

VM 740

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
请妥善保管说明书



DOMYOS

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 - Сделано в Китае

Réf. pack : 458.671 - CNPJ : 02.314.041/0001-88 合格品



VM 740

**NOTICE D'UTILISATION
OPERATING INSTRUCTIONS**

MODO DE EMPLEO

GEBRAUCHSANWEISUNG

ISTRUZIONI PER L'USO

GEBRUIKSHANDLEIDING

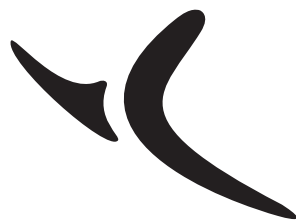
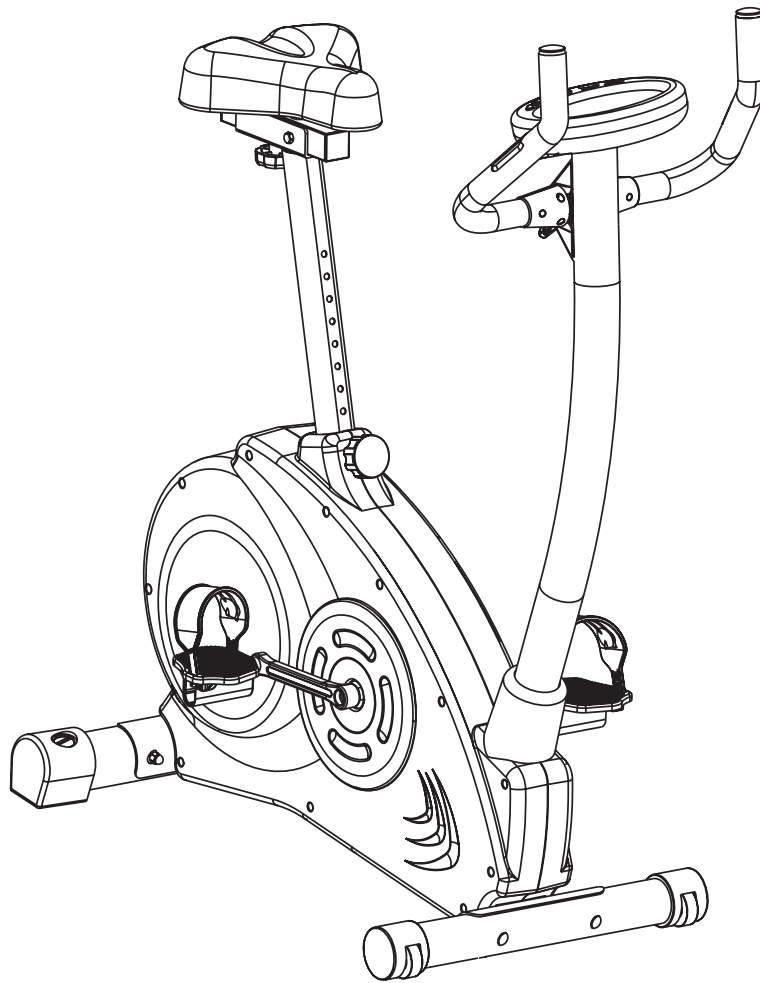
**MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA**

HASZNÁLATI ÚTMUTATÓ

Инструкция по использованию

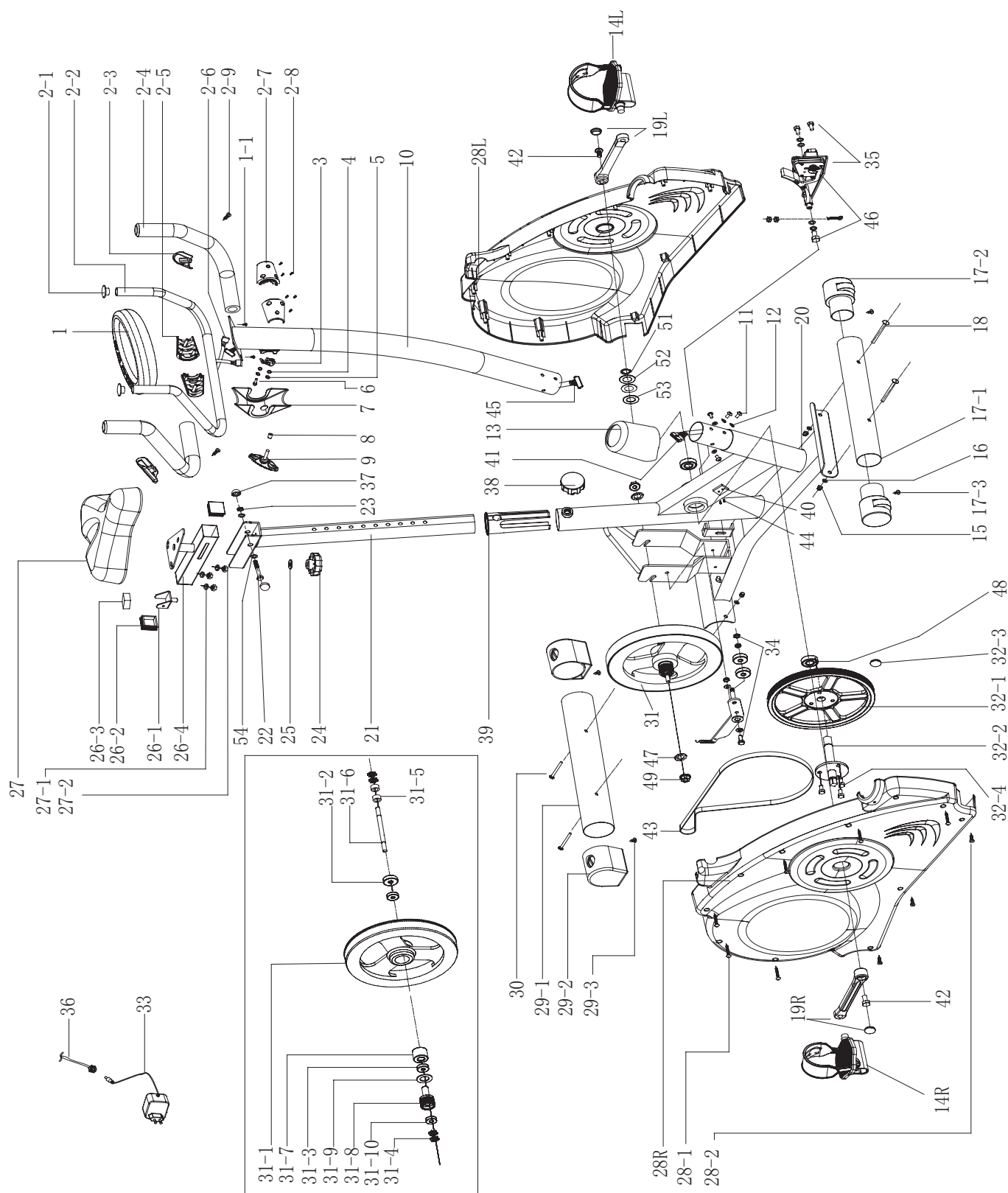
Οδηγίες χρήσης

使用说明书

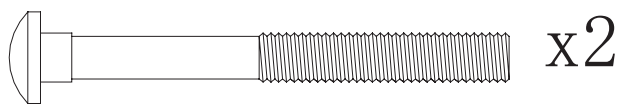


D O M Y O S

FRANÇAIS	8-15
ENGLISH	16-23
ESPAÑOL	24-31
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ITALIANO	40-47
NEDERLANDS	48-55
PORTUGUÊS	56-63
WJĘZYKU POLSKIM	64-71
MAGYAR	72-79
Русский язык	80-87
Ελληνικά	88-95
中文	96-103



A



x2



x2

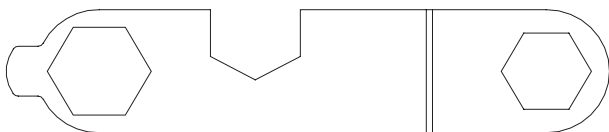


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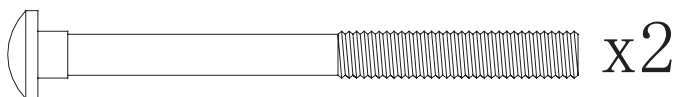
⑮ M8xP1.25x75L

⑮ 8*19*2T

⑮ M8



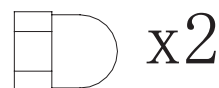
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x2



x2

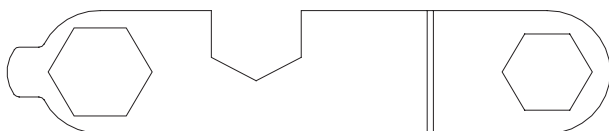


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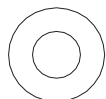
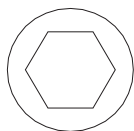
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⑮ 8*19*2T

⑮ M8



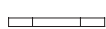
C



x2



x1

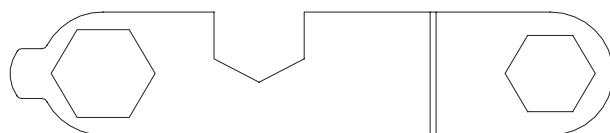


⑳

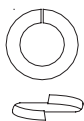
⑮ 8*2t

⑮ M8

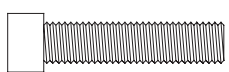
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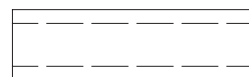
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x2



x1



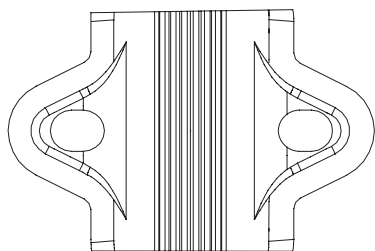
x1

⑮ 7*2t

⑮ 7*12*1T

⑮ M7*P1.0*30mmL

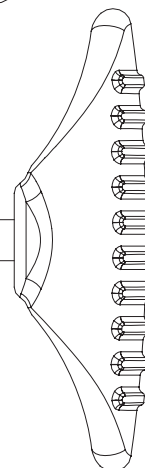
⑮ 7*12*40mmL



x1

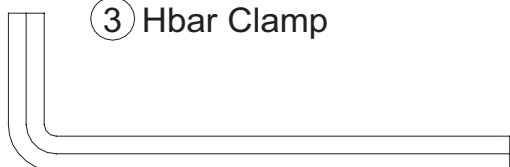


⑮ T-shape knob

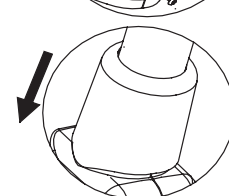
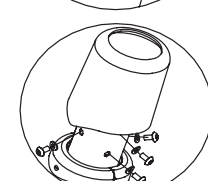
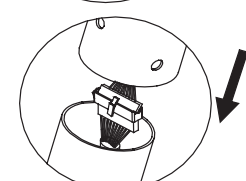
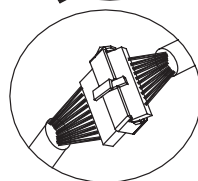
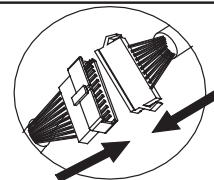
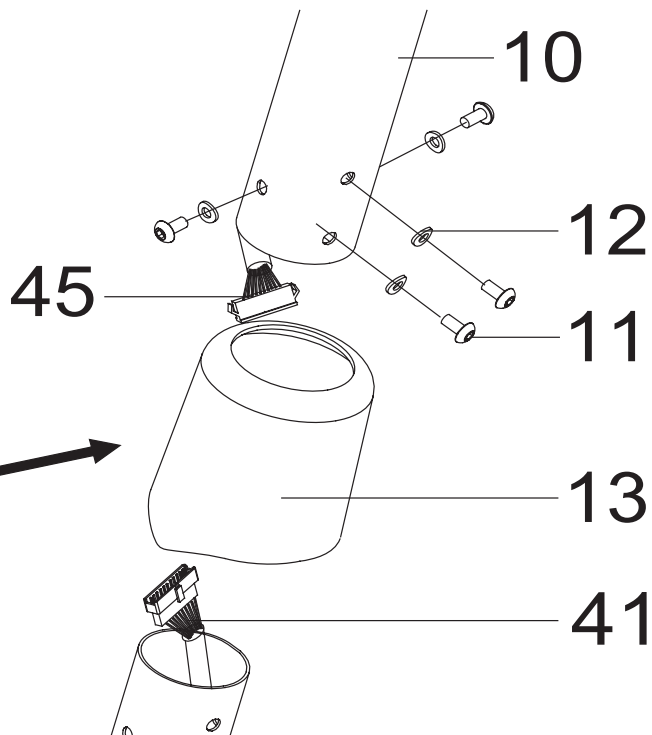
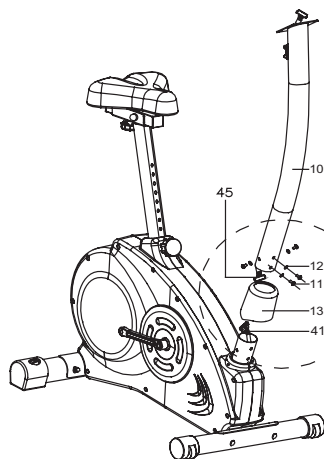


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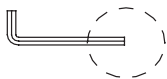
⑮ Hbar Clamp



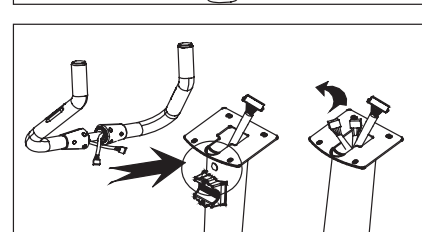
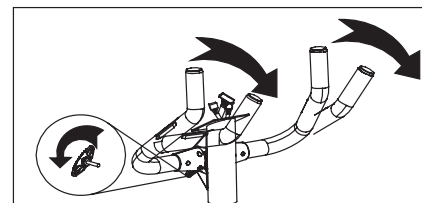
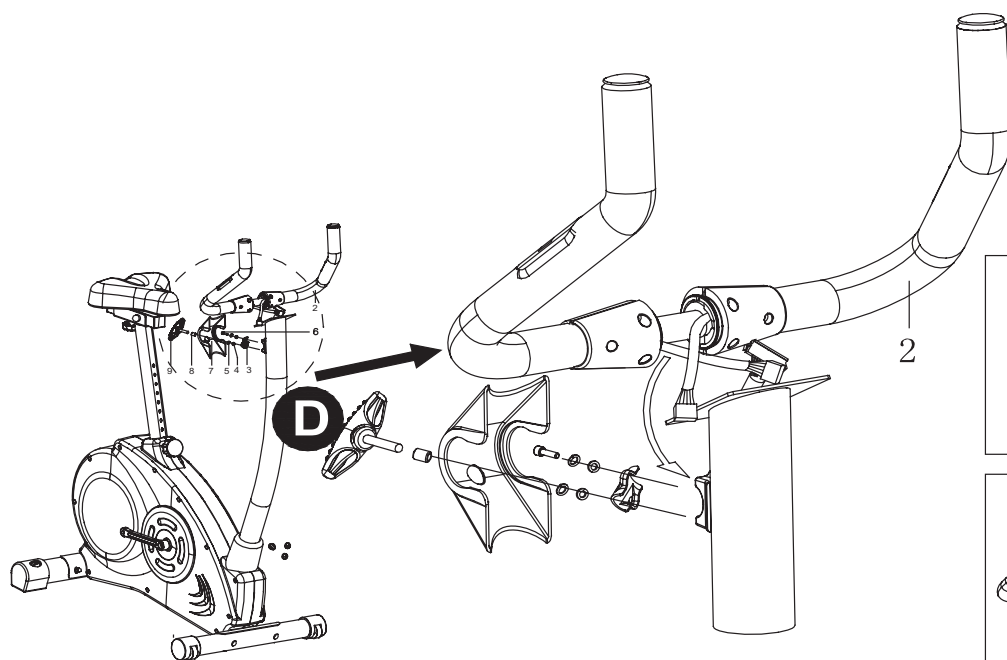
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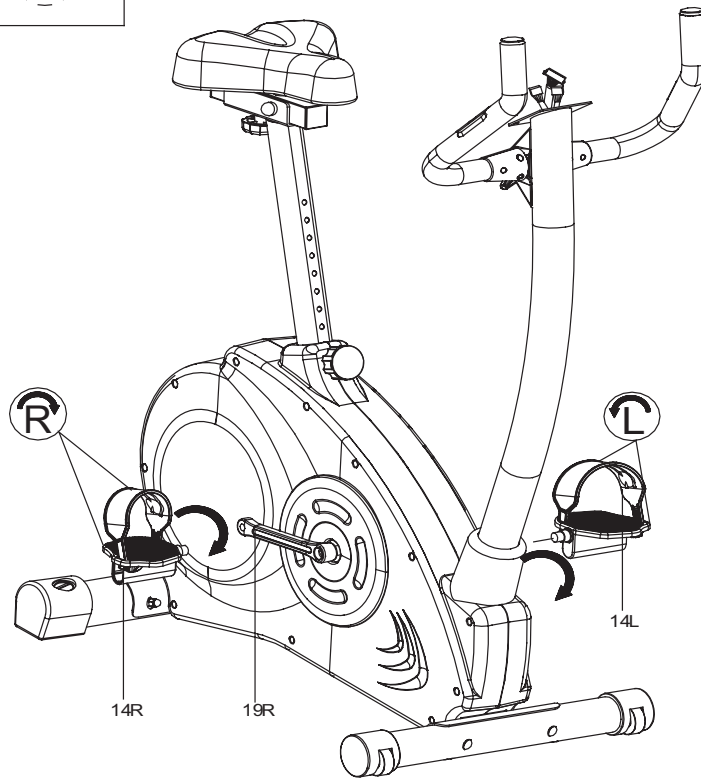
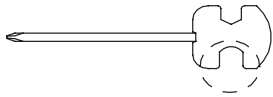
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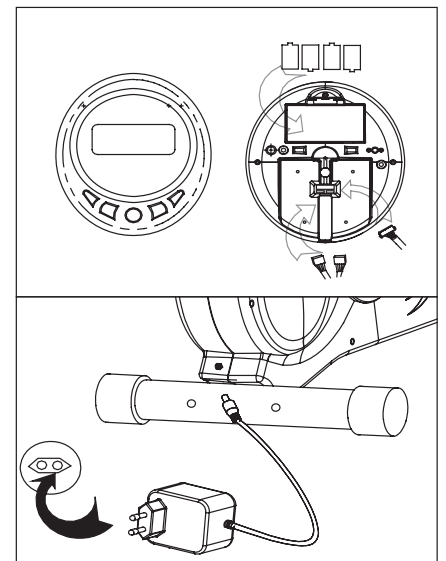
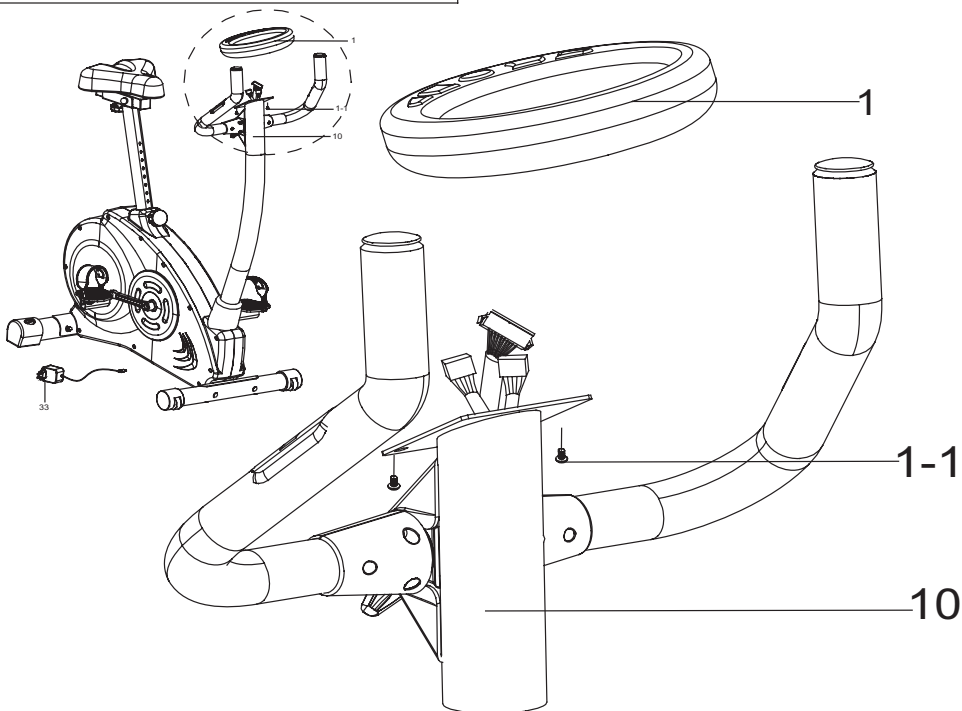
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6



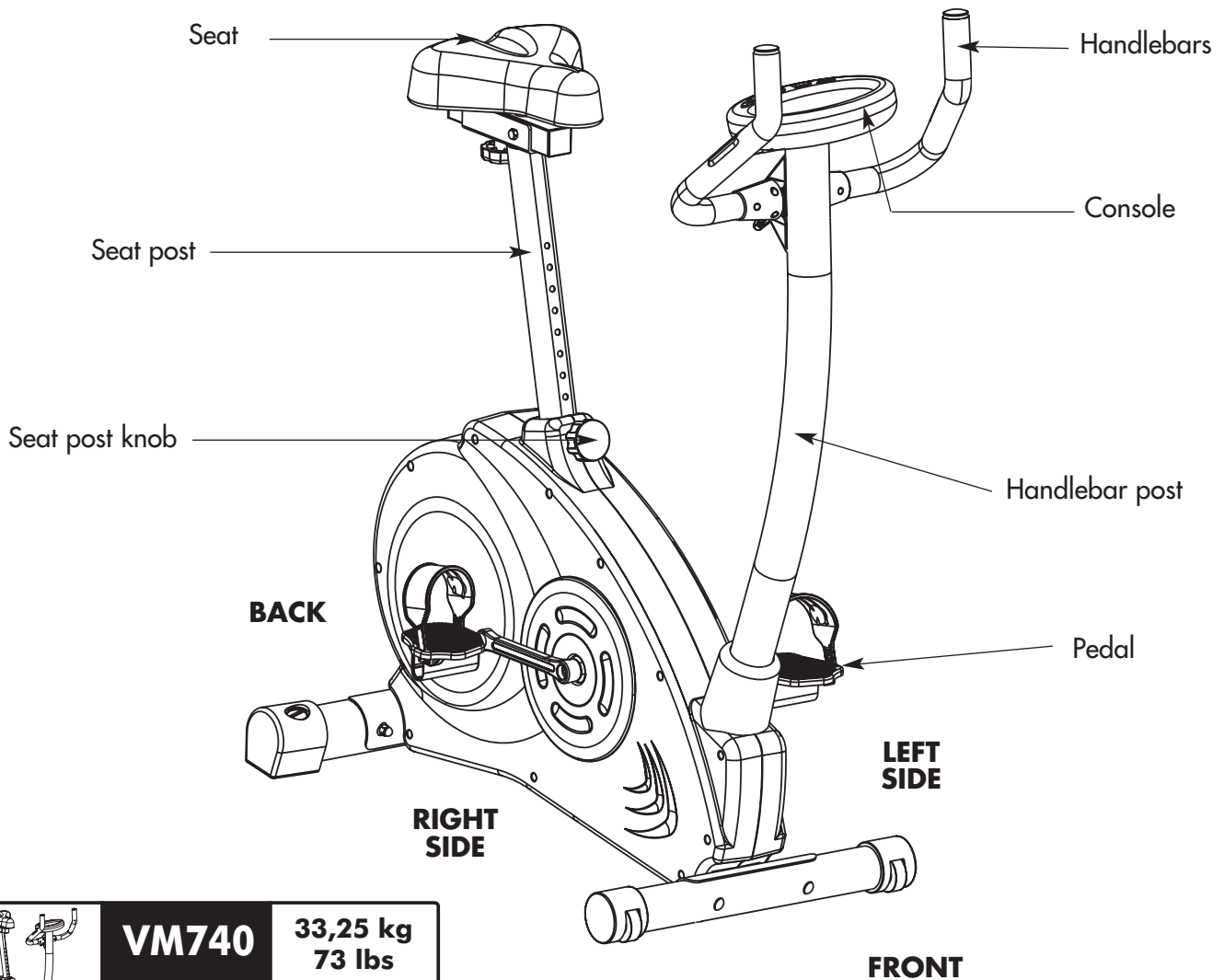
E N G L I S H

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

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

If you wish to write to us, you can send us email at the following address: domyos@decathlon.com

We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.

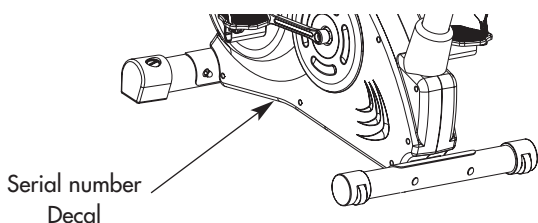


	VM740 33,25 kg 73 lbs 132 x 102 x 54 cm 52 x 40 x 21 inch
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Model N° : _____

Serial N° : _____

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



CAUTION

Read all warnings affixed to the product.

Read precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

PRESENTATION

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

WARNING

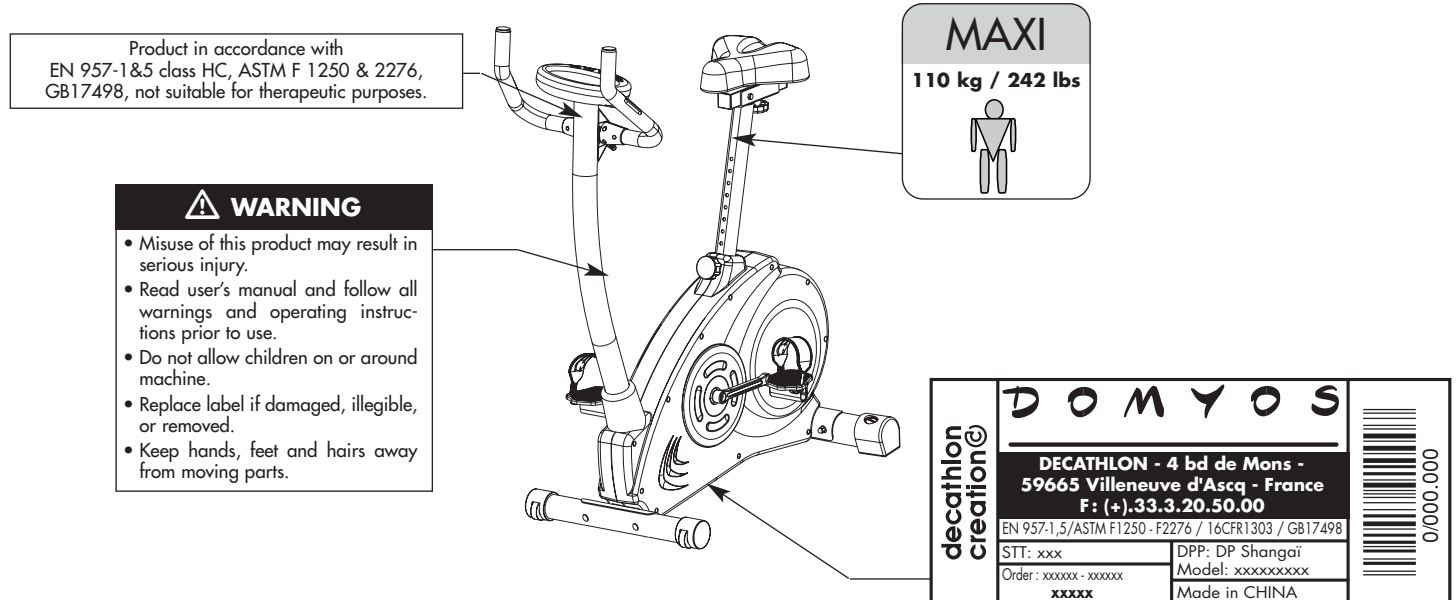
Warning: to reduce the risk of serious injury, please read the important precautions below before using the product.

1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. This appliance is in compliance with European, American and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 5 classes HC / ASTM F1250 & 2276 / GB17498)
3. An adult should do the assembly of the appliance.
4. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
5. Domyos disclaims any responsibility in case of claim for injury or damages to any person or property resulting from improper utilization of this product by the purchaser or any other person.
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. Use the product indoors, away from moisture and dust, on a level and solid surface and in a clear area. Be sure there is enough space for safe access to and passage around the product. Cover the floor beneath the product for protection.
8. It is the user's responsibility to ensure efficient maintenance of the appliance. After assembling the product and before each use, check that the attachment elements are well tightened without extending. Check the state of wear and tear parts.
9. In the event of damage to your product, have all worn out or defective parts replaced immediately by the After-Sales Service of your nearest DECATHLON store and do not use the product before it is completely repaired.
10. Do not store the product in a humid place (edge of swimming pool, bathroom...)
11. Always wear sports shoes to protect the feet while exercising. Wear appropriate clothing when exercising. DO NOT wear loose clothing that could get caught in moving parts. Remove jewellery.
12. Tie long hair so that it does not get in the way when exercising.
13. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
14. Keep children and pets away from the product at all times.
15. Keep hands and feet away from moving parts.
16. Before starting an exercise program, you should consult a doctor to make sure that there are no counter-indications especially if you have not practiced any sport for several years.
17. Do not let setting devices extend outward.
18. Do not tinker with your VM740.
19. Keep your back straight when using the product. Do not arch your back.
20. Since a variety of different factors may affect the accuracy of the heartbeat sensor and the body fat monitor, this equipment is not to be considered as medical equipment. The heartbeat sensor will only help you to determine the normal variations of your heart rate. Likewise, the body fat monitor will only assist you in verifying your body fat levels.
21. People wearing a pacemaker, a defibrillator or any other implanted electronic device are warned that they use the heartbeat sensor and body fat monitor at their own risk. Before using the equipment, we recommend carrying out a trial exercise under the supervision of a doctor.
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

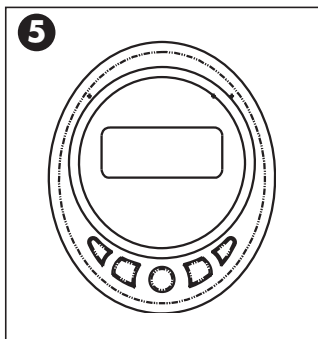
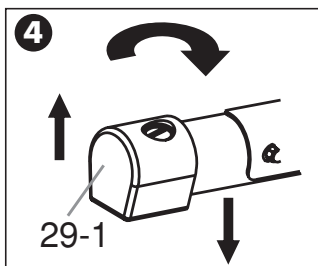
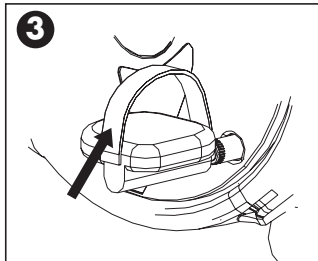
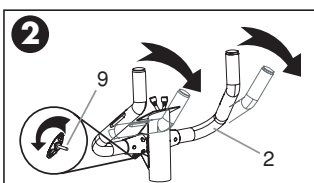
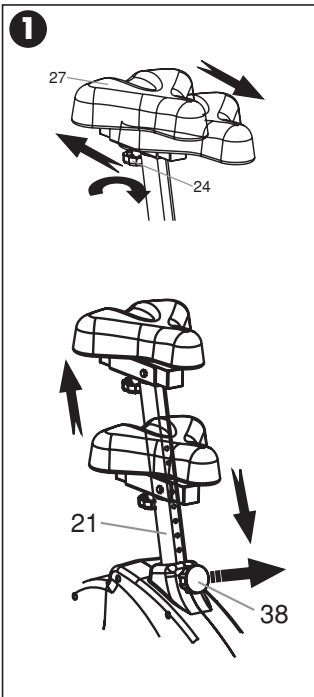
Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use.

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.



SETTINGS

Warning: It is necessary to get off the bike to proceed to the settings (saddle, handlebar)



1 HOW TO ADJUST THE SEAT POSITION

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

To adjust the seat (27), hold the seat and turn the knob (38) on the seat tube. Align one of the holes on the seat post (21) with a hole on the seat tube. Replace the knob (38) and retighten.

It is also possible to adjust the horizontal position of the seat. Whilst holding the seat (27), loosen the fastening knob (24), adjust the position of the seat and fully retighten the fastening knob (24).

WARNING :

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

2 HOW TO ADJUST THE HANDLEBARS

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

3 HOW TO ADJUST THE PEDAL STRAPS

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

4 LEVELLING ADJUSTMENT

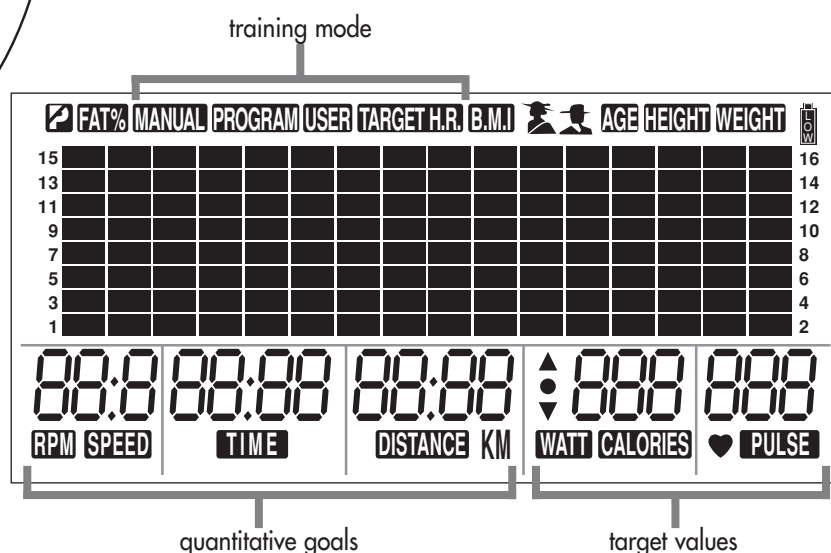
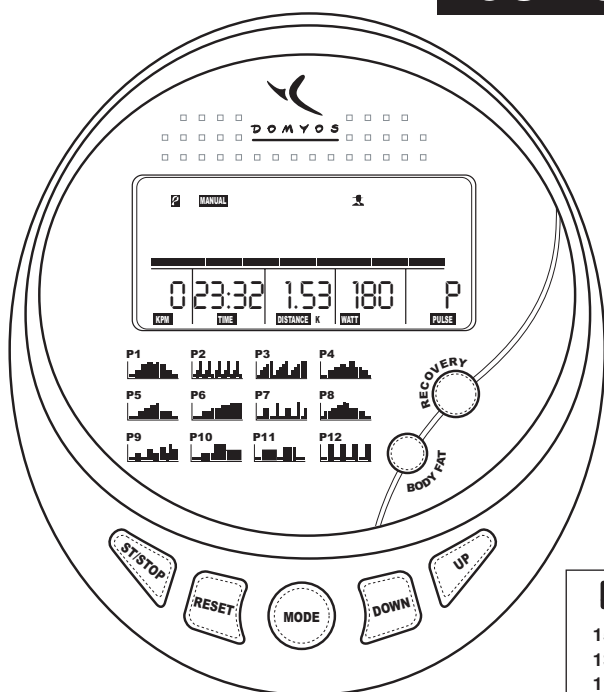
If the bike should become instable during use, turn one or both of the plastic end fittings (29-2) of the rear support (29-1) until the bike becomes stable.

5 SETTING THE RESISTANCE

The braking system and the resistance are coupled with the pedaling speed.

Resistance setting is done electrically with the keys on the console or according to programs. You can make the resistance vary while pedaling.

CONSOLE VM740



THE KEYS ON YOUR CONSOLE

ST/STOP

Starts and stops your exercise

If you are in STOP mode, a small crossed-out P flashes at the top left of the screen. To start your training session you must push START/STOP.

RESET

Short push:

Puts the console into start status for choosing the desired training mode: MANUAL, PROGRAM, USER, TARGET HR, and for setting the parameters of your training goals: TIME, CALORIES, etc

Long push:

Allows settings for different users (U1 through U9) and choosing a previously entered user profile for personalized training

MODE

Allows selection of training mode, e.g., MANUAL, USER, PROGRAM, etc., and setting a measurement goal such as training time, calories to be consumed, or a target heart rate.

Note:

There are two types of goals:

- quantitative goals: training time, training distance, and number of calories to be consumed.
- target values: heart rate in beats per minute, and target pedaling power expressed in watts

In your training we recommend establishing a combination of one quantitative goal and one target value.

Example: 30 minutes of training at 100 heart beats per minute.

UP/DOWN

Increases/Decreases an item or selects Last/Next choice criterion, or the target values

RECOVERY

The recovery function evaluates your cardio-vascular conditioning by measuring the reduction in your heart rate at the end of your workout. Press RECOVERY and continue using the heart rate monitor, and after a minute you will see displayed on the screen a notation of your fitness level between F1 and F6. F1 is an excellent level, and F6 is the lowest.

BODY FAT

Measures your level of body fat; press BODY FAT while firmly gripping the heart rate monitors with your hands as the cursor flashes. The screen will automatically display your level as a percentage.

To return to the original screen, push BODY FAT once again.

For a better understanding of the amount displayed, use the chart below to interpret the data.

	ATHLETIC	GOOD	AVERAGE	HIGH
MAN	< 13%	13-25,9%	26-30%	> 30%
WOMAN	< 23%	23-35,8%	36-40%	> 40%
CONSOLE SYMBOL	□	+	△	◇

USING YOUR VM740

BMI

The BMI is a formula that takes into account your sex, your height, and your weight and classifies you into the following categories:

< 18,5	Underweight
18,5 - 24	... Healthy weight
25 - 29	... Overweight
30 - 34,9	... Level 1 obesity
35 - 39,9	... Level 2 obesity
> 40	... Level 3 obesity (at-risk obesity)

ELECTRIC POWER SUPPLY

Plug the bicycle into a main power supply and install 4 R14 or UM-2 batteries with poles properly oriented in the recess provided on the back of the screen.

STARTING THE CONSOLE

Press any key or start pedaling

IMPORTANT: INPUTTING YOUR PARAMETERS

You have the possibility of inputting up to 9 different users with this high performance console.

The input data are automatically stored in memory. The data are indispensable for your equipment in providing accurate measurements and adapting your training to your individual needs.

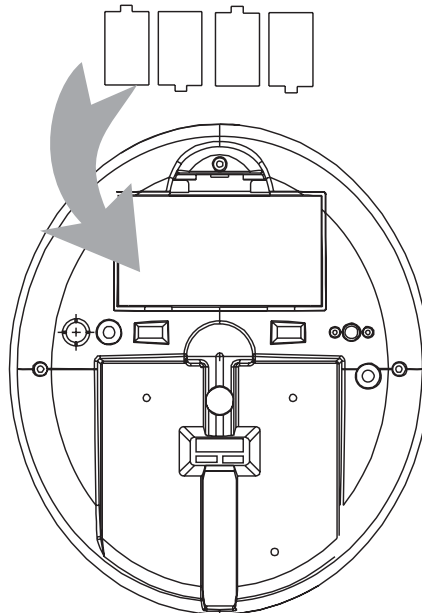
The first time you use your bicycle, the screen automatically asks for the input by displaying a flashing U1.

	SELECT	CONFIRM
User choice U1 - U9	UP/DOWN	MODE
Man/Woman symbol	UP /DOWN	MODE
Age	UP/DOWN	MODE
Height in cm	UP/DOWN	MODE
Weight in kg	UP/DOWN	MODE

After inputting your weight, the 4 training MODE icons begin to flash at the top of the screen and invite you to select your training MODE.

If you wish to input additional users or change existing data, hold down RESET to return to user input; otherwise select your training MODE.

REPLACING THE BATTERY



1. Remove the cover and place 4 R14 or UM-2 type batteries into the recess provided on the back of the screen. Please refer to the illustration below.
2. Make sure the batteries are installed correctly and make perfect contact with the springs.
3. Replace the cover and make sure it is closed properly.
4. If the display is illegible or incomplete, please remove the batteries, wait 15 seconds, and reinstall them.
5. In normal usage battery life is around two months.
6. If you remove the batteries, the computer memory is erased.
7. Deposit used-up batteries in recycling containers provided for the purpose.



RECYCLING:

The 'crossed out dustbin' sign means that this product and its batteries cannot be thrown out with domestic waste. They should be treated apart. When you have finished with them, drop them at an authorised collection point so they can be recycled. This gesture will go towards protecting the environment and your health.

SELECTING YOUR TRAINING MODE

You can choose among 4 training MODES, which you select with the UP/DOWN keys, and confirm your choice using MODE. They are listed at the top of the screen and are designated MANUAL, PROGRAM, USER, and TARGET H.R.

MANUAL

Select this MODE using UP/DOWN and confirm by pressing MODE. The MANUAL mode allows you to manually control the intensity of your workout by selecting:

Braking resistance:

This is represented by the flashing resistance bar. To choose the desired level of resistance use the UP/DOWN keys. There are 16 levels of resistance between 1, the lowest, and 16, the highest.

You can then set one or more training goals:

QUANTITATIVE VALUES:

TIME Time in minutes of exercising
DISTANCE Distance to be covered
CALORIES Number of calories to be consumed

TARGET VALUES:

WATT Target pedaling power
PULSE Target heart rate

There is a simple countdown for the first 3 goals, and the exercise stops after reaching the target. A signal sounds when these goals are met.

If they are set to 0, they will be incremented during the workout.

However, the power in WATTS and the heart rate are target values that will automatically control the resistance of your bicycle and remain continually set to the given value.

To find your position in relation to a heart rate target, please refer to the "exercise zones" table, which will give you indicative values.

Please note that before undertaking any sport it is necessary to consult a doctor!

PROGRAM

Select this mode using UP/DOWN and confirm by pressing the specific MODE. This mode gives you access to your bicycle's 12 automatic programs. The pictograms at the bottom of your screen indicate the effort profile of each program.

Once you have chosen the PROGRAM mode, the first program, P1, is displayed on your screen. Use the UP/DOWN keys to select the program you want and confirm using MODE.

You can then set one or more training goals on the bottom of the screen, time, distance, etc., to complete your session by using MODE to select and UP/DOWN to set the goal. Start your workout by pressing ST/STOP.

If the program's pre-selected resistance is too low you can increase it manually without interrupting the workout by using UP/DOWN.

USER

The USER function allows you to create a program on your own that will be added to the 12 pre-loaded programs.

Select the USER mode using UP/DOWN and confirm by pressing MODE.

Then choose the intensity of the flashing profile segment using UP/DOWN, and use MODE to proceed to setting the next segment. Complete your program profile in that way and begin your workout by pressing ST/STOP. Note that the goals chosen in MANUAL mode will be displayed at the bottom of the screen. To change them return to MANUAL mode.

TARGET HEART RATE

Use UP/DOWN to choose the TARGET HR mode and do a workout controlled by your heart rate, and confirm by pressing MODE.

Resistance is automatically adjusted every 30 seconds so that heart rate remains in the established range.

Both hands must remain on the sensors.

The screen then offers 3 range levels of 55%, 75%, or 90% of your maximum heart rate. Choose the desired level using UP/DOWN and confirm using MODE. If you wish to input a specific heart rate, select THR and enter your maximum heart rate goal directly at the bottom of the screen.

You can then choose an additional goal such as time, distance, etc. using MODE. To start your program, use ST/STOP.

To exit a selected mode or chose a different one, briefly push RESET; this will return you to the start screen.

The console of your bicycle will shut off by itself if left inactive for 5 minutes.

Note: All measurements and indications on this console are estimates; in no case should they be taken as a medical certainty.

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.

TRADE WARRANTY

DECATHLON guarantees this product for parts and labor, under normal conditions of use, for 5 years for the structure and 2 years for wear parts and labor starting on the date of purchase, confirmed by the date on the sales ticket.

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

All the products for which the warranty is applicable, shall be accepted by DECATHLON in one of its authorized service centers, sent postage paid together with the proof of the purchase.

This warranty cannot be applied in the following cases:

- Damage caused during transport
- Misuse or abnormal use
- Repairs done by people not authorized by DECATHLON
- The commercial use of the product concerned

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

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

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.

CONTROLLING YOUR HEARTBEAT

It is vital to measure your pulse periodically in order to control your degree of exercising. If you do not have an electronic measuring device, follow this procedure :

To take your pulse, position two fingers : on the neck, or below the ear, or at the inside wrist beside the thumb.

Do not press too hard : excessive pressure reduces the blood flow

and can slow down the heartbeat. After counting the pulsations for 30 seconds, multiply by 2 to obtain the number of pulsations per minute.

Example : 75 pulsations counted in 30 seconds corresponds to a heart beat of 150 pulsations per minute.

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

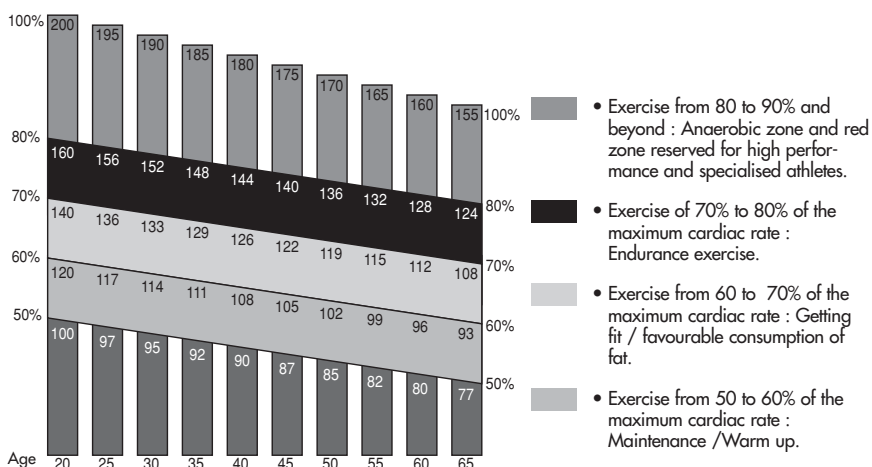
This is the continuation of an activity at low intensity, the gradual "return to rest" phase. SLOWING DOWN brings the cardiovascular and respiratory system, the blood flow and muscles back to "normal" (eliminating the counter effects of an exercise, such as lactic acids, the accumulation of which is 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.

Exercise range

Beats per minute



WARNING, TECHNICAL INSET WARNING TO USERS

You must work towards getting fit in a controlled manner.

Do not hesitate to consult a doctor before any physical activity, especially if : you have not practiced any sports activities in recent years, you are more than 35 years old, you are not sure about your health, you are following medical treatment.

**CONSULT A DOCTOR
BEFORE PRACTISING ANY SPORT.**