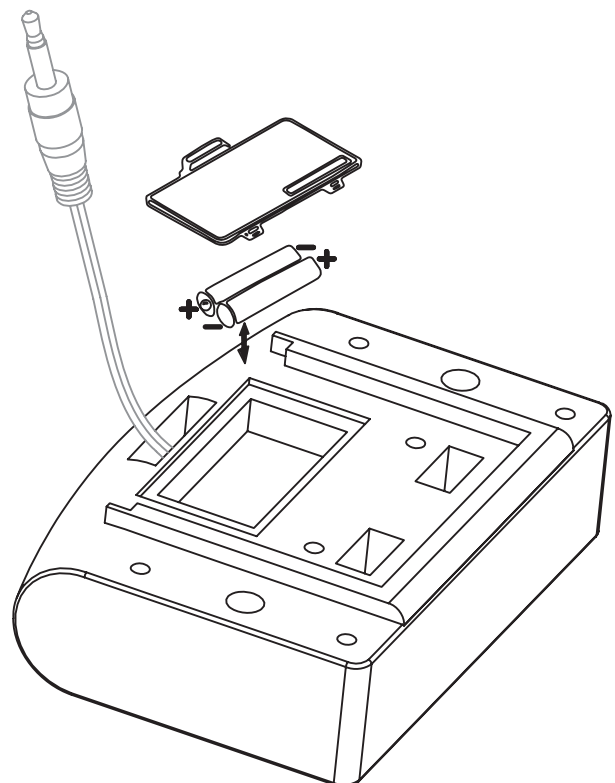
RECYCLING :

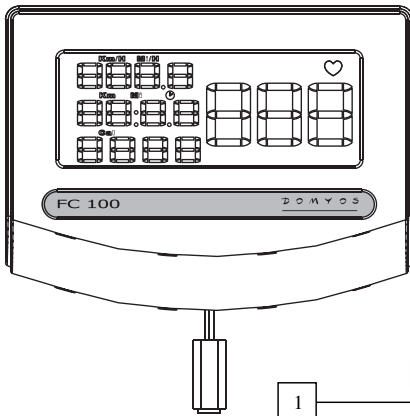
The "crossed-out wastebasket" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste.

They are subject to a specific type of sorting.

At the end of their lives, take your batteries and your electronic product to an approved collection site to recycle them.

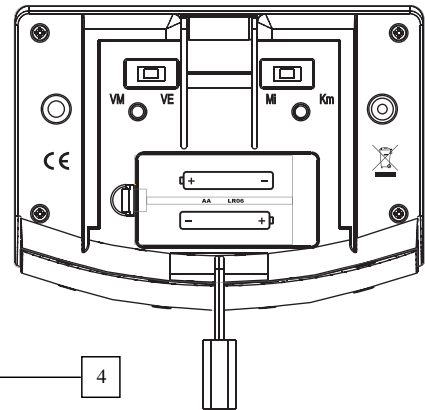
This treatment of your electronic waste will protect the environment and your health.



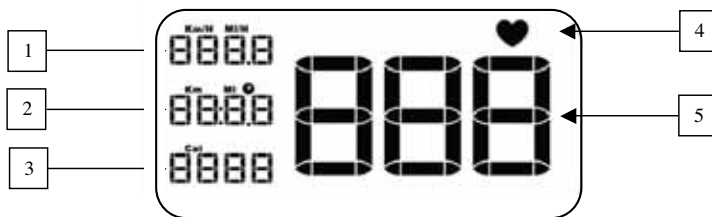


AUTOMATIC CONSOLE

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



DISPLAY



1. Pedalling SPEED display
2. Alternate display of DISTANCE covered and exercise DURATION. The information displayed alternates every 10 seconds.
3. Display of CALORIES expended
4. HEART RATE indicator
5. Digital HEART RATE display

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 displays the estimated distance covered during the training session, in kilometres or miles depending on the position of the switch at 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. Beyond 10 hours the counter automatically resets 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 heart rate sensors; after a few seconds the heart rate indicator will flash and your heart rate will be displayed in beats per minute.

• IMPORTANT: this is only an estimate that should under no circumstances be considered medically reliable.

TROUBLESHOOTING

- 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, and in the Km position to display in kilometres. Remove and replace the batteries for the change to take effect.

- 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.

On magnetic bikes each turn of the pedal corresponds to a distance of 4 metres; on elliptical bikes 2 movements correspond to a distance of 1.6 metres (these values correspond to average cycling or walking distances).

- 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

E N G L I S H

CARDIO-TRAINING

CARDIO TRAINING

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

CHECKING YOUR PULSE

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

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

To check your pulse, place two fingers:

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

Do not press too hard:

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

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

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

PHASES OF PHYSICAL ACTIVITY

A - Warm-up phase

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

- 1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.
- 2) The overall warm-up makes it possible to put the cardio-vascular and respiratory system into action progressively, for a better blood supply to the muscles and better preparation for the effort. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport.
Note that you should warm up for longer: in the morning and if you are over 55.

B - Training

The workout is the main phase of your physical activity.

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

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

C - Warming down

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

D - Stretching

You should stretch after warming down.

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

PARTS OF THE BODY EXERCISED

The elliptical bike is an excellent form of cardio-training. Training on this apparatus will increase your cardiovascular capacity, thereby improving your physical fitness and your endurance. You will also burn calories (a necessary step in losing weight, in conjunction with a diet). The elliptical trainer also helps you to tone your legs, buttocks and upper body (chest, back and arms). The calf muscles and lower abdominals are also exercised. You can consolidate work on your buttocks by pedalling backwards.

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.

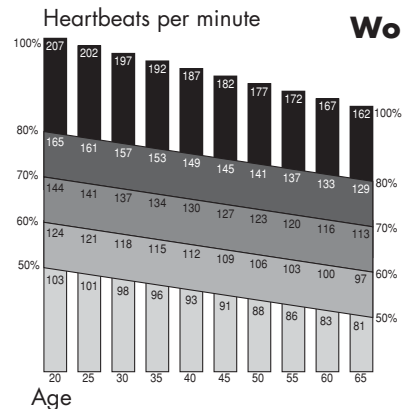
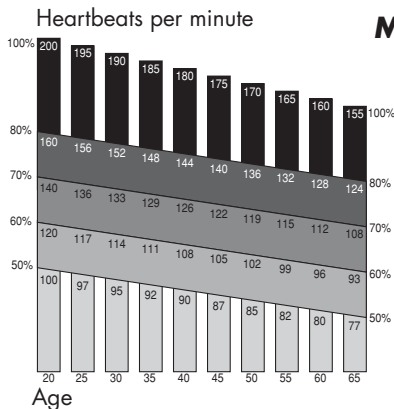
Aerobic endurance training requires at least three training sessions per week.

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.

CARDIO-TRAINING : EXERCISE ZONE

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



NOTICE AND WARNING TO USERS

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

MEDICAL WARNING

Warning: Heartbeat measurements always start at 90 beats per minute and require a stabilisation period (around 30 seconds). When exercising, the time needed to calculate heartbeats per minute means there is a delay of around 20 seconds between the real and displayed heart rates. The information displayed on your console is for information purposes and has no scientific value. The numerical values are likely to vary depending on your palm position and the pressure exerted on the heart rate sensors. If your hands are not in full contact with the heart rate sensors, measurements will be affected. This device is not designed to be used for a medical diagnosis or to prevent cardiac problems. Consult a doctor before starting any training programme, especially if you have been inactive for a long period, have had heart problems, smoke, suffer from high blood pressure and/or are overweight. If you use a pacemaker or a cardiac stimulator, do not use the heart monitor before consulting a doctor.

WARRANTY

DECATHLON guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and tear and for workmanship, starting at the date of purchase as indicated by the date on the till receipt. DECATHLON'S obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DECATHLON.

All products for which the warranty is applicable must be received by DECATHLON at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:

- Damage caused during transport
- Improper or abnormal use
- Poor assembly
- Poor maintenance
- Repairs carried out by technicians not approved by DECATHLON
- Use for commercial purposes

This warranty does not exclude any legal guarantees applicable according to country and/or province

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