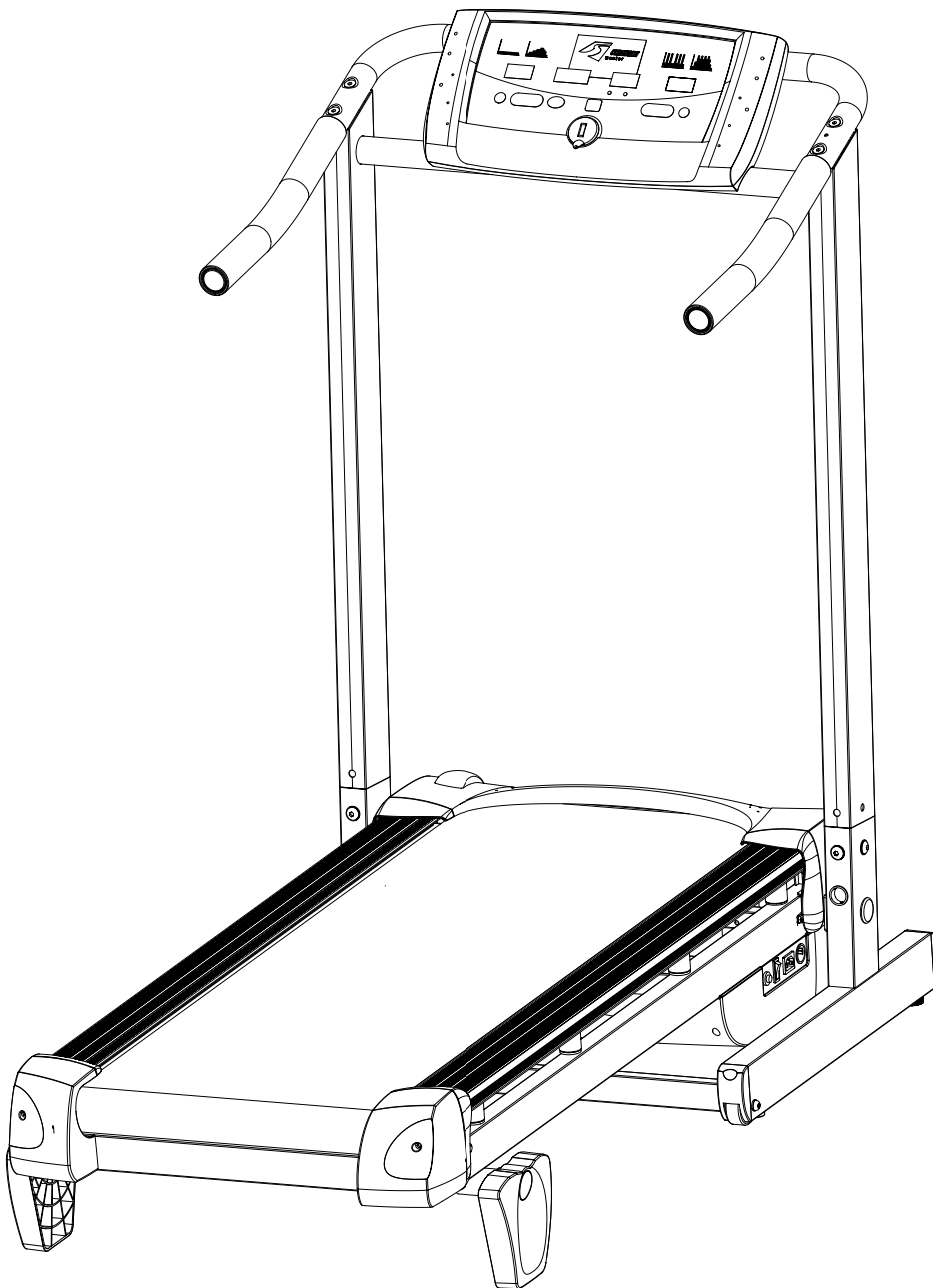


TC 530

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG

ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA

使用说明书



DOMYOS

TC 530

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Bevar vejledningene
Zachowaj instrukcję
请妥善保管说明书

DECATHLON

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

www.decathlon.com

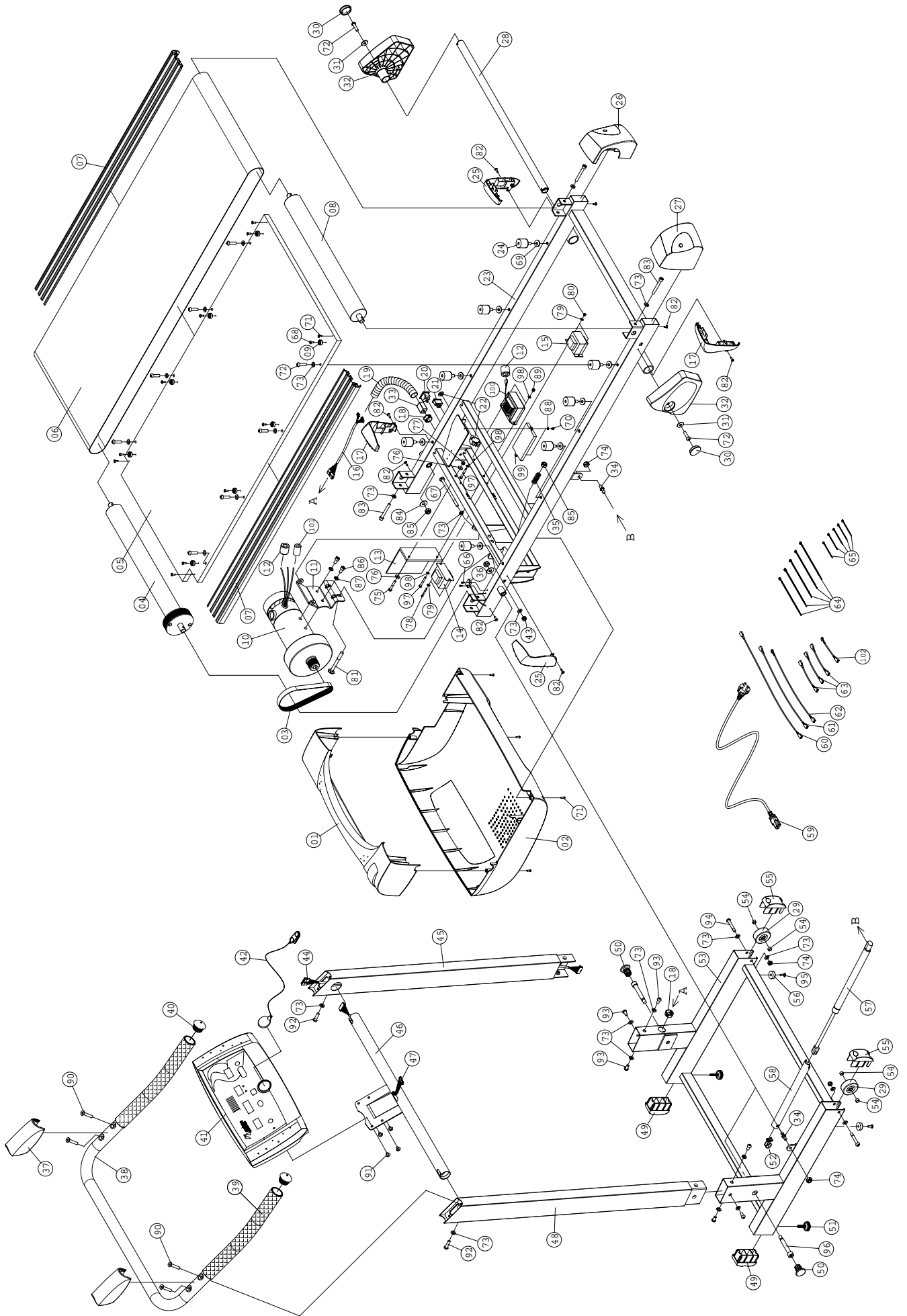
D O M Y O S



Réf. pack : 593.646

**decathlon
creation©**

Made in Taiwan



ASSEMBLY INSTRUCTIONS

The treadmill is delivered with all parts and tools necessary for assembly. Please read these instructions in full before starting. We recommend you assemble it on its box.

Attention: Please examine the machine after unpacking it. If it is damaged or any parts are missing, please contact your Décathlon retailer.

Assembly, stage 1:

Ensure that all parts and tools are present.

Screws, bolts and nuts are attached to the corresponding parts before shipping.

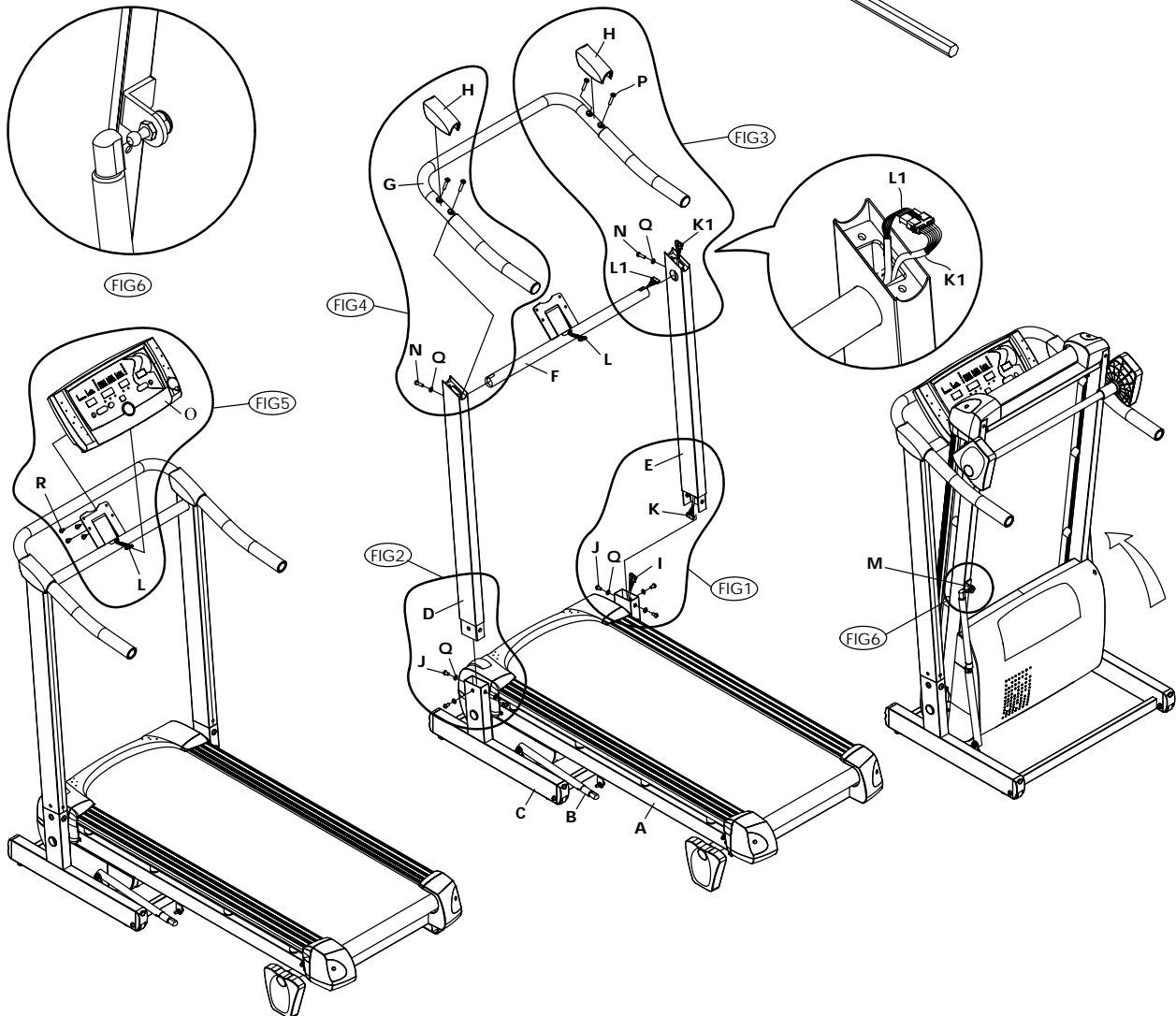
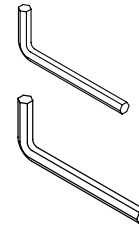
Parts list: see fig. A & B

- A :** frame
- B :** raising tube
- C :** chassis
- D :** left handle support
- E :** right handle support
- F :** handlebar bar
- G :** handlebar
- H :** handle bar screw cover
- I :** cable for printed circuit boards
- J :** screw
- K, K1 :** cable for printed circuit boards

- L, L1 :** cable for printed circuit boards
- M :** M8 precision ball screw, 14mm long
- N :** M8 screw, 35mm long
- O :** console
- P :** M8 screw, 45 mm long
- Q :** washer
- R :** screw

Tools:

- 5 mm key
- 6 mm key



ASSEMBLY INSTRUCTIONS

Assembly, stage 2:

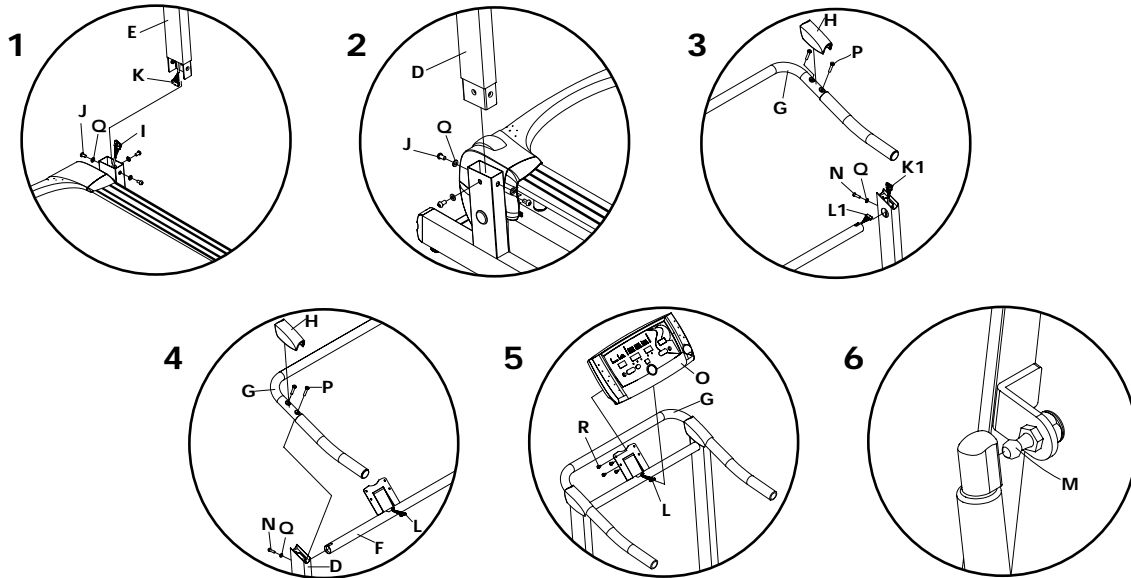


Fig. 1 :

1. Remove screw J and washer Q from the right handle support E.
2. Connect cables I and K.
DO NOT FORCE CORRECT CABLE POSITIONING.
CAREFULLY INSERT THE EXCESS CABLE INTO THE FRAME.
3. Fix the right handle support E to the chassis and tighten screw J and washer Q.

Fig. 2 :

1. Remove screw J and washer Q from the left handle support D.
2. Fix the left handle support D to the chassis and tighten screw J and washer Q.

Fig. 3 :

1. Connect cables K1 and L1.
2. Fix the handlebar G to the handle supports.
3. Tighten the 2 screws P, AT THIS STAGE, DO NOT TIGHTEN COMPLETELY.

Fig. 4 :

1. Position the 2 screws P for fixing the handlebar G on the left handle support D.
TIGHTEN ALL SCREWS COMPLETELY.
2. Fit the screw covers to the handlebar.

Fig. 5 :

1. Connect the cable L to the cable inside the console.
2. Position the console O to the handlebar.
3. Successively tighten the 4 screws R.

Fig. 6 :

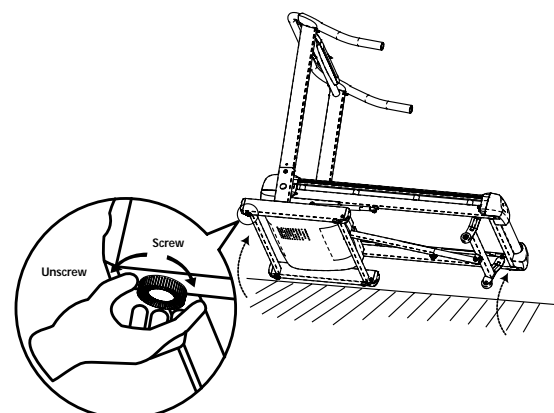
1. Unfold the tread so it is vertical.
2. Push the position ball screw into the raising tube.

Horizontal assembly:

You can adjust the 2 screws underneath the chassis to ensure the machine's stability on the ground.

1. Lift the machine on one side and turn the screw underneath the chassis.
2. To tighten the screw, turn clockwise and anti-clockwise.

Each time the machine is moved, check stability and adjust as necessary.

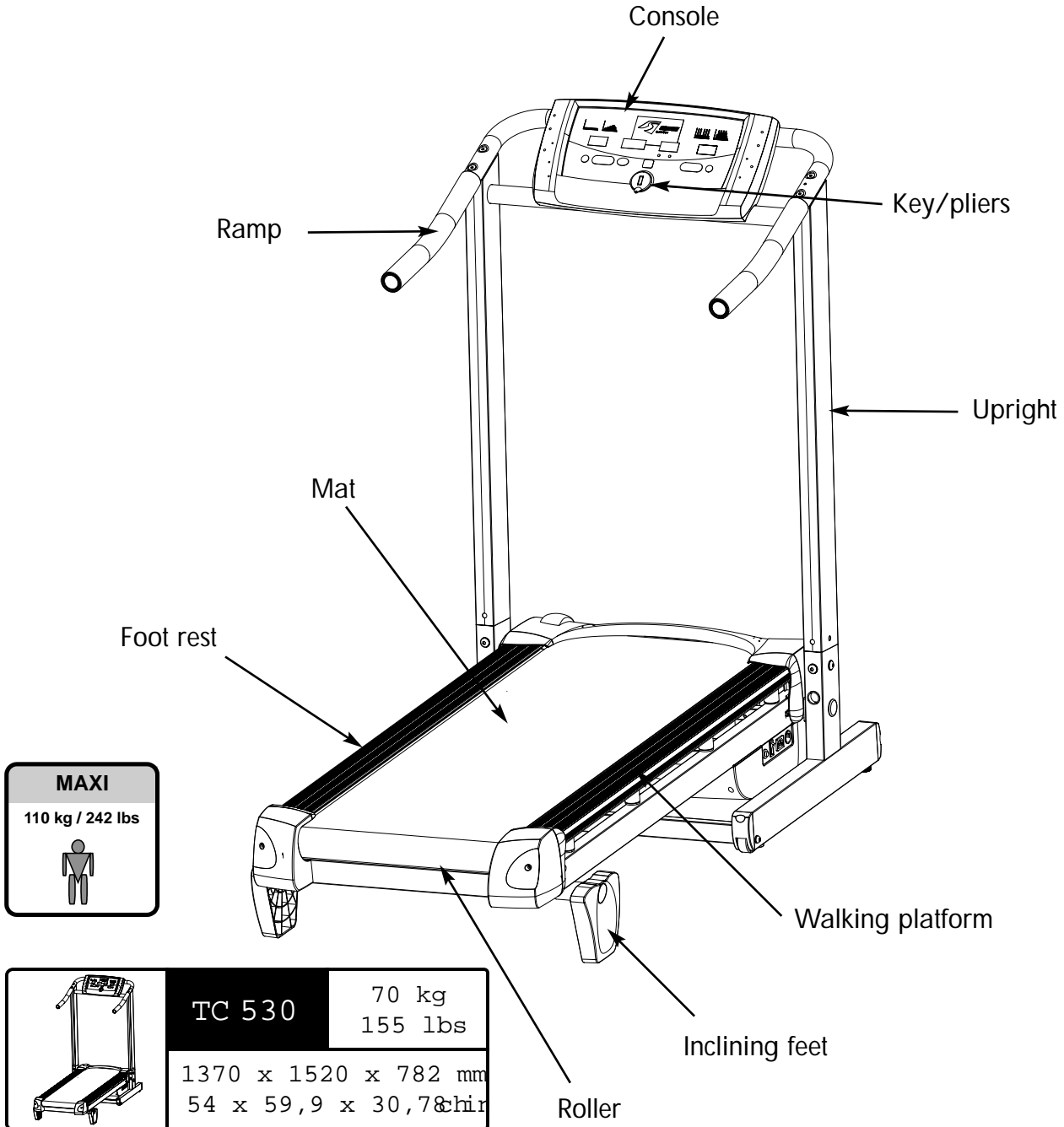


E N G L I S H

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.fr.

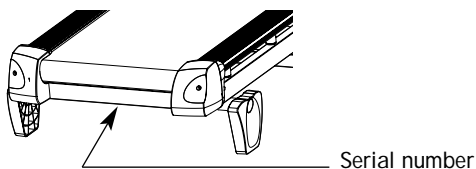
We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.



Model N°:

Serial N°:

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



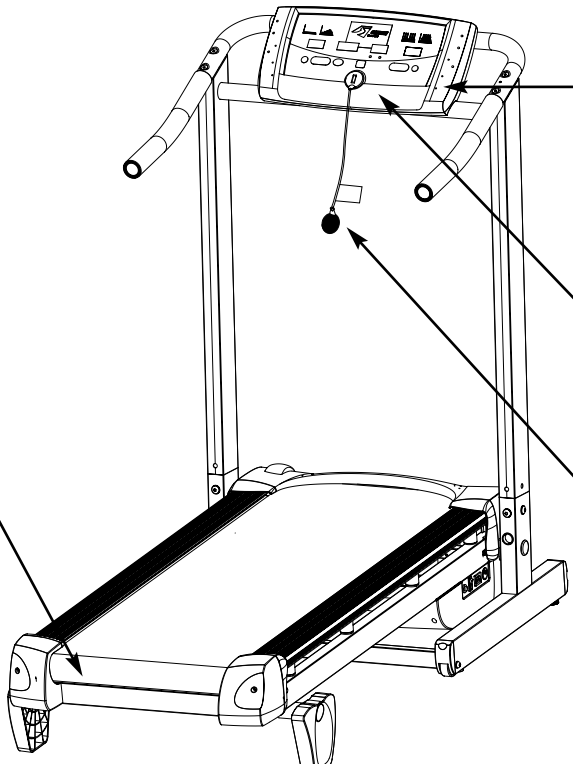
CAUTION

Read all warnings affixed to the product.

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

Keep this manual for future reference.

WARNINGS

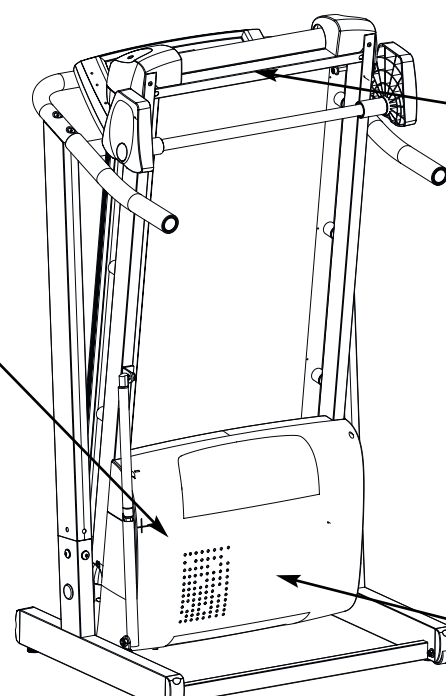


⚠ WARNING
Keep your hands away from the running deck and the roller when they are moving

MAXI
110 kg / 242 lbs

CAREFUL
READ INSTRUCTIONS
BEFORE USE

⚠ WARNING
Always attach the safety key to your clothing
(Always use the key)



1

2

⚡

NEVER OPEN AND TAKE THIS HOUSING APART

SAFETY

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. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
3. Domyos disclaims all responsibility concerning claims for injury or for damages suffered by any persons or property arising from the normal or abnormal use of this product by the purchaser or by any other person.
4. An adult should do the assembly of the appliance.
5. Keep children and pets away from the product at all times.
6. This appliance is in compliance with European and Chinese standards related to fitness products for domestic and non-therapeutic use (EN-957-1 and 6 classes HC - GB17498).

ELECTRICAL RISKS

7. Immediately after using and before cleaning, assembling or maintenance, cut the main power switch and unplug the treadmill from the mains supply.
8. Never leave the machine turned on unattended.
9. Never use the machine with a damaged electric cable or plug, if it has fallen, if it has been damaged or if it has been in contact with water.
10. Never use the machine in an area where aerosols are used or where oxygen is administered.
11. Never pull the machine with the power cable and never use the cable as a handle.
12. Only use an extension wire with an earthed socket, 1.5 m long maximum.
13. Keep the electric cable away from warm surfaces.
14. Warning: Only connect the machine to a properly earthed socket.

Earthing instructions

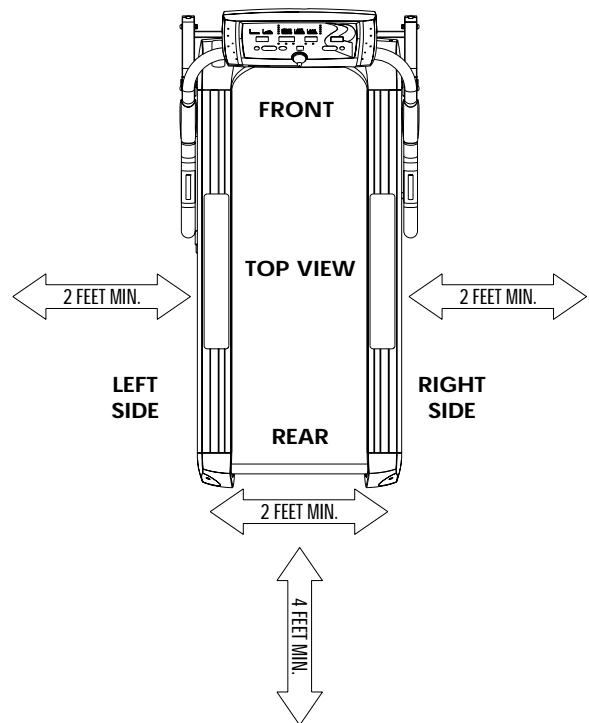
This product should be earthed. In case of malfunction or fault, the current is sent to the earth to reduce the risk of electrocution. The machine is also fitted with a cable with an earthed wire and connector. This connector should be attached to a properly installed socket fitted with an earth that complies with applicable legislation. Inappropriately attaching the machine's earth connector may lead to electrocution. In case of doubt, have a qualified electrician check the product is correctly earthed. Do not proceed to any modification of the card supplied with your jogging exerciser. If it is not adapted to your power socket, have a properly earthed plug fitted by a qualified electrician.

DANGER :

Before carrying out any maintenance or visual control, turn off the main switch and remove the electric connector from the power socket. Never remove the motor's cover. Settings and handling other than those described in this manual must only be adjusted or carried out by an authorised technician. Failure to respect this safety measure may lead to serious injury or death.

MATERIAL RISKS

15. Never insert any object into any opening.
16. Keep your hands away from any moving parts. Never put your hands or feet underneath the treadmill.
17. This product is intended for home use. It should not be used for commercial, loan or institutional purposes.
18. Use the product indoors, away from moisture and dust, on a level surface and in a clear area. Be sure there is enough space for safe access to and passage around the product. Leave a free safety area of 2 m x 1 m behind the treadmill and 0.65 m on each side. Ensure that there is sufficient space around the machine when you are using it. Cover the floor beneath the product for protection.
See the illustration below.



19. Do not store the product in a humid place (edge of swimming pool, bathroom...).
20. The user shall be responsible for inspecting and tightening all parts after assembly and before using the product. Never exceed safety settings. Immediately replace worn or defective parts.
21. Before using, ensure that the treadmill is properly aligned and centred on the chassis.
Comment: Failure to carry out regular and preventive maintenance may cancel the guarantee.
22. Do not tinker with your TC 530.
23. If your product is damaged, return it to your Décathlon store and do not use it again until it has been completely repaired. Only use Décathlon spare parts.
24. Maximum user weight: 110 kg – 242 pounds.

OPERATION

Careful:

- Before starting a training session, ensure that the safety key clip is carefully fixed to your clothing and that it is properly magnetized.
- Always start upright on the side bands and not on the treadmill. Before walking on the mat, wait for the speed to reach at least 1.6 km/h.

Presentation :

The treadmill has four programmes. Except with the manual programme, you can select three different levels of difficulty, the figure 1 represents the easiest and 3 the most difficult.

Manual programme:

After having inserted the safety key, the manual programme may be selected by pressing the START button. Then, before starting your session, enter the time and distance or calories. This programme gives you total control and will remain unchanged as long as you do not change the speed programme yourself. The manual programme is for constant training.

The manual programme gives you two choices.

Quick Start

1. Attach the safety key to your clothing. This is highly recommended your safety, as soon as this key is removed, your treadmill will stop immediately. .
2. After having inserted the safety key, the simplest way of starting is to press the START button. The treadmill starts at a speed of 0.8 km/h.
3. Speed: to increase speed, press Speed +. Pressing this button increase is speed by increments of 0.1 km/h.

Manual programme with time, distance or calorie settings

1. Manual programme with time pre-settings: Before pressing the quick start START button, firstly press ENTER once and enter your time pressing + or -. The time countdown will start at the beginning of your exercise.
2. Manual programme with distance pre-settings: Before pressing the quick start START button, press the ENTER button twice and then + or - to enter the distance. The distance countdown will start at the beginning of your exercise.
3. Manual programme with calorie pre-settings: Before pressing the quick start START button, press the ENTER button three times and then + or - to enter the calories to be burned during training. The calorie countdown will start at the beginning of your exercise.

Training with preset programmes P1, P2 and P3

Preset programmes automatically change speed. The range of speeds of each level is presented in the table below. With all predefined programmes, you can set the speed manually at any time.

Select one of the predefined programmes to, P1, P2 or P3.

1. To start the desired program, insert the safety key and select program P1, P2 or P3 by pressing + or - and then press "enter".
2. A training level should be selected for all preset programmes. To do this, press + or -. Once the level has been found, press ENTER once.
3. Now enter the time pressing + or -.
4. After setting the time, press the START button to start training.

Comment:

1. You can interrupt your exercise by pressing the STOP button. To restart the exercise, press START.
2. The type of training is displayed by superposition.
3. Time is displayed by 99.59 or 00.00, beeps sound for five seconds and the motor stops.

Pause function

You can stop the treadmill at any time during training by pressing STOP once. To restart the treadmill, press START.

Reset function

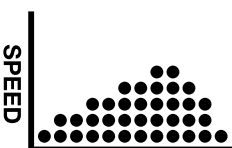
To reset the programme and time, press STOP for five seconds until P1 is displayed in the programme window. To restart the required programmes, level or time, repeat the operation above.

PRESET PROGRAMMES

The information provided below is of a general nature and is provided as a rough guide. These recommendations should be adapted to your personal training and pleasure needs.

Your treadmill has a memory with 4 pre-defined training programmes. During the running of a program, the jogging exerciser automatically modifies the speed.

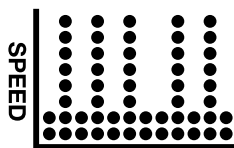
P1: CARDIO



P1

	Level 1 Speed	Level 2 Speed	Level 3 Speed
1	1.5 kmph	2.5 kmph	3.5 kmph
2	2.0 kmph	3.0 kmph	4.0 kmph
3	2.0 kmph	3.0 kmph	4.0 kmph
4	2.5 kmph	3.5 kmph	4.5 kmph
5	2.5 kmph	3.5 kmph	4.5 kmph
6	3.0 kmph	4.0 kmph	5.0 kmph
7	3.0 kmph	4.0 kmph	5.0 kmph
8	3.5 kmph	4.5 kmph	5.5 kmph
9	3.5 kmph	4.5 kmph	5.5 kmph
10	3.0 kmph	4.0 kmph	5.0 kmph
11	2.5 kmph	3.5 kmph	4.5 kmph
12	1.5 kmph	2.5 kmph	3.5 kmph

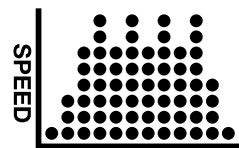
P2: INTERVALS



P2

	Level 1 Speed	Level 2 Speed	Level 3 Speed
1	2.0 kmph	3.0 kmph	4.0 kmph
2	7.0 kmph	8.0 kmph	9.0 kmph
3	2.0 kmph	3.0 kmph	4.0 kmph
4	7.0 kmph	8.0 kmph	9.0 kmph
5	2.0 kmph	3.0 kmph	4.0 kmph
6	7.0 kmph	8.0 kmph	9.0 kmph
7	2.0 kmph	3.0 kmph	4.0 kmph
8	7.0 kmph	8.0 kmph	9.0 kmph
9	7.0 kmph	8.0 kmph	9.0 kmph
10	2.0 kmph	3.0 kmph	4.0 kmph
11	7.0 kmph	8.0 kmph	9.0 kmph
12	2.0 kmph	3.0 kmph	4.0 kmph

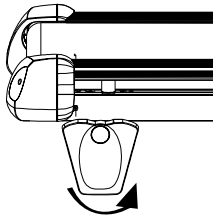
P3: WEIGHT LOSS



P3

	Level 1 Speed	Level 2 Speed	Level 3 Speed
1	1.5 kmph	2.5 kmph	3.5 kmph
2	2.5 kmph	3.5 kmph	4.5 kmph
3	4.0 kmph	5.0 kmph	6.0 kmph
4	6.0 kmph	7.0 kmph	8.0 kmph
5	4.0 kmph	5.0 kmph	6.0 kmph
6	6.0 kmph	7.0 kmph	8.0 kmph
7	4.0 kmph	5.0 kmph	6.0 kmph
8	6.0 kmph	7.0 kmph	8.0 kmph
9	4.0 kmph	5.0 kmph	6.0 kmph
10	6.0 kmph	7.0 kmph	8.0 kmph
11	3.0 kmph	4.0 kmph	5.0 kmph
12	1.5 kmph	2.5 kmph	3.5 kmph

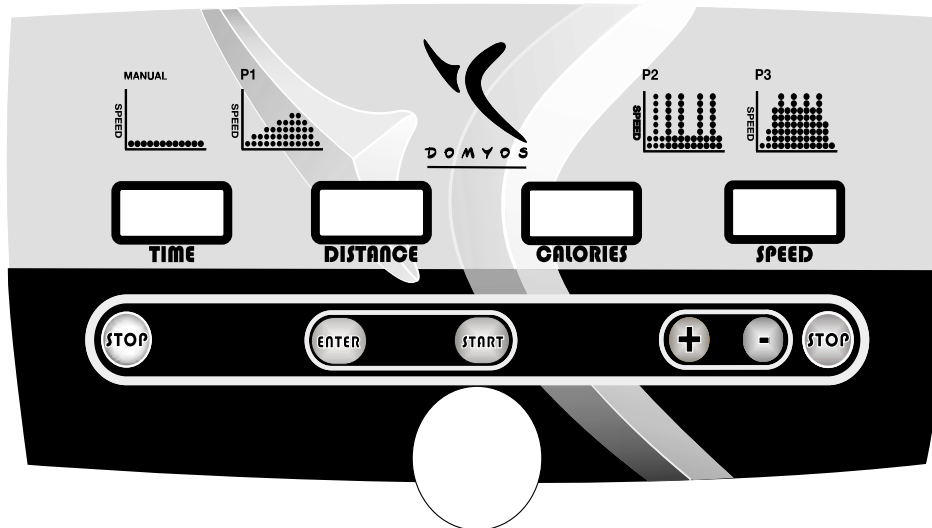
SETTINGS



Incline:

- There are three possible incline settings to adjust exercise difficulty levels.
- Rotate the feet underneath the mat to set the height.
- Check that the treadmill is stopped and no-one is on it.

CONSOLE OPERATION



Stop: the computer will stop itself after 4 minutes.

"SPEED" : Speed expressed in kilometres per hour.
Displays mat speed of 0.08 kph to 16 kph predefined with the speed button with increments of 0.1 kph.

INSTRUCTIONS

1. Insert the safety key.
2. Enter the programme using the arrows, then press ENTER.
3. Enter the level using the arrows, then press ENTER.
4. Press START to commence training. There is 5 seconds starting time.

"TIME" : duration of the exercise.

"DISTANCE" : Distance covered in kilometers.

"CALORIES" : Estimations of the calories burned.

Attention: these are estimations and should not be considered to be medical advice.

Displays the calorie calculations.
Display 1 = 100 Cal.

"STOP" :

1. To stop the exercise, press STOP once. To restart the exercise, press START
2. To restart training, hold STOP down for a few seconds.

"ENTER" :

1. Select the required programme and level..

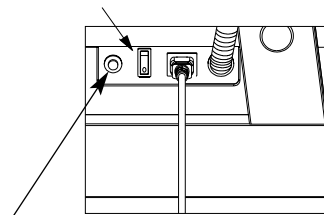
"+" and "-" :

1. When setting, select the programme and level or increase or decrease the duration.
2. During training:

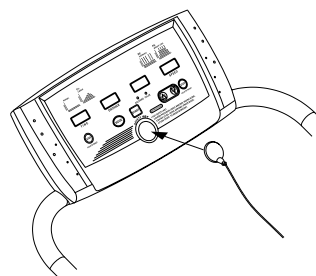
▲+ : increases the speed by increments of 0.1 kph.

▼- : increases the speed by decrements of 0.1 kph.

LOCATION OF THE MAIN SWITCH



CIRCUIT-BREAKER'S LOCATION



**INSERTING
THE SAFETY KEY**

CARE

TREADMILL ALIGNMENT

The mat should be perfectly centred at all times. Your running style and a non-flat surface may cause the mat to become off-centre. If this happens, slight adjustments to the two bolts behind the machine will be necessary.

1. Press START to set the mat moving, then increase speed to 5 kph (3 mph)
2. Stand behind the machine to evaluate the direction in which the mat is off-set.
3. If the mat is moving to the left, turn the left adjustment screw one quarter turn clockwise and the right adjustment key one quarter turn anti-clockwise (see fig. A).
4. If the mat is moving to the right, turn the right adjustment screw one quarter turn clockwise and the left adjustment key one quarter turn anti-clockwise (see fig. B).
5. Observe the mat alignment for about two minutes and repeat stages 3, 4 and 5 if necessary.

Fig. A

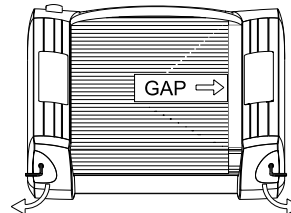
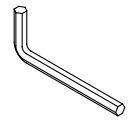
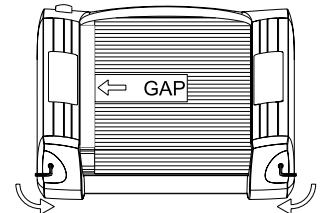


Fig. B



ADJUSTING TREADMILL TENSION

Adjust treadmill tension as soon as it starts to slide on the rollers. This operation increases the lifespan of the components in your machine.

When setting treadmill tension, hold the mat as loosely as possible.

1. Press START to set the mat moving, then increase speed to 5 kph (3 mph)
2. Turn the adjustment screws equally about one quarter turn clockwise.
3. Slow down the treadmill holding the handle using more weight than when you walk

(as though you were walking downhill). If you slow the treadmill down too quickly, it may slip.

4. If the mat slides, tighten the screws one quarter turn clockwise and, if necessary, repeat stages 2 and 3.

Never over-tighten the treadmill tension.

CLEANING

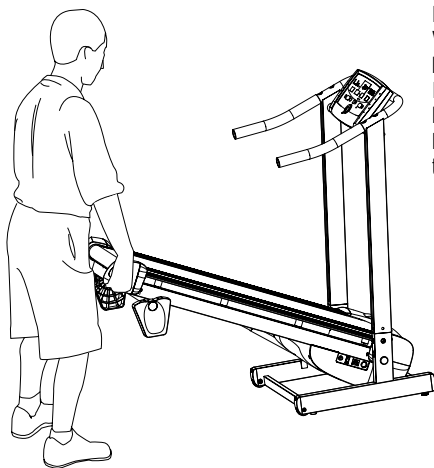
Ensure that the machine has been turned off and unplugged before cleaning.

Use a vacuum cleaner and carefully clean all visible components.

Use a wet rag to remove pieces of dirt.

Never immerse any component in any liquid.

FOLDING/UNFOLDING



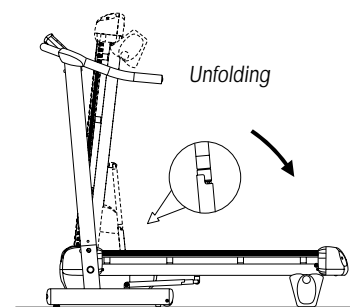
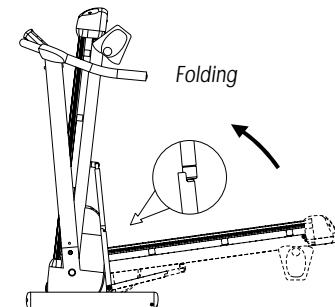
Keep your back straight throughout these operations. When unfolding, support the deck fully bending the knees. Never drop, the piston is a folding or unfolding assistant but it may cushion the deck falling. Before unfolding the treadmill, check the two raising piston tubes are no longer blocked!!

CAREFUL

Take hold of the treadmill by its base.

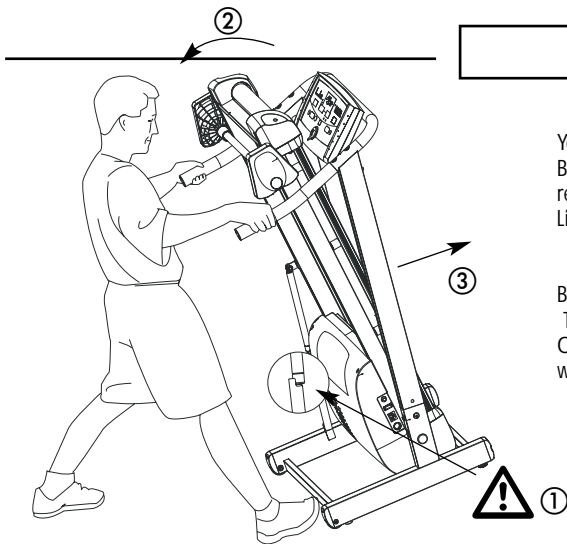
To avoid risks of injury and pinching of toes, place the feet in a middle position.

IMPORTANT: To avoid the treadmill opening and the moving part falling and causing injury, check the raising piston is locked before moving it all putting it away.



CARE

MOVING



Your treadmill is fitted with rollers for easy movement. Before moving the machine, ensure the main switch is in position 0 and that the connector has been removed from the power. Lift the treadmill chassis and move it as required.

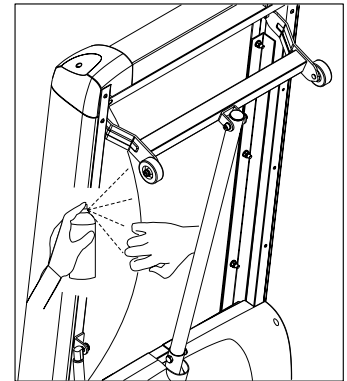
Before moving the treadmill: check the raising piston is locked before moving or putting it away. Turn the treadmill forward to position it on the rollers. Once it is in the design position, blocked it using your foot and drop it until it is in complete contact with the ground.

TREADMILL LUBRICATING

If you notice noise from the moving treadmill increasing:

Turn it off at the main switch and remove the connector from the socket. Raise the machine to put it carefully in a vertical position. Use a rag to clean the inside of the mat whilst turning it manually to clean the entire surface. Return the machine to its usual position. If the edges of the mat are damaged, check its alignment. If the stitching is ripped, please contact in your Décathlon retailer. Spray a silicon fluid (see a silicon spray manufacturer) onto the mat, an easy and quick operation. Loosen the mat and spray the silicon both sides of it making sure to cover the entire surface. **DO NOT LOOSEN THE MAT THAT SPRAY FROM UNDERNEATH**

Comment: Contact your Décathlon store for advice on an appropriate silicon liquid.



TROUBLESHOOTING WITH ERROR CODES

Electronic components regularly carry out self checks. If an anomaly is detected, the computer will display error codes and stop.

Error codes	Description
E1	Speed error

Reset error codes

To reset error codes, and remove the safety key and reinsert it. Nevertheless: if the error code E1 reappears after resetting, check all connections. If the cable is incorrectly connected, reconnect it and try again. If the cable is correctly connected, stop using the machine and contact after sales services.

PROBLEM: my treadmill does not come on

- 1 - Check the main switch is on position 1
- 2 - Check the electric wire is properly connected to the two ends (treadmill and mains supply)
- 3 - Remove the magnetised key from the console. Put the key back into it.
- 4 - Check your mains switch is operating properly (turn on a lamp)
- 5 - Check and press the treadmill circuit breaker if the circuit has been broken (see its location in the drawing page 23).
- 6 - If all is OK but the problem persists, contact your store's after sales services.

PROBLEM: my treadmill comes on but does not start

- 1 - Check the magnetised key is in its place on the command panel
- 2 - Are you using the START button?
- 3 - If all is OK but the problem persists, contact your store's after sales services

PROBLEM: my treadmill is not operating at constant speed

- 1 - Are you using an extension wire (if yes, remove it) and try again
- 2 - Check the electric wire is properly connected to the two ends (treadmill and mains supply)
- 3 - Check the running mat is neither too tight nor too loose (see page 24).
- 4 - If all is OK but the problem persists, contact your store's after sales services.

PROBLEM: my treadmill displays E1

Please contact your store's after sales services

PROBLEM : My treadmill makes noise

- 1 - Check your treadmill is properly centred (see page 24).
- 2 - Check your treadmill is properly tight (see page 24).
- 3 - Check the inside of your treadmill is properly clean (see page 25).
- 4 - Check if there is sufficient silicon inside the mat (see page 25).
- 5 - If all is OK but the problem persists, contact your store's after sales services.

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

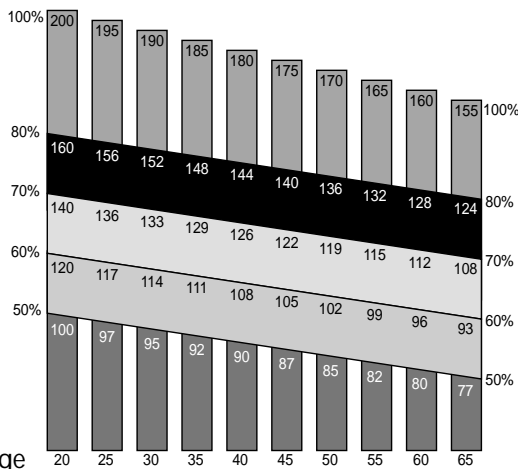
This is the continuation of an activity at low intensity, the gradual "return to rest" phase. SLOWING DOWN brings the cardiovascular and respiratory system, the blood flow and muscles back to "normal" (eliminating the counter effects of an exercise, such as lactic acids, the accumulation of which is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



- Exercise from 80 to 90% and beyond : Anaerobic zone and red zone reserved for high performance and specialised athletes.
- Exercise of 70% to 80% of the maximum cardiac rate : Endurance exercise.
- Exercise from 60 to 70% of the maximum cardiac rate : Getting fit / favourable consumption of fat.
- Exercise from 50 to 60% of the maximum cardiac rate : Maintenance / Warm up.

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.**