

# BM 970

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

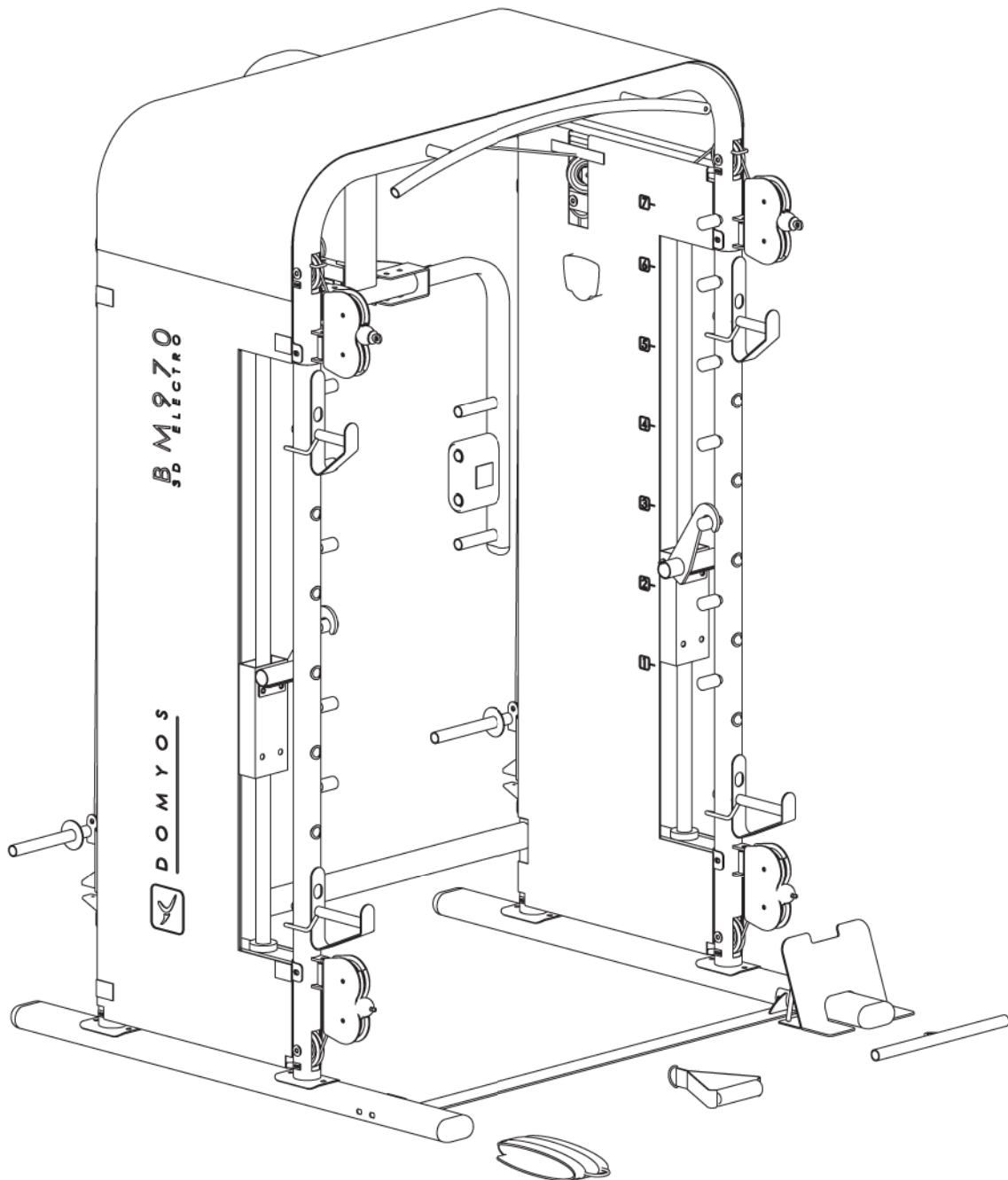
**MANUAL DE UTILIZAÇÃO**  
**INSTRUKCJA UŻYTKOWANIA**  
**HASZNÁLATI ÚTMUTATÓ**  
**ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ**  
**ISTRUCIUNI DE UTILIZARE**  
**NÁVOD K POUŽITÍ**

**BRUKSANVISNING**  
**УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ**  
**KULLANIM KILAVUZU**

دليل الاستخدام

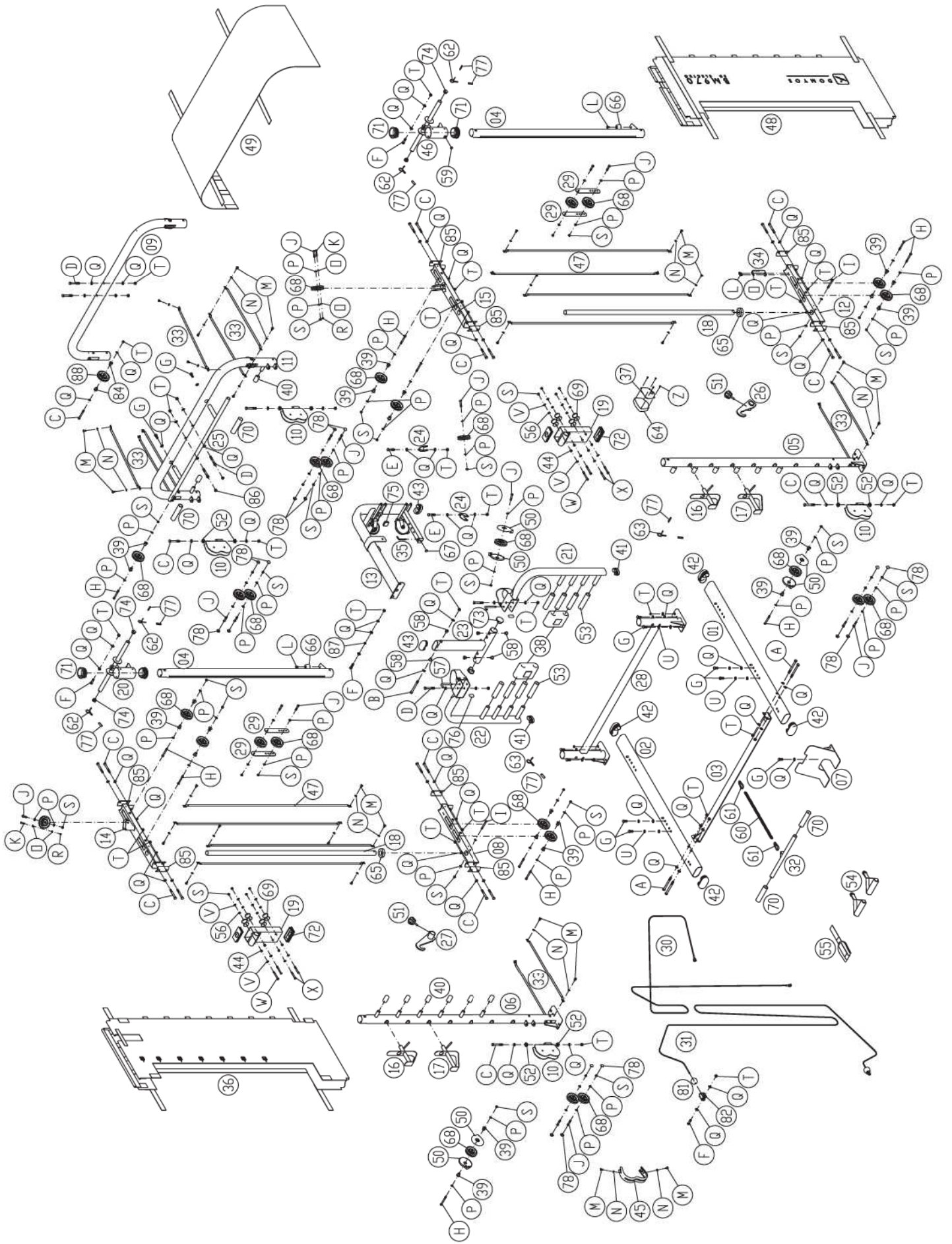
使用说明

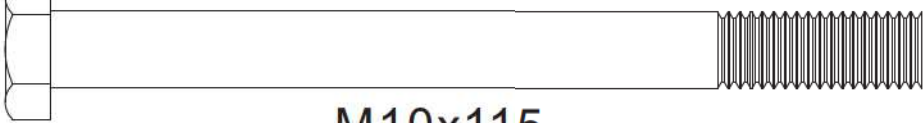
使用說明書

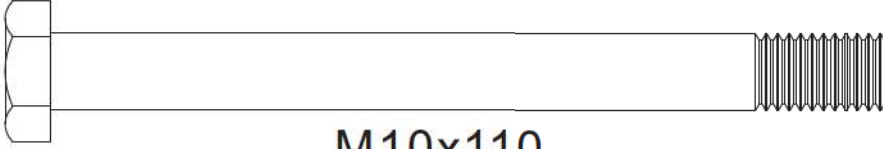


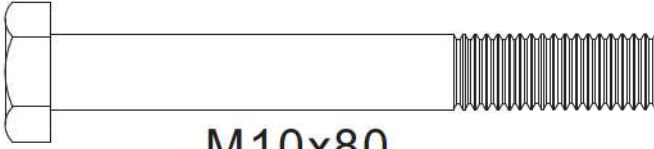
**DOMYOS**


<b>ENGLISH</b> .....	25-29
<b>FRANÇAIS</b> .....	30-34
<b>ESPAÑOL</b> .....	35-39
<b>DEUTSCH</b> .....	40-44
<b>ITALIANO</b> .....	45-49
<b>NEDERLANDS</b> .....	50-54
<b>PORTUGUÊS</b> .....	55-59
<b>WJĘZYKU POLSKIM</b> .....	60-64
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<b>Русский язык</b> .....	70-74
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<b>中文</b> .....	105-109
<b>ZT</b> .....	110-114

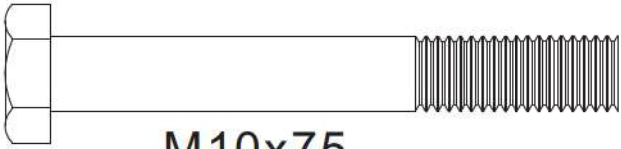


(A)  X 4  
M10x115

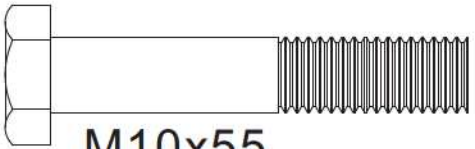
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M10x110

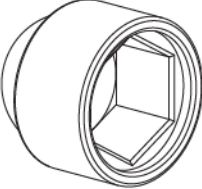
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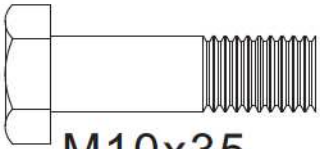
(U)  X 8

(D)  X 6  
M10x75

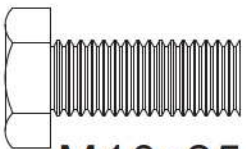
(87)  X 2

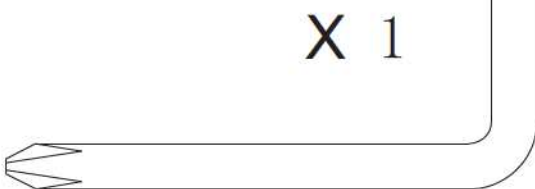
(E)  X 4  
M10x55


(86)  X 2

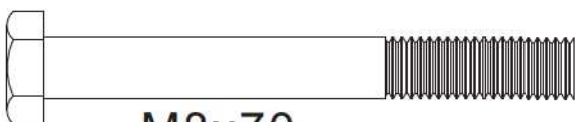
(F)  X 4  
M10x35


(88)  X 2

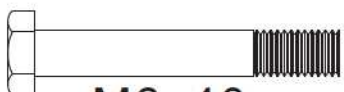
(G)  X 13  
M10x25


(80)  X 1

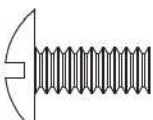
(H)  X 12  
M8x75

(I)  X 2  
M8x70

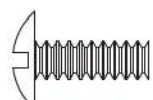
(J)  X 18  
M8x40

(K)  X 2  
M6x40


(39)  X 24

(L)  X 4  
M6x15

(84)  X 4

(M)  X 44  
M5x15

(Z)  X 6  
M3x10

(78)  X 16

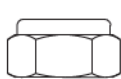
(N)  X 44  
M5


(O)  X 10  
M6

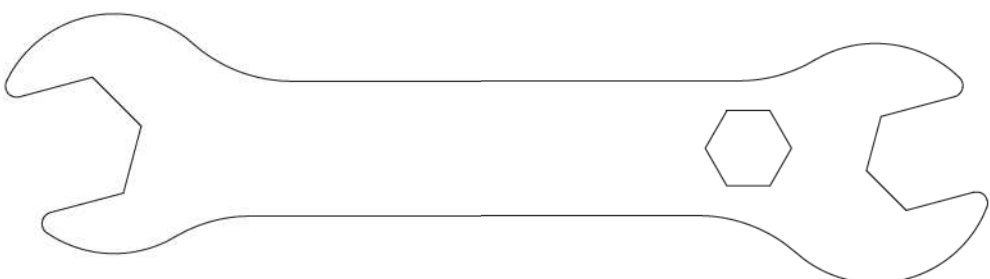
(P)  X 64  
M8

(Q)  X 95  
M10

(R)  X 2  
M6

(S)  X 32  
M8

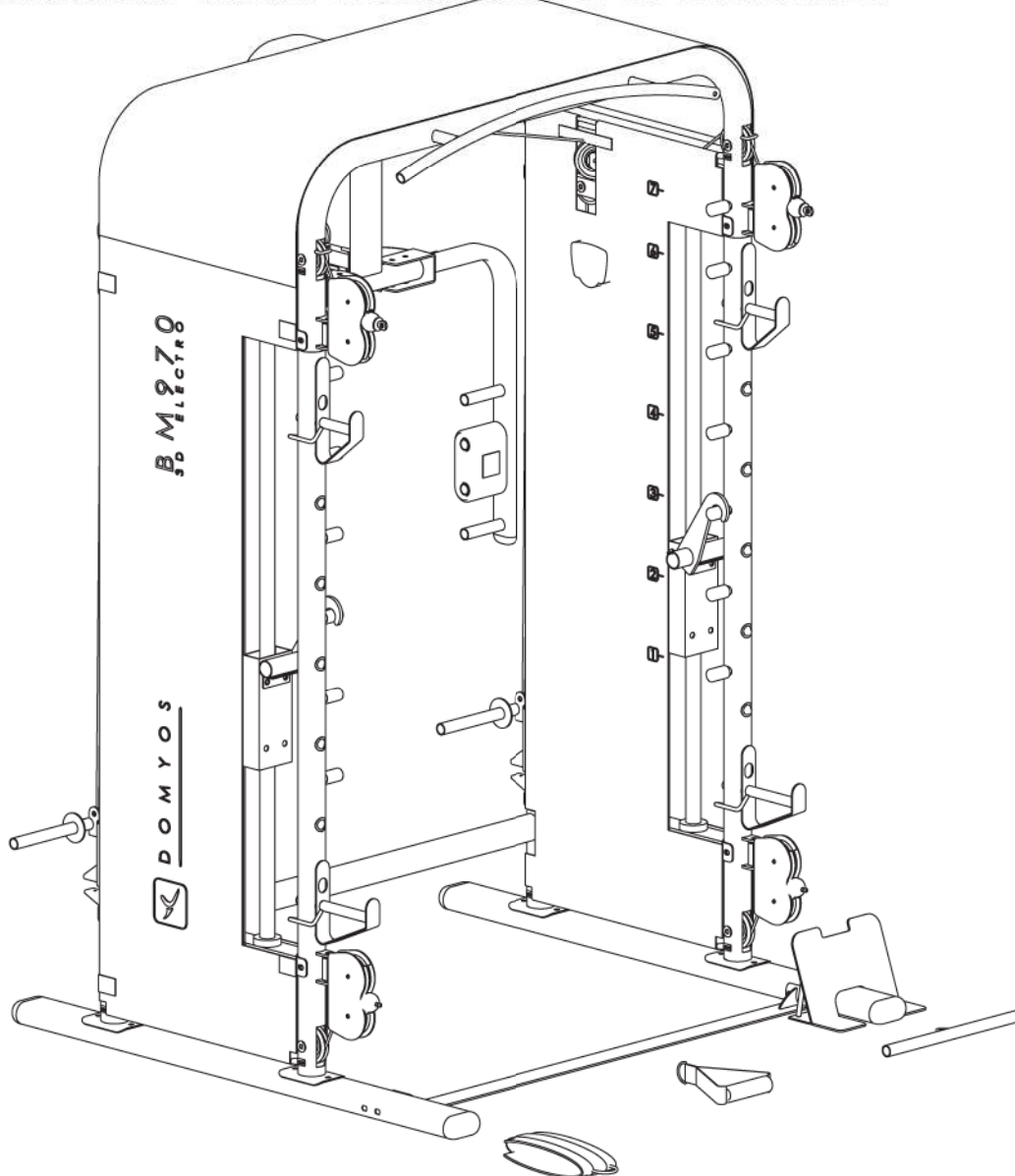
(T)  X 39  
M10

(79)  X 2

# ASSEMBLY • MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ MONTERING • МОНТИРАНЕ • MONTAJ • التركيب • 安裝 • 安裝

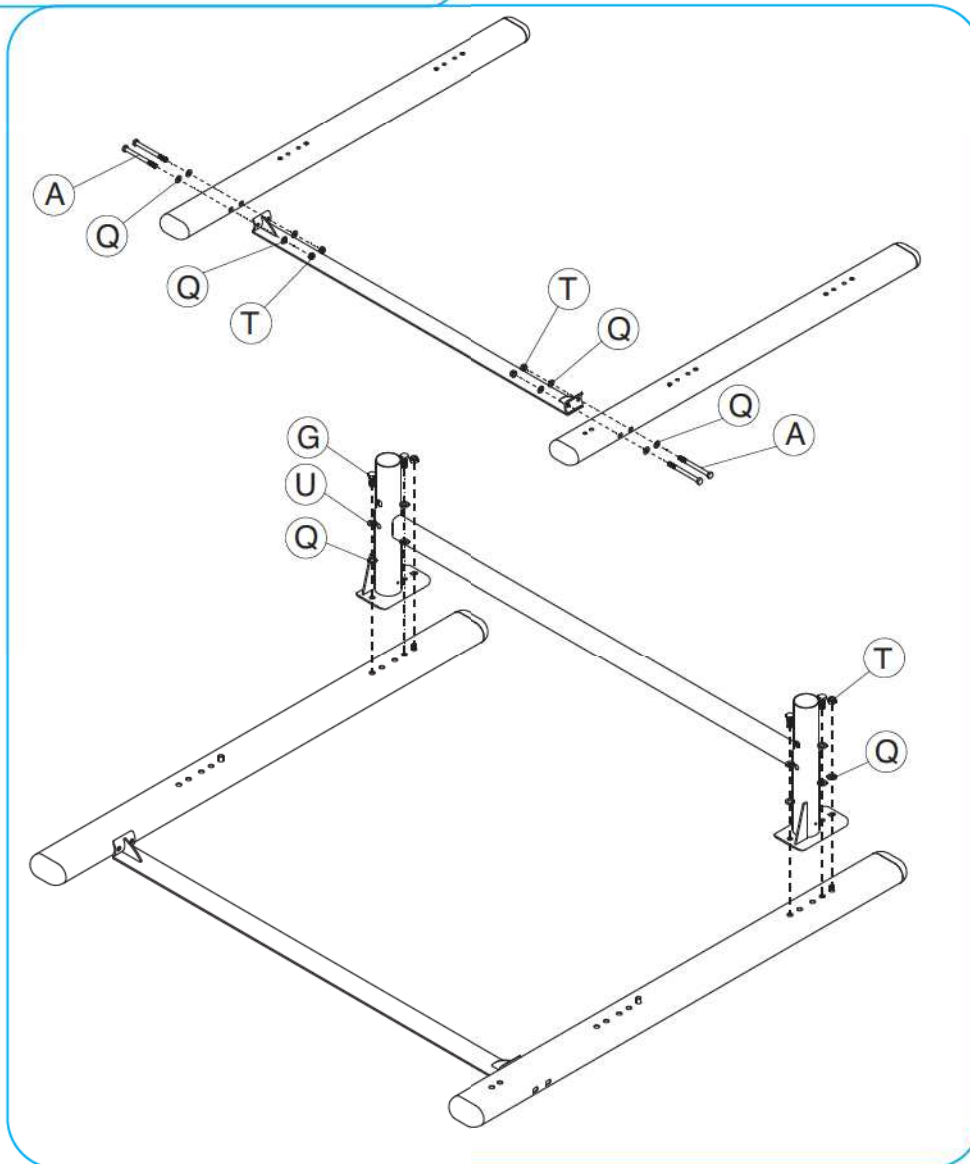
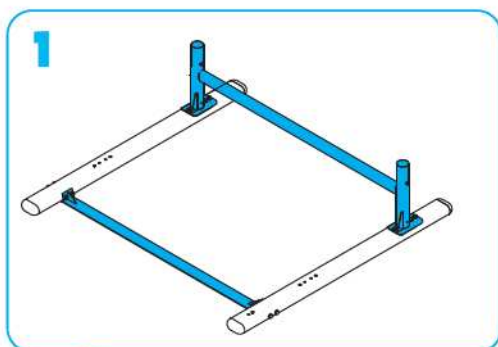
Afin de garantir un montage rapide et en toute sécurité, nous vous conseillons de monter le produit à deux personnes. Lors du montage, placez la visserie sans serrer a fond les boulons avant que ce ne soit indiqué (étape 15). In order to assemble quickly and safely, we advise you to assemble the product with a partner. When assembling, insert the screws without tightening the bolts until instructed to (stage 15). A fin de garantizar un montaje rápido y con total seguridad, le aconsejamos que el montaje del producto sea efectuado por dos personas. Durante el montaje, coloque los tornillos sin apretar a fondo los bulones antes de recibir la instrucción de hacerlo (etapa 15). Um eine schnelle und sichere Montage zu gewährleisten empfehlen wir, das Produkt zu zweit zu montieren. Bringen Sie während der Montage die Schrauben an, ohne die Bolzen voll fest zu spannen, bevor dies verlangt wird (Schritt 15). Per garantire un montaggio rapido e in tutta sicurezza, si consiglia di montare il prodotto in due persone. Al momento del montaggio, mettere le viteria senza serrare a fondo i bulloni prima che sia indicato (passaggio 15). Voor een snelle en veilige montage, raden we u aan de montage met twee personen uit te voeren. Tijdens de montage de schroeven op de juiste plek aanbrengen, en ze niet volledig aandraaien totdat dit staat aangegeven (stap 15). Para garantir uma montagem rápida e em total segurança, aconselhamos a montar o produto com a ajuda de outra pessoa. No decorrer da montagem, coloque os parafusos sem apertar a fundo as porcas antes de ser indicado (etapa 15). Dla zapewnienia sprawnego i całkowicie bezpiecznego montażu czynności te powinny wykonywać dwie osoby. Podczas montażu śruby należy umieścić w otworach, ale bez dokręcania nakrętek do oporu, zanim to nie zostanie wskazane (etap 15).

A gyors és biztonságos összeszerelés érdekében ajánljuk, hogy a munkát két fő végezze el. Az összeszerelés során az anyacsavarokat ne húzza meg teljesen, amíg ezt az utasítást nem kapja (15. lépés). Для обеспечения быстрой и безопасной сборки рекомендуется собирать изделие вдвоем. Во время сборки устанавливайте крепежные детали, не зажимая болты до упора до получения соответствующих инструкций (этап 15). Pentru un montaj rapid și în siguranță, vă sugerăm ca asamblarea produsului să fie efectuată de două persoane. În timpul montajului, plasați șuruburile fără a le strânge la maximum înainte ca această acțiune să fie indicată (etapa 15). Pre rýchle a celkom bezpečné zmontovanie Vám doporučujeme pracovať vo dvojici. Počas montáže zasunite skrutky bez utiahnutia. Skrutky utiahnete až na príslušný pokyn (fáza 15). Pro rychlé a zcela bezpečné smontování Vám doporučujeme pracovat ve dvou. Během montáže zasuněte šrouby bez utažení. Šrouby utáhněte až na příslušný pokyn (fáze 15). För att garantera en snabb och säker monterings, rekommenderar vi att den utförs av två personer. Vid monteringen ska skruvarna fästas i muttrarna, men inte skruvas in hela vägen förrän detta anges (steg 15). За да ви гарантираме бърз и сигурен монтаж, ние ви препоръчваме сглобяването на уреда да се извърши от двама души. По време на монтажа, поставяте винтовете, но не ги затягате преди посочения в инструкциите етап (етап 15). Hızlı ve güvenli bir montaj için, ürünü iki kişi birlikte monte etmenizi öneriyoruz. Montaj sırasında, talimat verilmeden önce (aşama 15) somunları tamamen sıkmaksızın civataları yerleştirin. (في الخطوة 15) لضمان تمام التركيب بسرعة وأمان، ينصح بأن يتولى التركيب شخصان. عند التركيب ضع البراغي دون الإفراط في احكامها إلى أن يشار إلى ذلك (في الخطوة 15) 为确保快速安装和安全，我们建议两人共同安装。安装过程中，将螺钉放置在固定位置，在没有具体安装说明之前，不用拧紧（第15步）。為保證產品的安裝快速安全完成，建議由兩人協作安裝。安裝產品時，未至具體安裝步驟（第15步）之前不必將螺絲與螺柱上緊



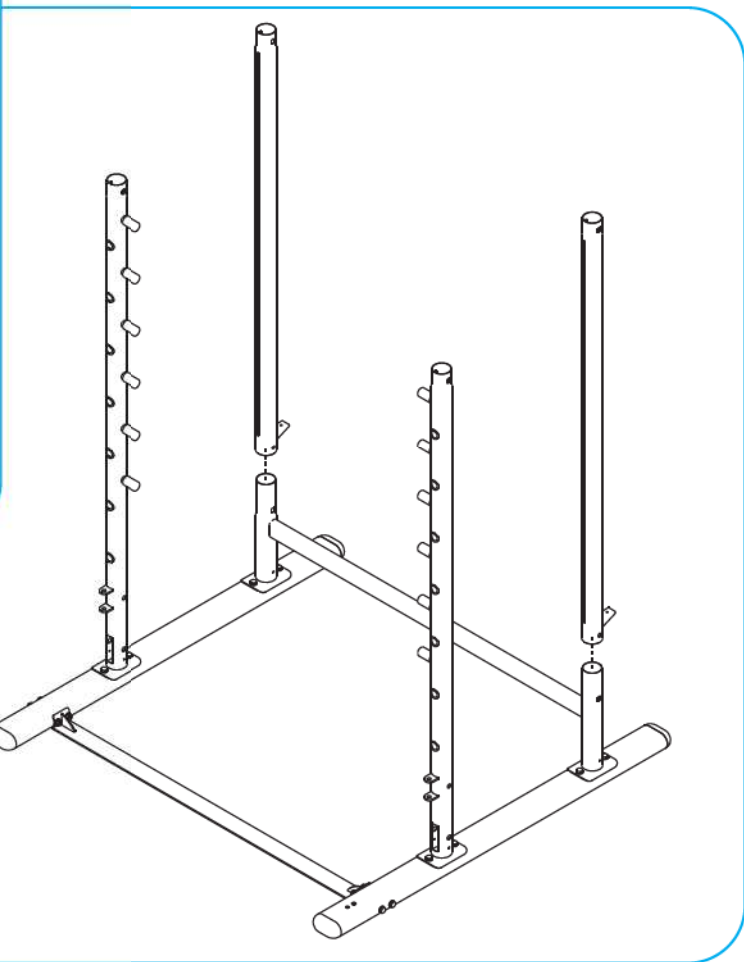
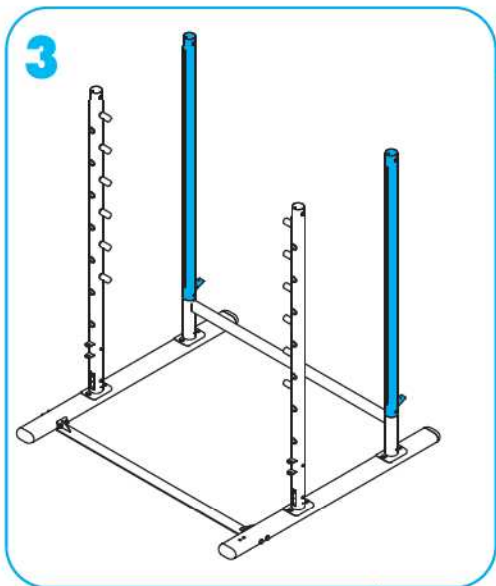
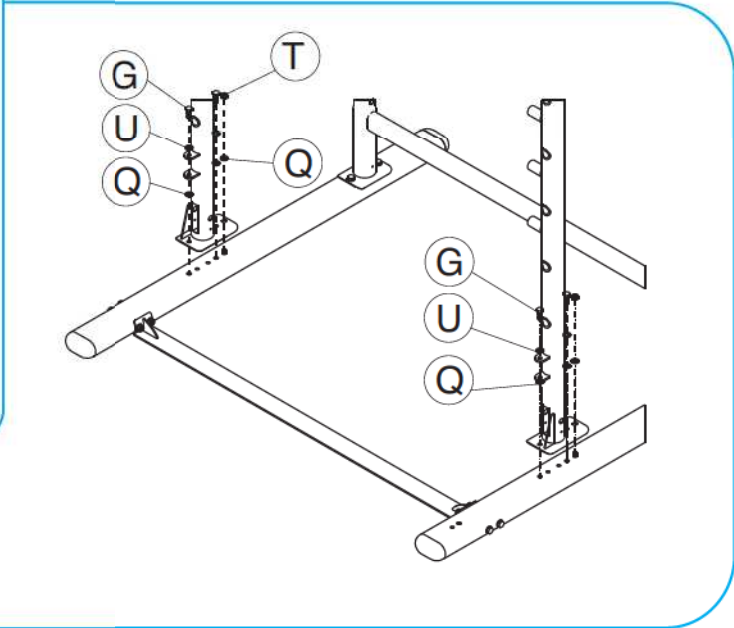
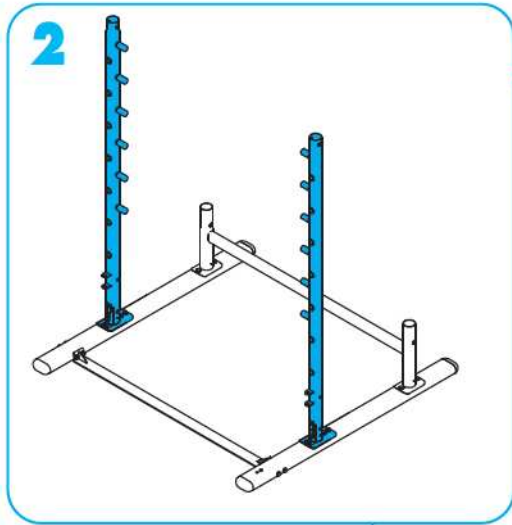
# ASSEMBLY • MONTAJ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ MONTERING • МОНТИРАНЕ • MONTAJ • التركيب • 安裝 • 安裝

Positionner les pieds à l'endroit où sera placé le BM en utilisation afin d'éviter un déplacement contraignant par la suite. Position the feet at the place where the BM will be standing during use in order to avoid any strain from subsequent shifting. Colocar las patas en el lugar en el cual será colocado el BM en utilización a fin de evitar un desplazamiento incómodo a continuación. Stellen Sie die Füße dort auf, wo die BM verwendet wird, um einen späteren Platzwechsel zu vermeiden. Posizionare i piedi nel posto in cui sarà messa la BM quando sarà utilizzata per evitare in seguito di dover effettuare uno spostamento faticoso. Plaats de voetsteunen op de plek waar de u de BM uiteindelijk neer wilt zetten, om een lastige verplaatsing van het apparaat te voorkomen. Posicionar os pés no local onde o BM ficará situado durante a sua utilização de modo a evitar uma posterior deslocação difícil. Ustawić nóżki w miejscu, gdzie BM będzie użytkowany, aby uniknąć kłopotliwego przemieszczania. Ustawić nóżki w miejscu, gdzie BM będzie użytkowany, aby uniknąć kłopotliwego przemieszczania. Поместите опоры в место установки используемого тренажера во избежание его принудительного перемещения в дальнейшем. Puneți picioarele în locul unde va funcționa aparatul BM, pentru a evita o deplasare ulterioară dificilă. Nohy lavice BM postavte rovno na miesto, kde sa bude používať, aby sa po zmontovaní nemusela premiestniť inde. Nohy lavice BM dejte rovnou na místo, kde se bude používat, aby se po smontování nemusela přemístit jinam. Ställ basen på det ställe där styrketräningsbänken ska stå, för att slippa behöva flytta den vid senare tillfälle. Поставете краката на конструкцията на мястото, където уредът BM ще бъде поставен при ползване, за да не я местите впоследствие. Sonradan kısıtlayıcı bir yer değiştirme işlemini önlemek için, ayaklarınızı vücut geliştirme istasyonunun kullanım amacıyla yerleştirileceği yere koyun. ضع الأقدام في مكان الـ BM قيد الاستعمال لتجنب تجنب التحرك المزمع لاحقاً. 將底座放置在將要安放健身器的地方，以避免隨後的搬動。在放置長凳之前先測量雙腳放置空間是否足以方便通過。



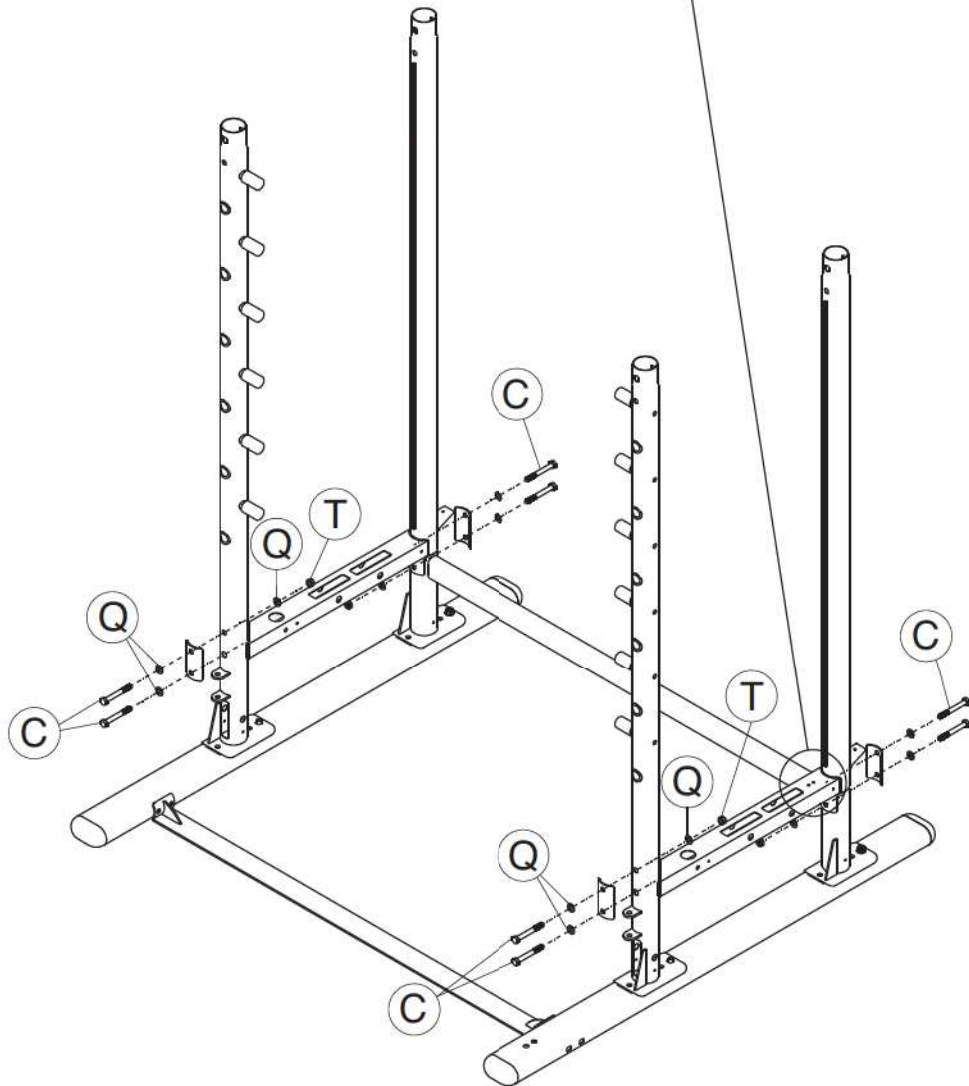
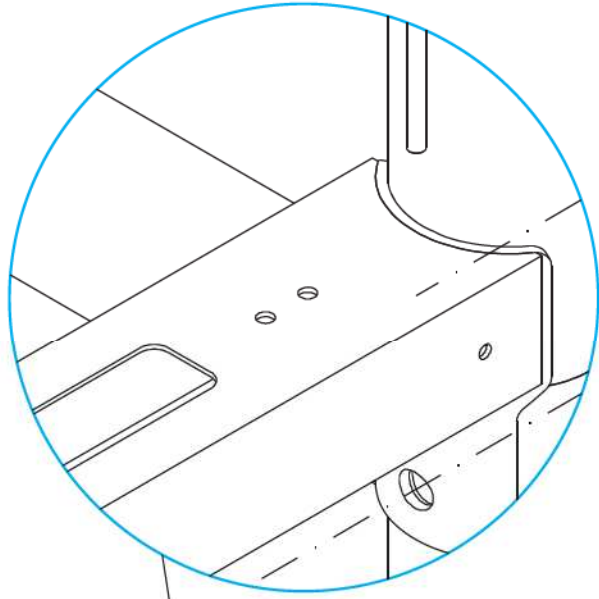
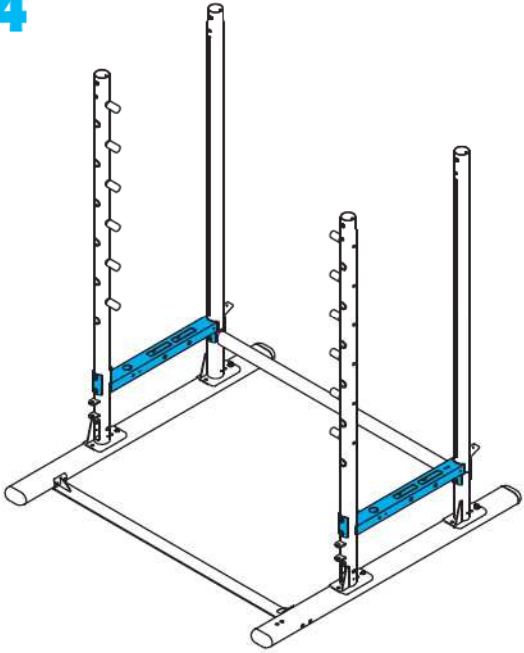
ASSEMBLY • MONTAJE • MONTAZH • MONTAGGIO • AUFBAU •  
**MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ**  
**MONTERING • МОНТИРАНЕ • MONTAJ • التركيب • 安裝 • 安裝**

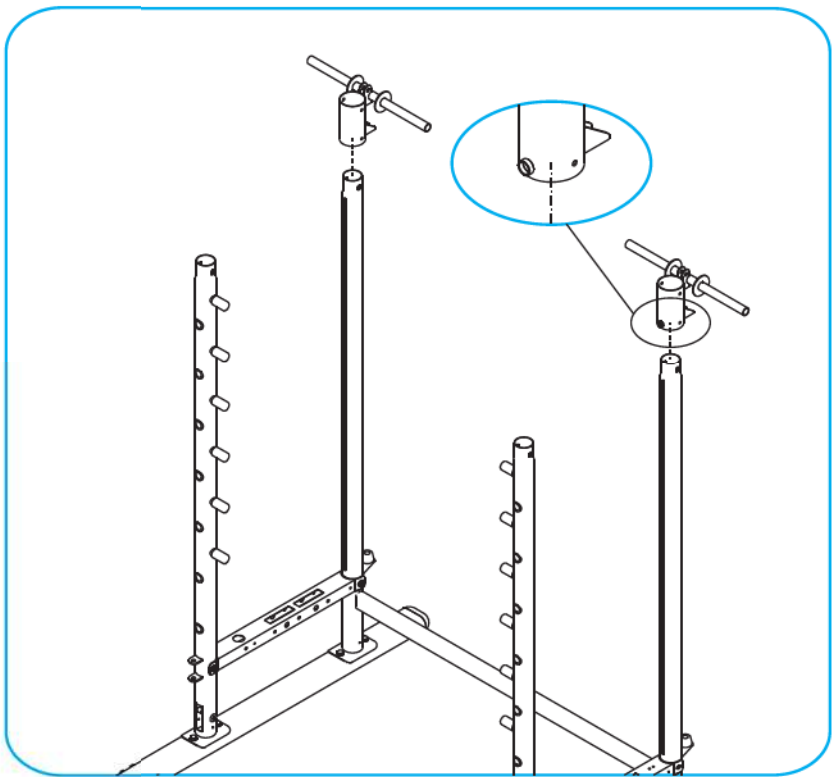
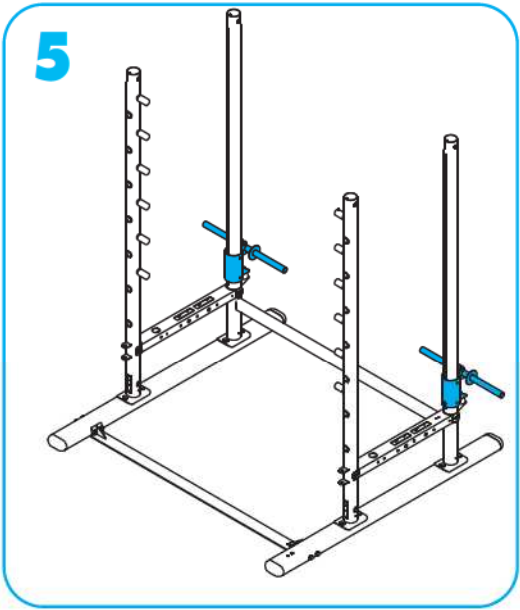
Ne pas mettre les vis avant l'étape 4. Do not insert the screws before stage 4. No colocar los tornillos antes de la etapa 4. Die Schraube nicht vor Schritt 4 einsetzen. Non mettere le viti prima del passaggio 4. De schroeven niet plaatsen voor stap 4. Não colocar os parafusos antes da etapa 4. Nie wkładać śrub przed rozpoczęciem etapu 4. A 4. lépés előtt ne helyezze be a csavarokat. Не устанавливайте винты до 4 этапа. Nu puneți șuruburile înainte de etapa 4. Šrouby je nutno zasunout až ve fázi 4. Fäst inte skruvarna före steg 4. Не поставяйте винтовете преди етап 4. Aşama 4'ten önce, civataları takmayın. لا تضع البراغي قبل الخطوة 4. 在第8步前不安装螺钉 進行步驟4之前不可安裝螺絲。



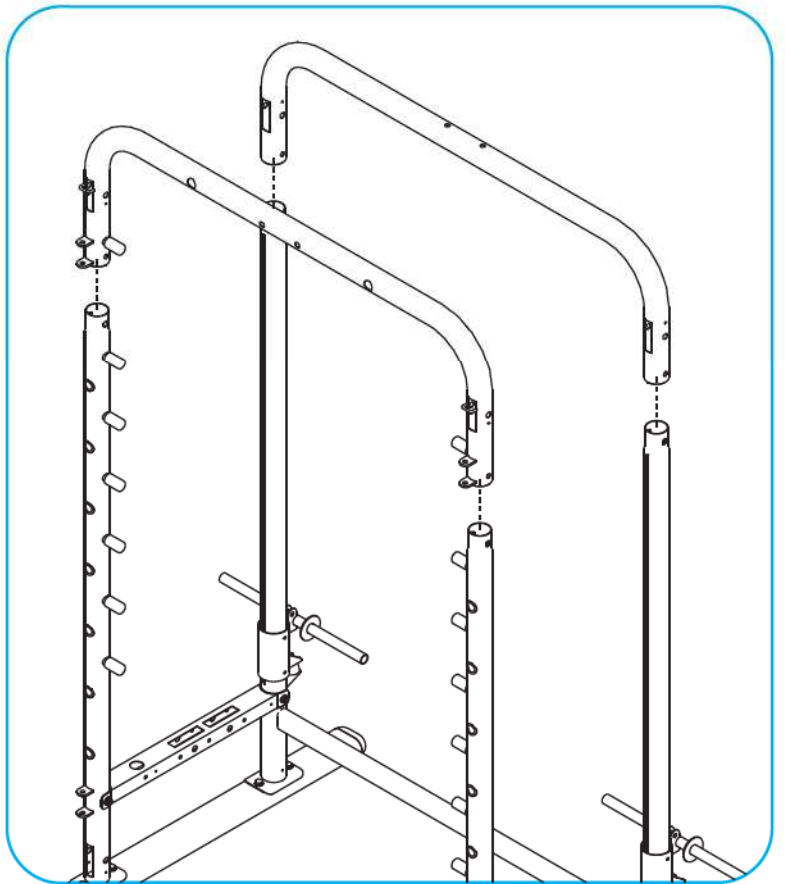
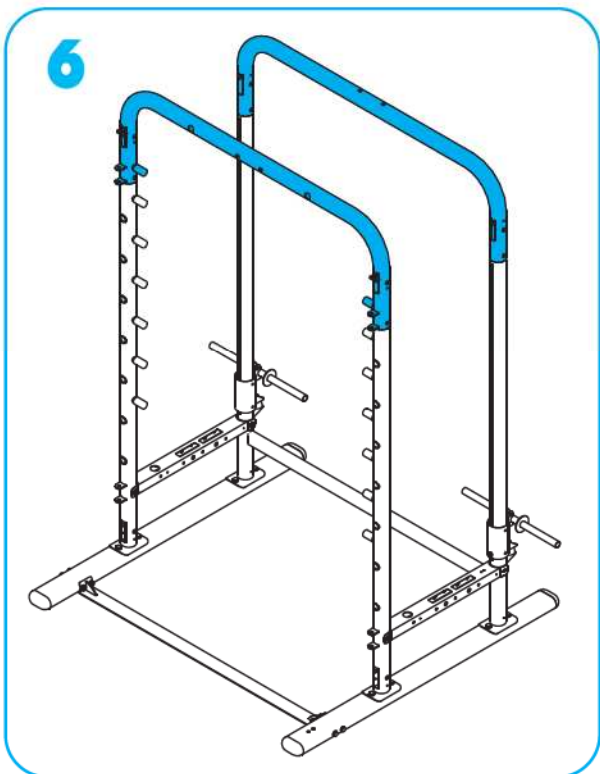


4



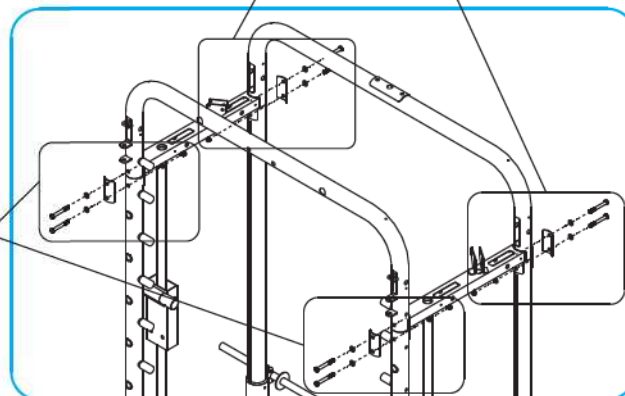
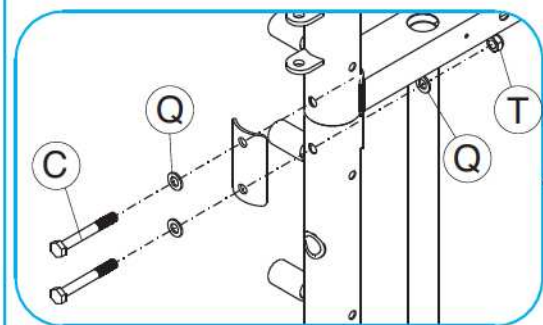
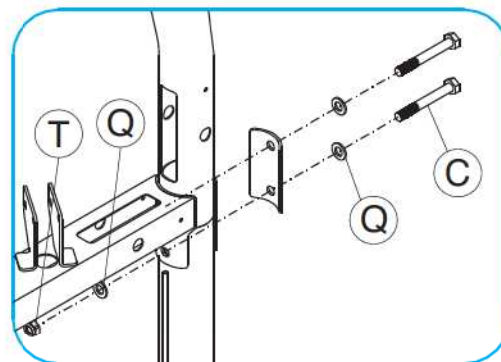
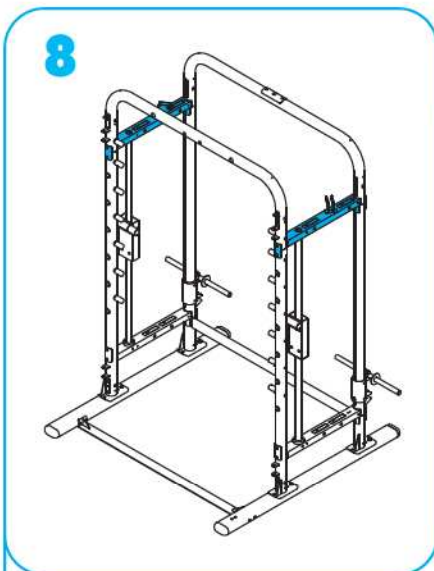
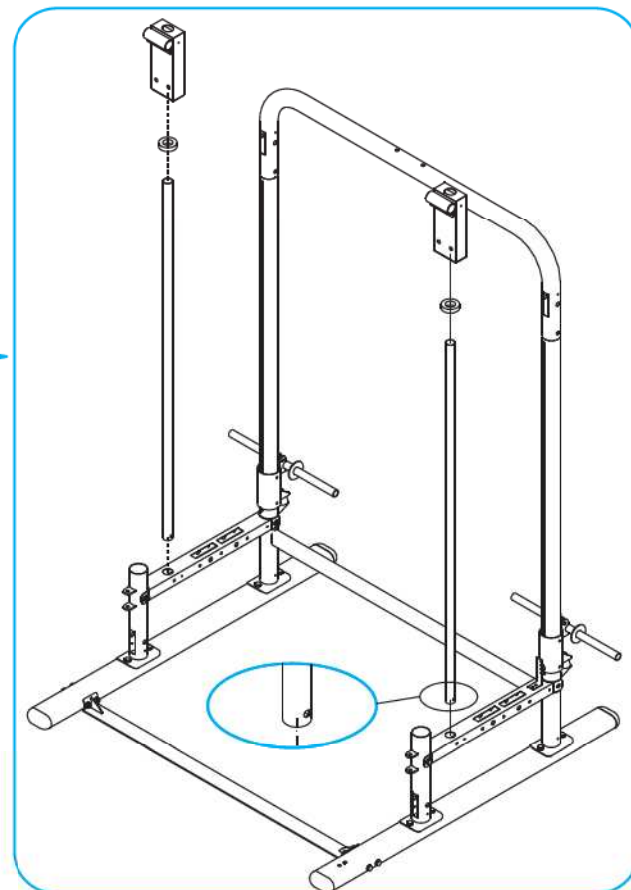
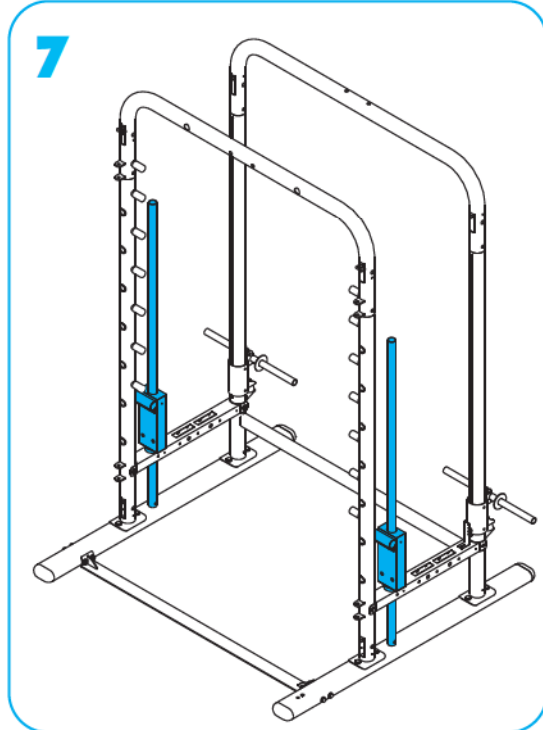


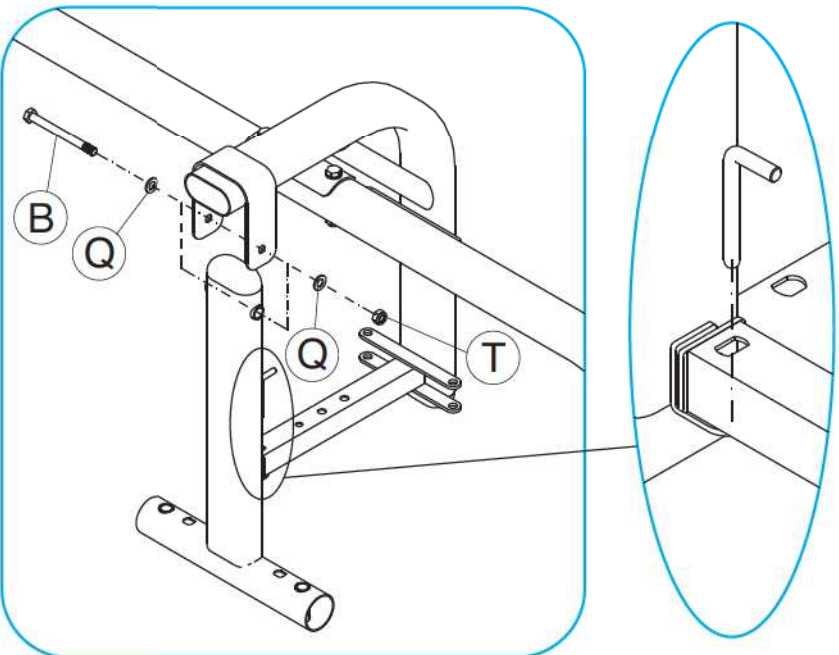
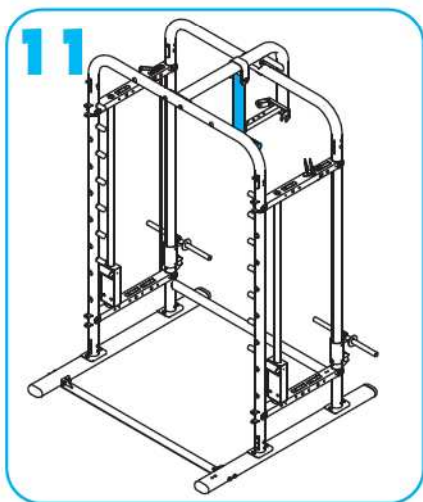
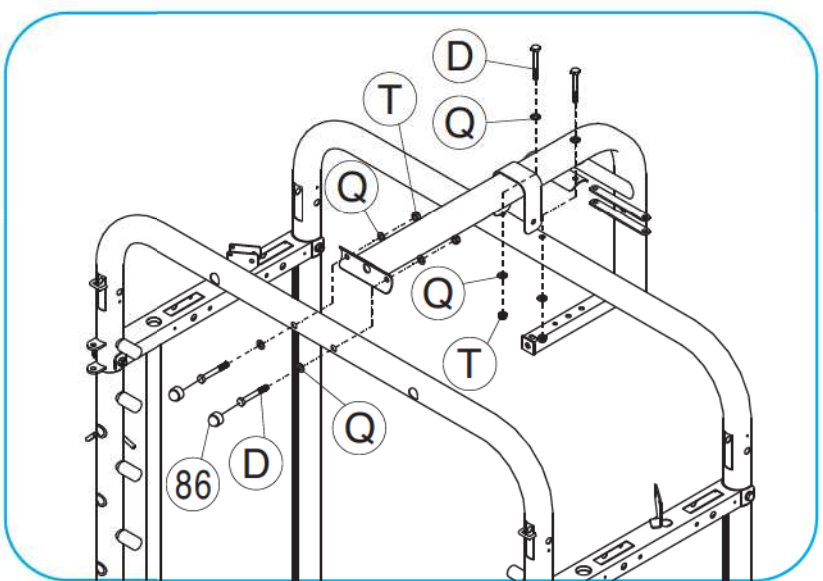
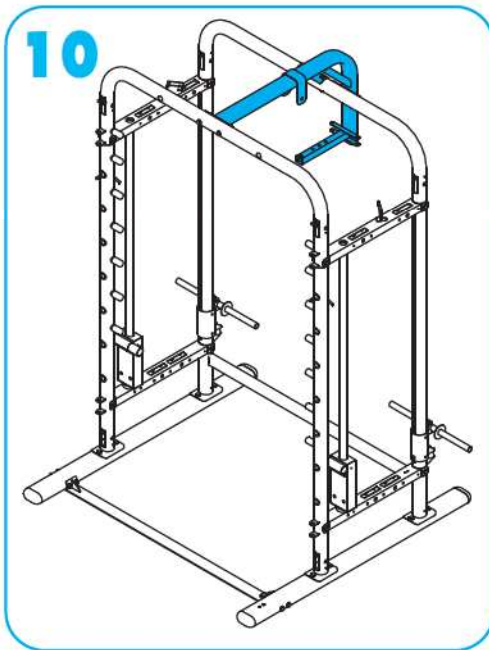
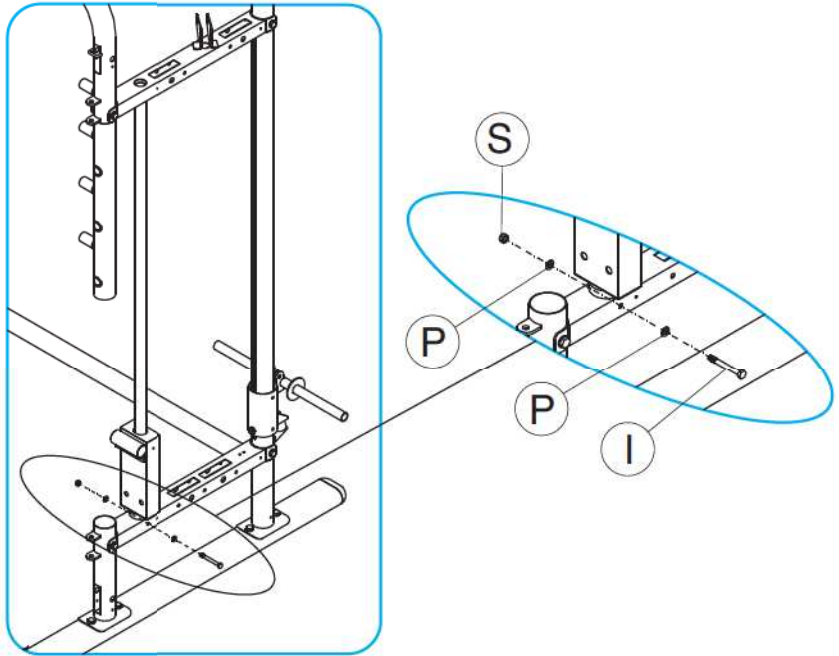
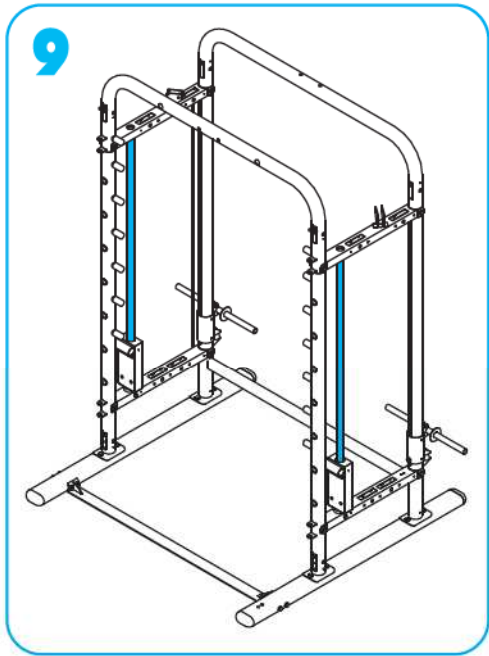
Ne pas mettre les vis avant étape 8. Do not insert the screws before stage 8. No colocar los tornillos antes de la etapa 8. Die Schraube nicht vor Schritt 8 einsetzen. Non mettere le viti prima del passaggio 8. De schroeven niet plaatsen voor stap 8. Não colocar os parafusos antes da etapa 8. Nie wkładać śrub przed rozpoczęciem etapu 8. A 8. lépés előtt ne helyezze be a csavarokat. Nu puneți șuruburile înainte de etapa 8. Skrutky je nutné zasunout až vo fázi 8. Šrouby je nutno zasunout až ve fázi 8. Fäst inte skruvarna före steg 8. Не поставяйте винтовете преди етап 8. Aşama 8'den önce, civataları takmayın. . لا تضع البراغي قبل الخطوة 8 在第8步前不安装螺钉。 進行步驟8之前不可安裝螺絲。

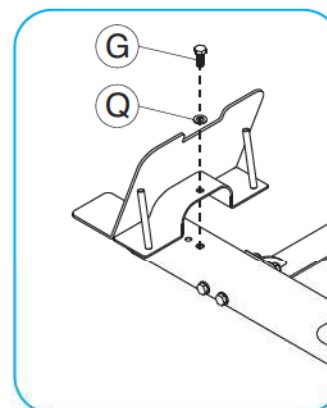
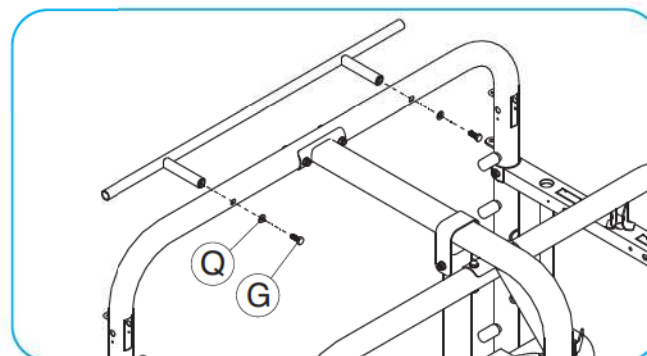
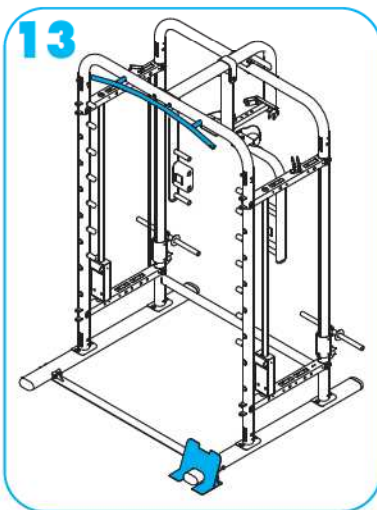
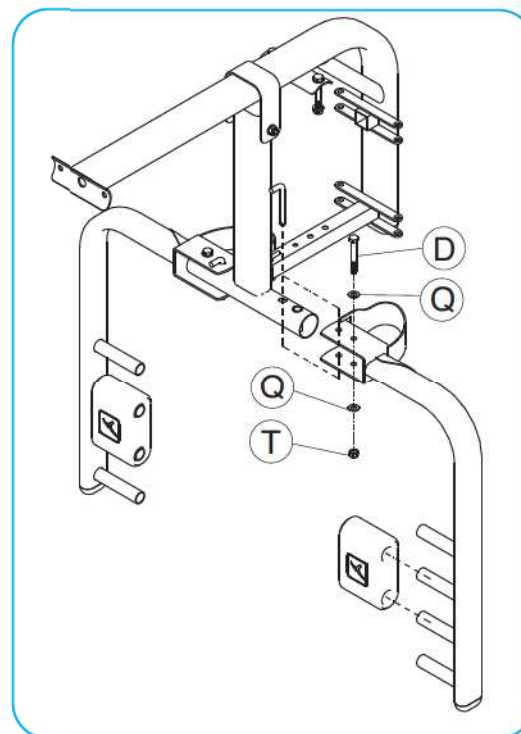
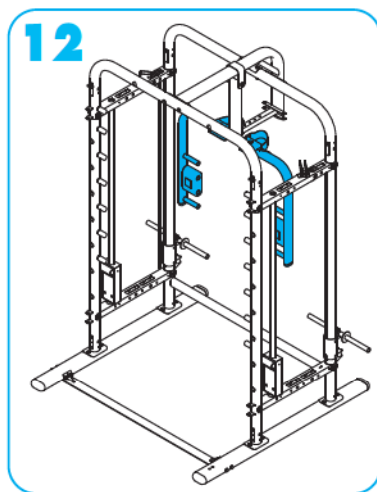


ASSEMBLY • MONTAJ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ  
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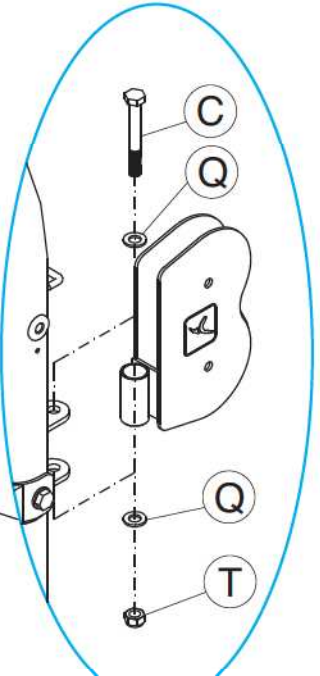
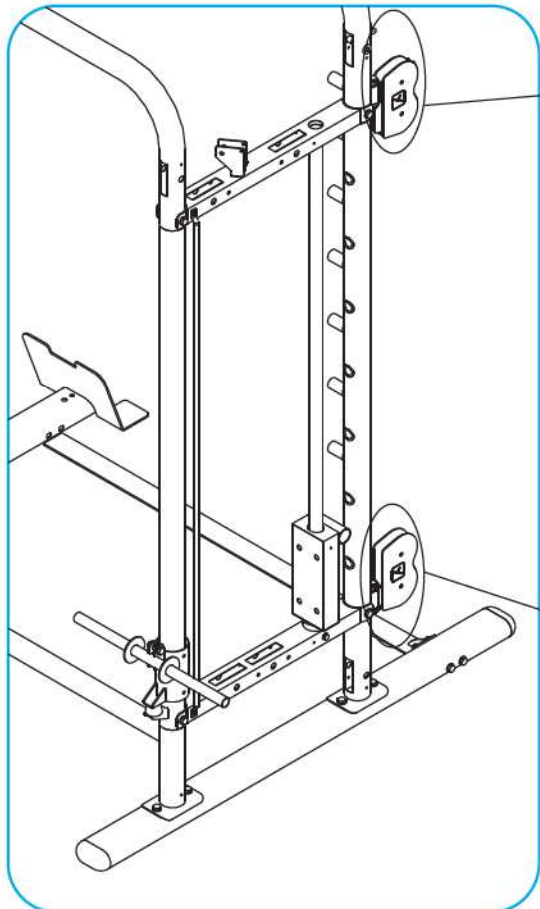
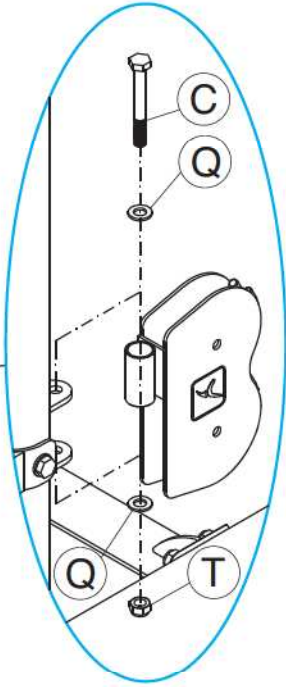
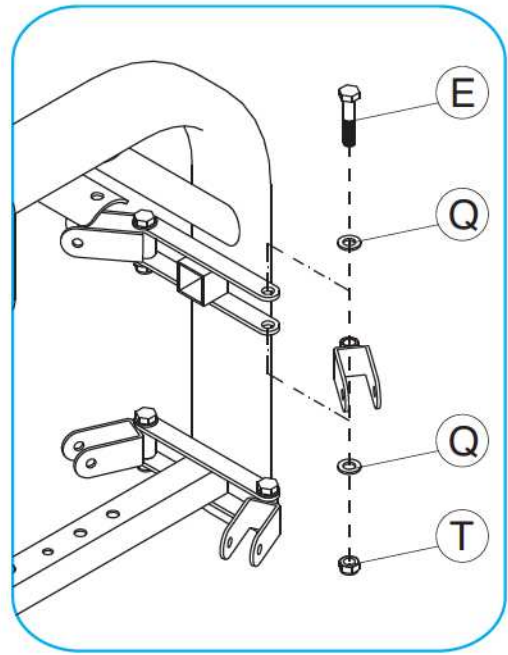
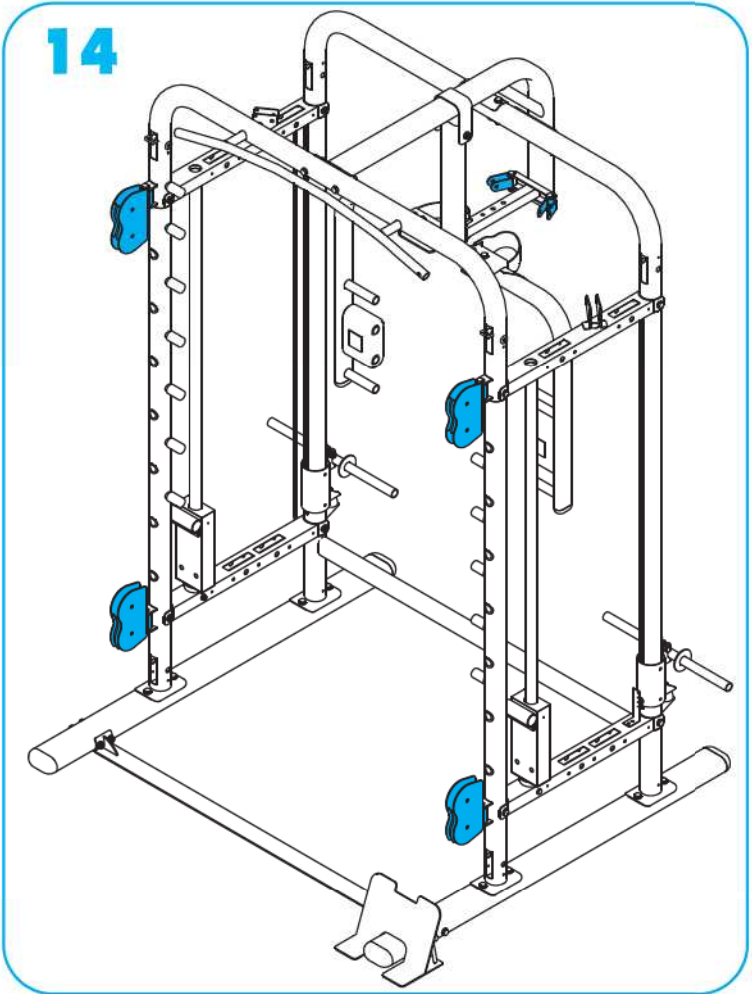
Ne pas mettre les vis avant étape 9. Do not insert the screws before stage 9. No colocar los tornillos antes de la etapa 9. Die Schraube nicht vor Schritt 9 einsetzen. Non mettere le viti prima del passaggio 9. De schroeven niet plaatsen voor stap 9. Não colocar os parafusos antes da etapa 9. Nie wkładać śrub przed rozpoczęciem etapu 9. A 9. lépés előtt ne helyezze be a csavarokat. Не устанавливайте винты до 9 этапа. Nu puneți șuruburile înainte de etapa 9. Šrouby je nutné zasunout až vo fázi 9. Šrouby je nutno zasunout až ve fázi 9. Fäst inte skruvarna före steg 9. Не поставяйте винтовете преди етап 9. Aşama 9'dan önce, civataları takmayın. لا تضع البراغي قبل الخطوة 9. 在第9步前不安装螺钉 進行步驟9之前不可安裝螺絲。





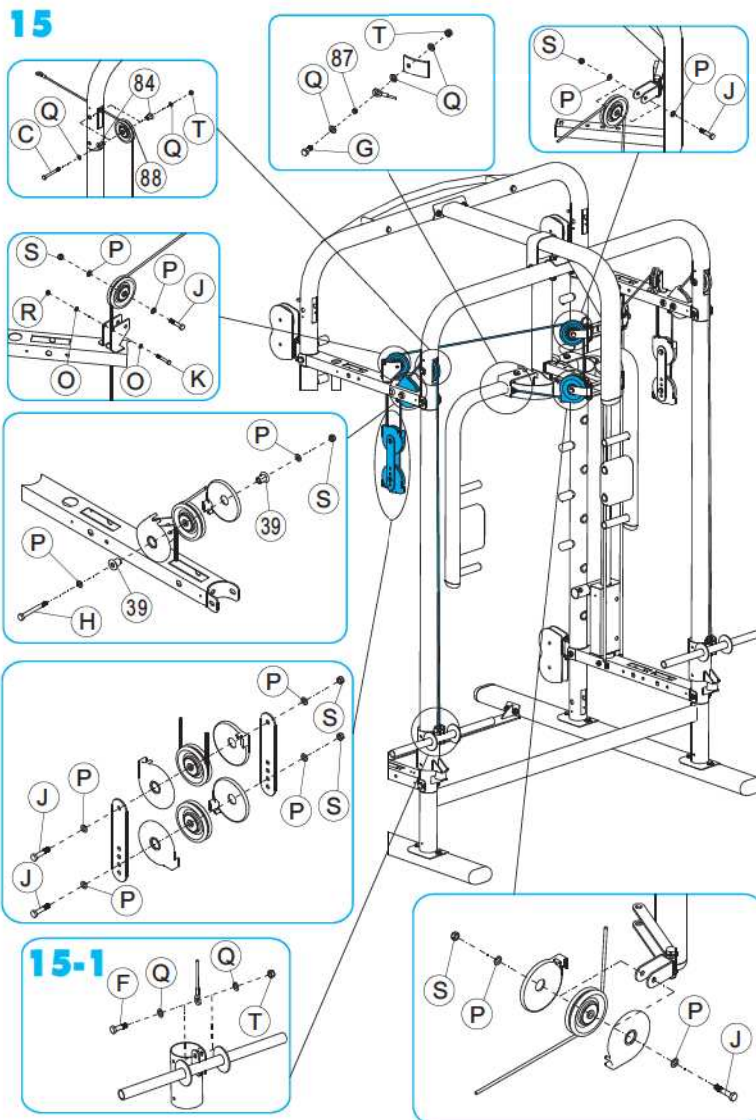


Tout serrer correctement. A partir de maintenant, les vis peuvent être correctement serrées au fur et à mesure. Tighten everything correctly. From this point on, the screws can be correctly inserted. Apretar todo correctamente. A partir de ahora, los tornillos pueden correctamente ser apretados. Alles gut festspannen. Von nun an können die Schrauben nacheinander korrekt fest gespannt werden. Stringere tutto correttamente. A partire da adesso, è possibile stringere correttamente le viti mano a mano. Alles goed aandraaien. Vanaf nu kunnen de schroeven gedurende de montage stevig worden aangedraaid. Apertar tudo correctamente. A partir de agora, os parafusos podem ir sendo correctamente apertados. Całość właściwie skręcić. Od tego momentu, w kolejnych krokach, śruby powinny być odpowiednio dokręcane. Szorítson meg mindent rendesen. Mostantól kezdve a csavarokat egymás után meg lehet szorítani. Правильно затяните детали. Начиная с этого момента правильно и последовательно затягивайте винты. Strângeți șuruburile corect. Din acest moment, șuruburile pot fi strânse corect, unul câte unul. Utiahnite riadne všetky spoje. Od tejto chvíle je možné skrutky postupne riadne utiahnuť. Utáhněte řádně všechny spoje. Od této chvíle je možné šrouby postupně řádně utáhnout. Dra åt samtliga fästelement ordentligt. Härifrån kan skruvarna dras åt ordentligt allteftersom. Затягнете правилно всички елементи. Сега затягнете постепенно винтовете. Her şeyi düzgün bir şekilde sıkın. Artık civatalar yavaş yavaş doğru bir şekilde sıkılabilir. احكم الكل بصورة صحيحة. بدءا من الآن يمكن احكام البراغي بصورة صحيحة على مدار الاستعمال. 按規定操作拧紧。此步驟开始，螺钉可以逐步拧紧。全部正確固定。從該步驟起，可將螺絲依次全部上緊。

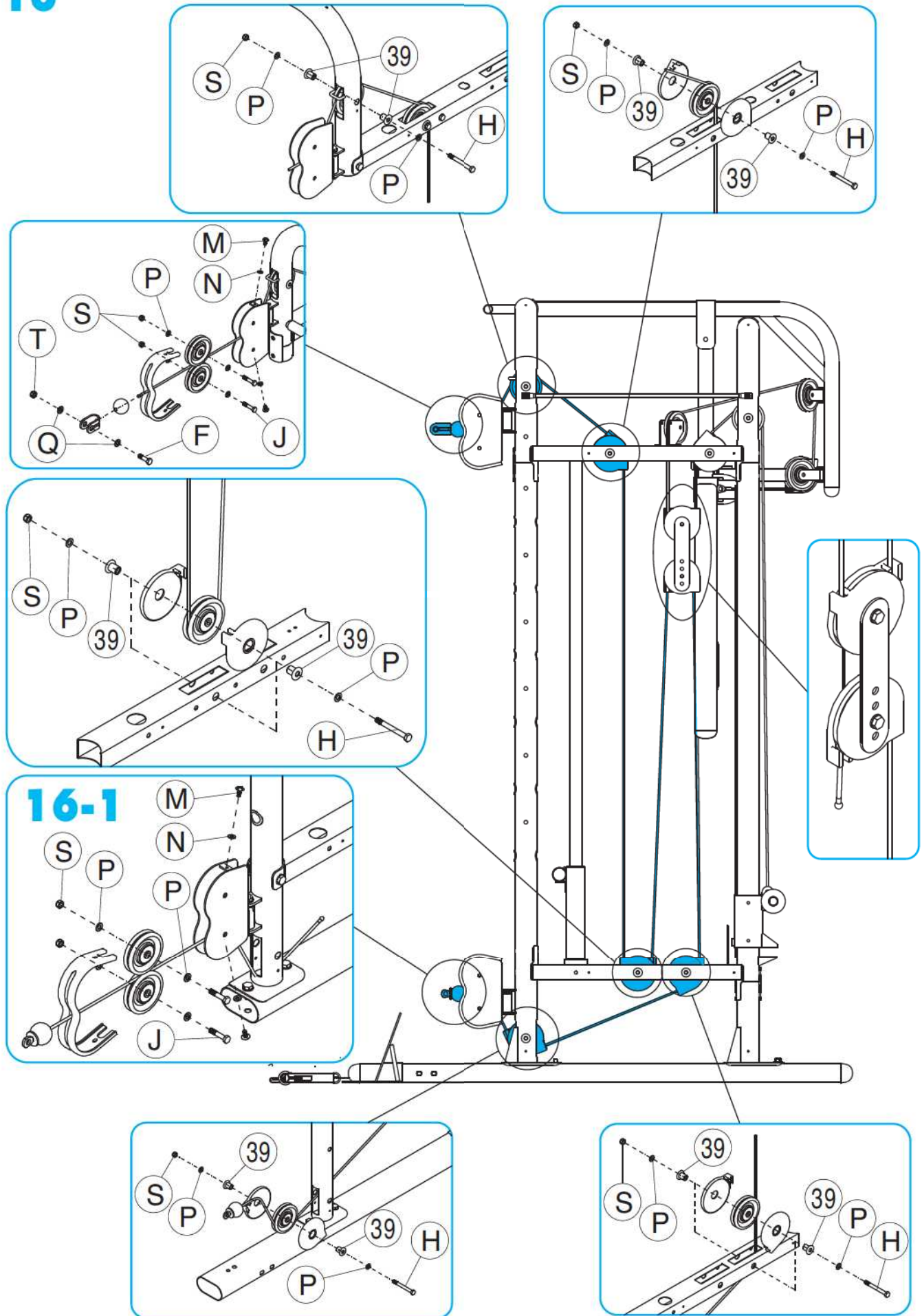


# MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ MONTERING • МОНТИРАНЕ • MONTAJ • التركيب • 安裝 • 安裝

Conseil pour le passage de câble : Généralement pour passer avec facilité le système de câble, nous vous conseillons de passer le câble avant la poulie. Nous vous conseillons également de visser au fur et à mesure chaque vis de sécurité après avoir serré les poulies. Advice for the insertion of the cable : Generally we would advise you to insert the cable before the pulley to ease the insertion of the cable system. We would also advise you to screw in the safety screws as you go along, after tightening the pulleys. Consejo para el paso de cable : Generalmente para pasar con facilidad el sistema de cable, le aconsejamos pasar el cable antes de la polea. Ratschlag für das Durchführen der Kabel: Wir empfehlen Ihnen ebenfalls nacheinander jede Sicherungsschraube festzuschrauben, nachdem die Rollen angezogen wurden. Consiglio per il passaggio del cavo: Generalmente per fare passare con facilità il sistema di cavi, consigliamo di far passare il cavo prima della puleggia. Si consiglia inoltre di avvitare mano a mano ogni vite di sicurezza dopo avere stretto le pulegge. De kabel bevestigen: Om het kabelsysteem goed te bevestigen, raden we u aan om de kabel voor de aan te brengen. We raden u ook aan om gaandeweg zoveel mogelijk de veiligheidsschroeven vast te draaien, nadat u de katrollen heeft vastgemaakt. Conselho para a passagem de cabo: geralmente, para uma passagem fácil de um sistema de cabo, aconselhamos a passar o cabo antes da polia. Aconselhamos igualmente que aparafuse cada parafuso de segurança depois de apertar as polias. Porada odnošnie ukladu linki: Na ogól, aby bez kłopotu rozmieścić linki, należy to uczynić przed założeniem krążków. Po dokręceniu krążków wskazane jest również stopniowe dokręcanie poszczególnych śrub zabezpieczających. Tanács a kábelek vezetéséhez: A kábelek elhelyezését megkönnyítendő a kábeleket a csiga felhelyezése előtt vezesse. Ajánljuk, hogy fokozatosan csavarozza be a biztonsági csavarokat, a csigák megszorítása után. Совет по продеванию троса: Как правило, для легкой установки системы тросов рекомендуется продевать трос до установки шкива. Также рекомендуется последовательно закрутить все предохранительные винты после затягивания шкивов. Recomandare pentru trecerea cablului: De obicei, pentru o glisare mai facilă a cablului, vă recomandăm să trageți cablul înainte scripetelui. Vă recomandăm și să strângeți fiecare șurub de siguranță după strângerea scripetilor. Doporučenie pre pretiahnutie lana: Pre ľahšie natiiahnutie lanového systému sa doporučuje namontovať lano skôr než kladku. Po utiahnutí kladiek doporučujeme postupne utiahnúť všetky upevňovacie skrutky. Doporučení pro protažení lana: Pro snazší natažení lanového systému se doporučuje protáhnout lano dříve než kladku. Po utažení kladek doporučujeme postupně utáhnout všechny upevňovací šrouby. Råd i samband med kabeldragningen: För att underlätta kabeldragningen, rekommenderar vi att kabeln dras framför remskivan. Vi rekommenderar även att samtliga säkerhetskruvar dras åt allteftersom, efter att remskivorna har dragits åt. Съвети за инсталиране на кабела: За да поставите по-лесно кабела, ние ви препоръчваме да го монтирате преди скрипеца. Препоръчваме ви също да затегнете защитните винтове след като сте затегнали скрипеца. Kablo geçişi için tavsiyeler: Kablo sisteminin geçişini kolay bir şekilde sağlamak için, kabloyu makaranın önünden geçirmenizi tavsiye ediyoruz. Ayrıca, makaraları sıktıktan sonra, her güvenlik civatasını da aşamalı olarak sıkmanızı tavsiye ediyoruz. نصائح تمرير الكابل: بصفة عامة لتسهيل تمرير الكابل، ننصحك بتمرير الكابل قبل البكرة. ننصحك كذلك باحكام كل برغي امان على مدار الاستعمال بعد احكام البكرات. 安裝纜繩的建議：為方便纜繩系統的安裝，我們建議您在滑輪前安裝。我們建議您在按上滑輪後逐步拧紧安全螺絲釘。 繩纜串接建議：為方便串接繩纜系統，我們通常建議您在安裝滑輪之前串接繩纜。 同時，建議在固定好滑輪之後依次將安全螺絲上緊。

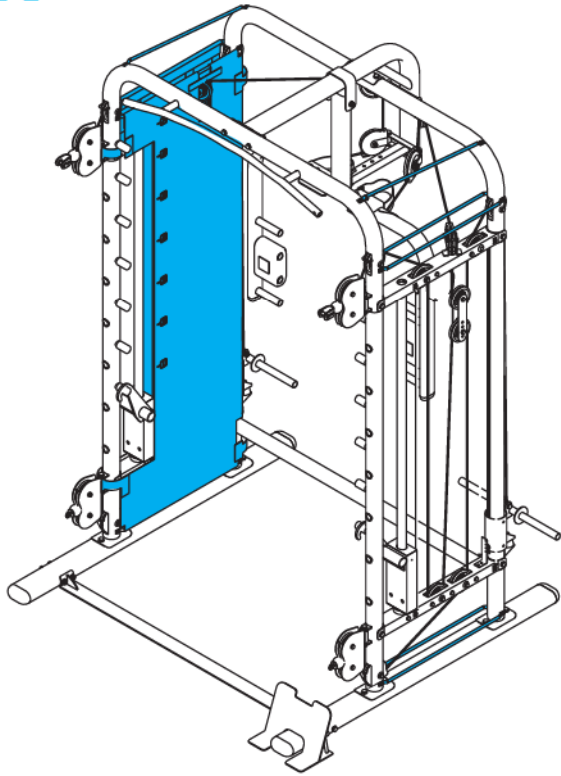


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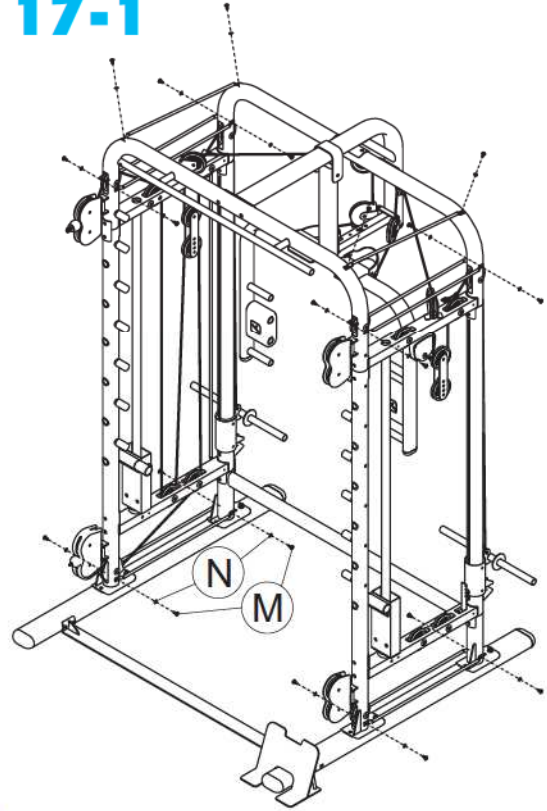




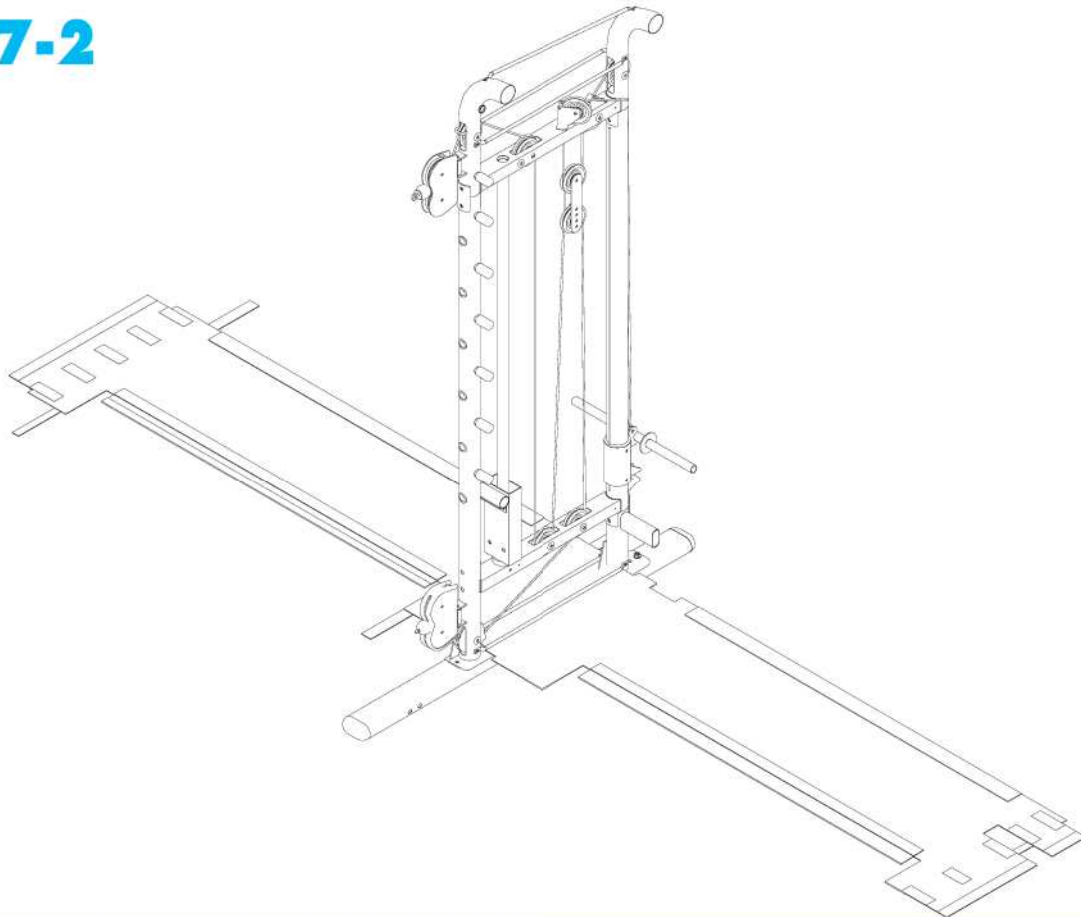
17



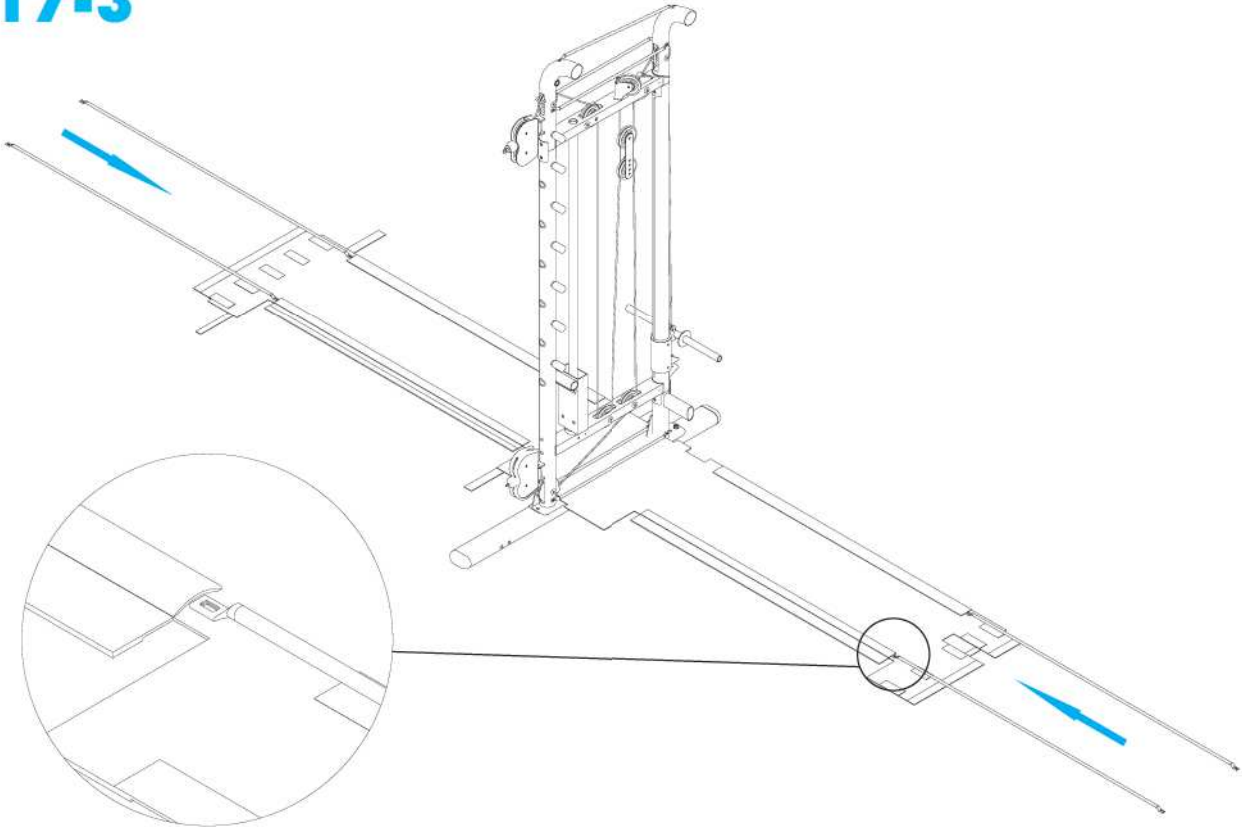
17-1



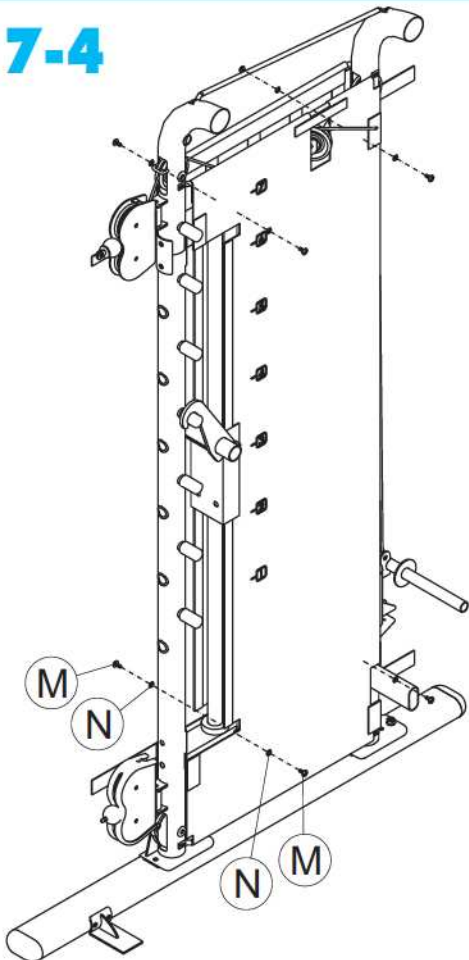
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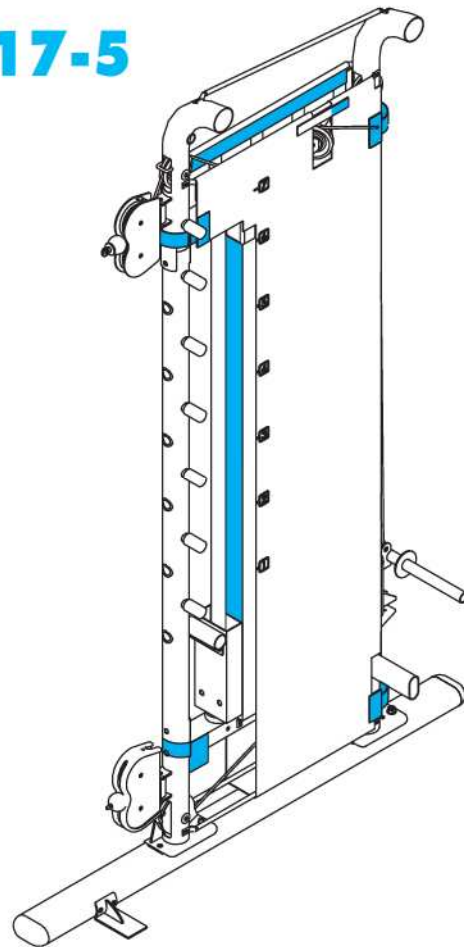
17-3

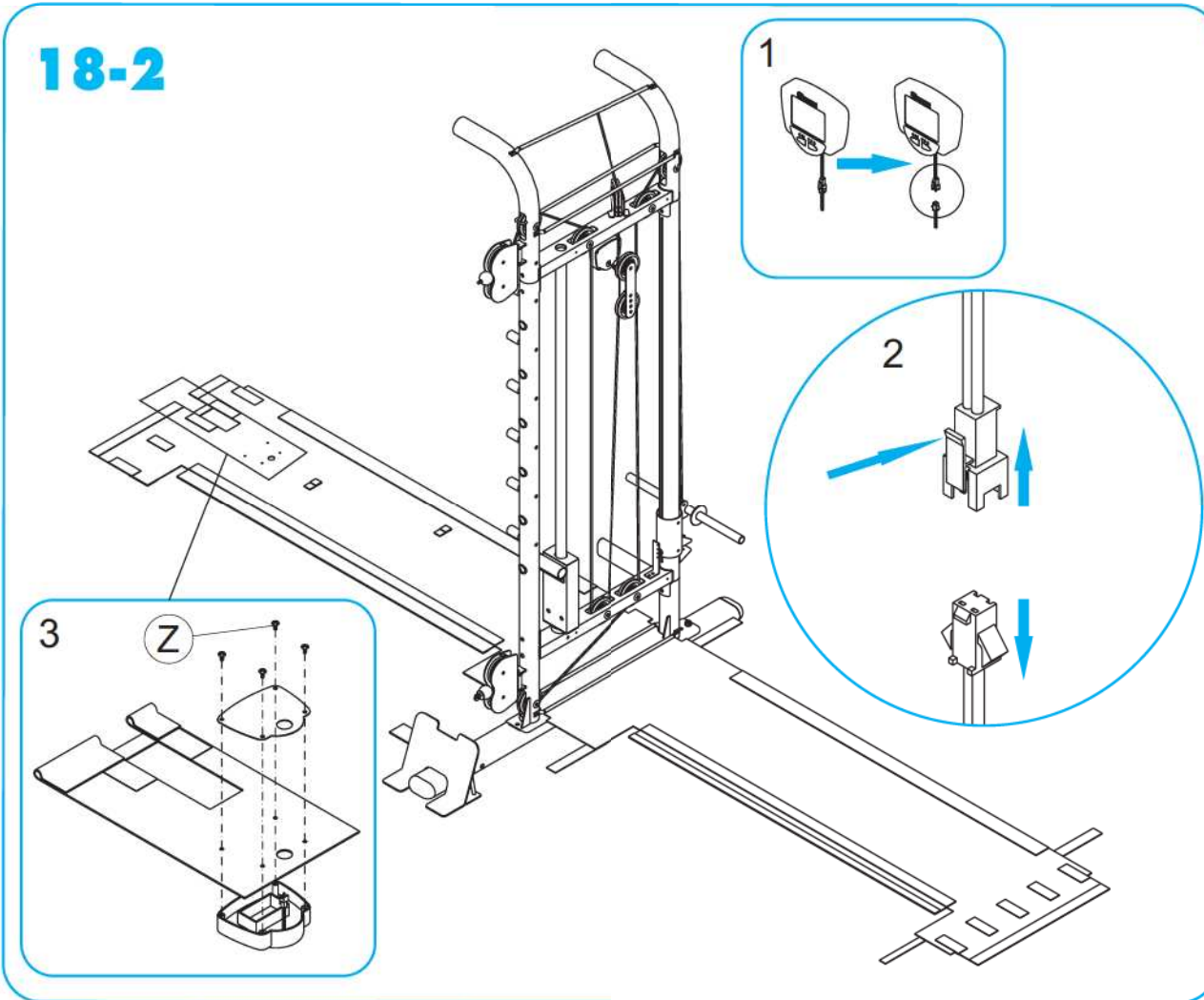
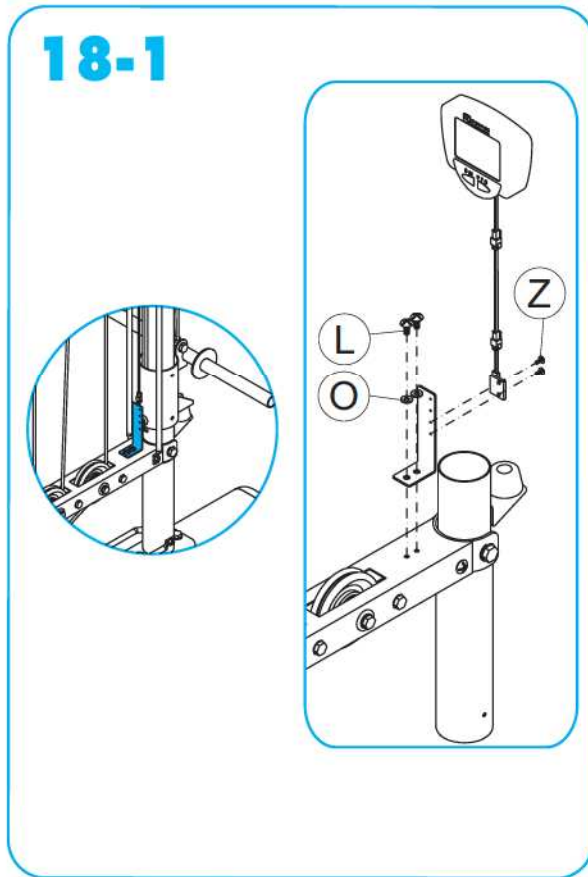
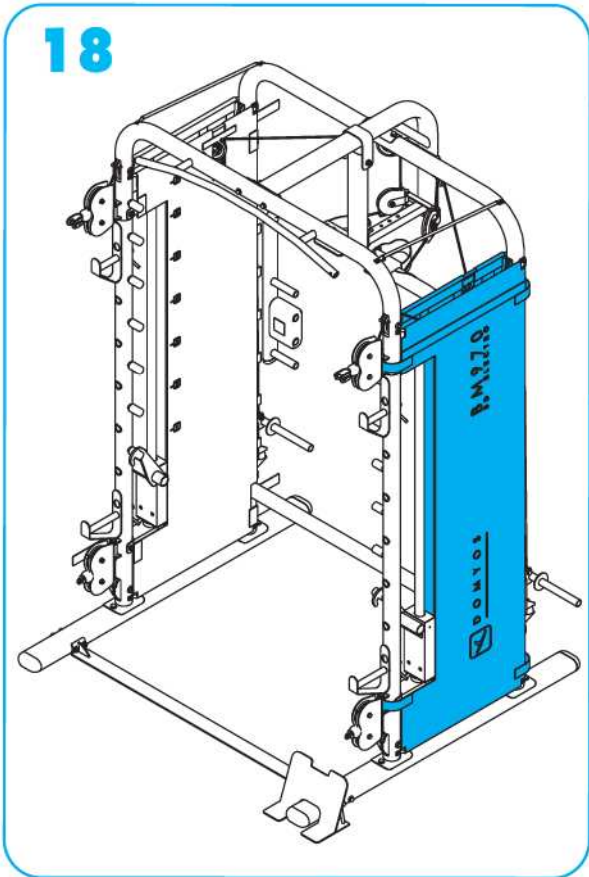


17-4

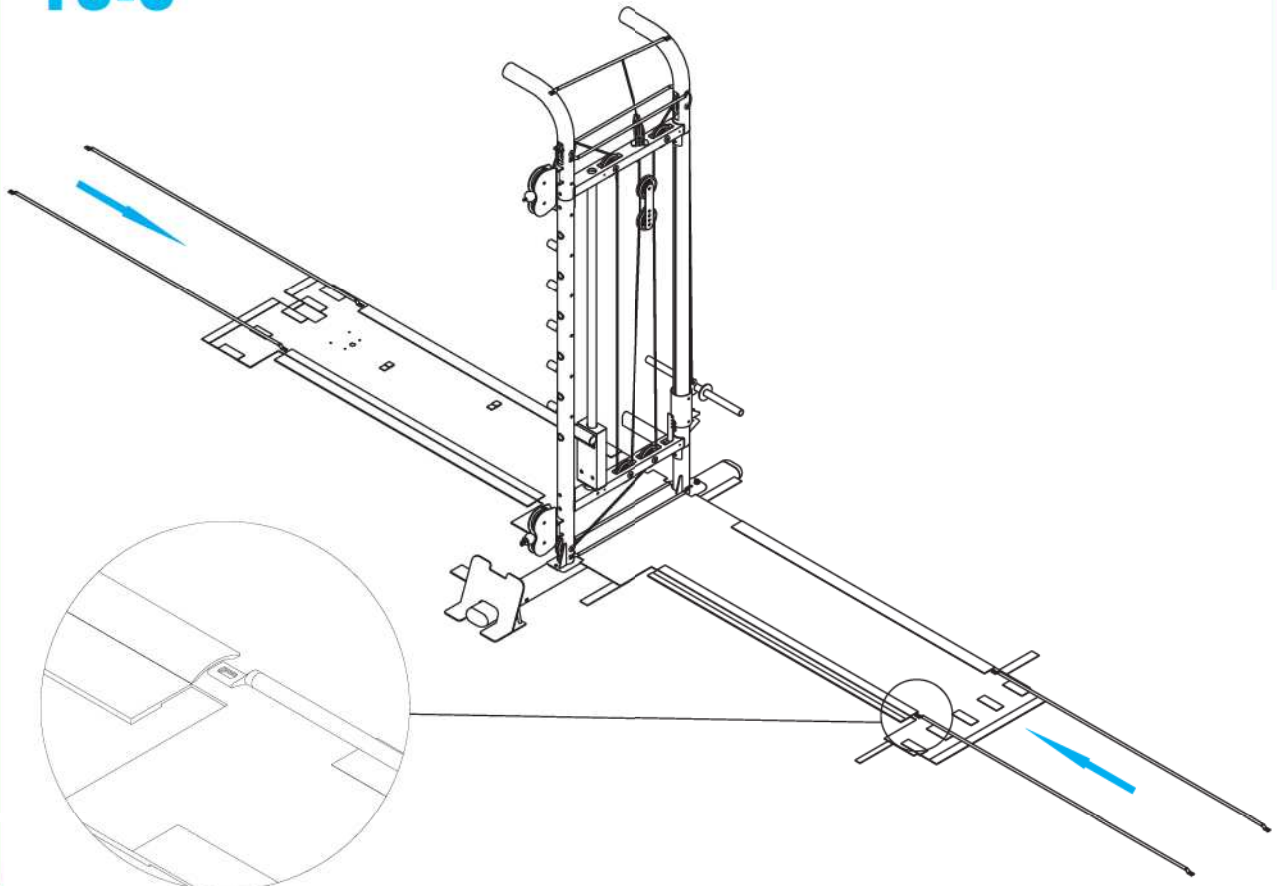


17-5

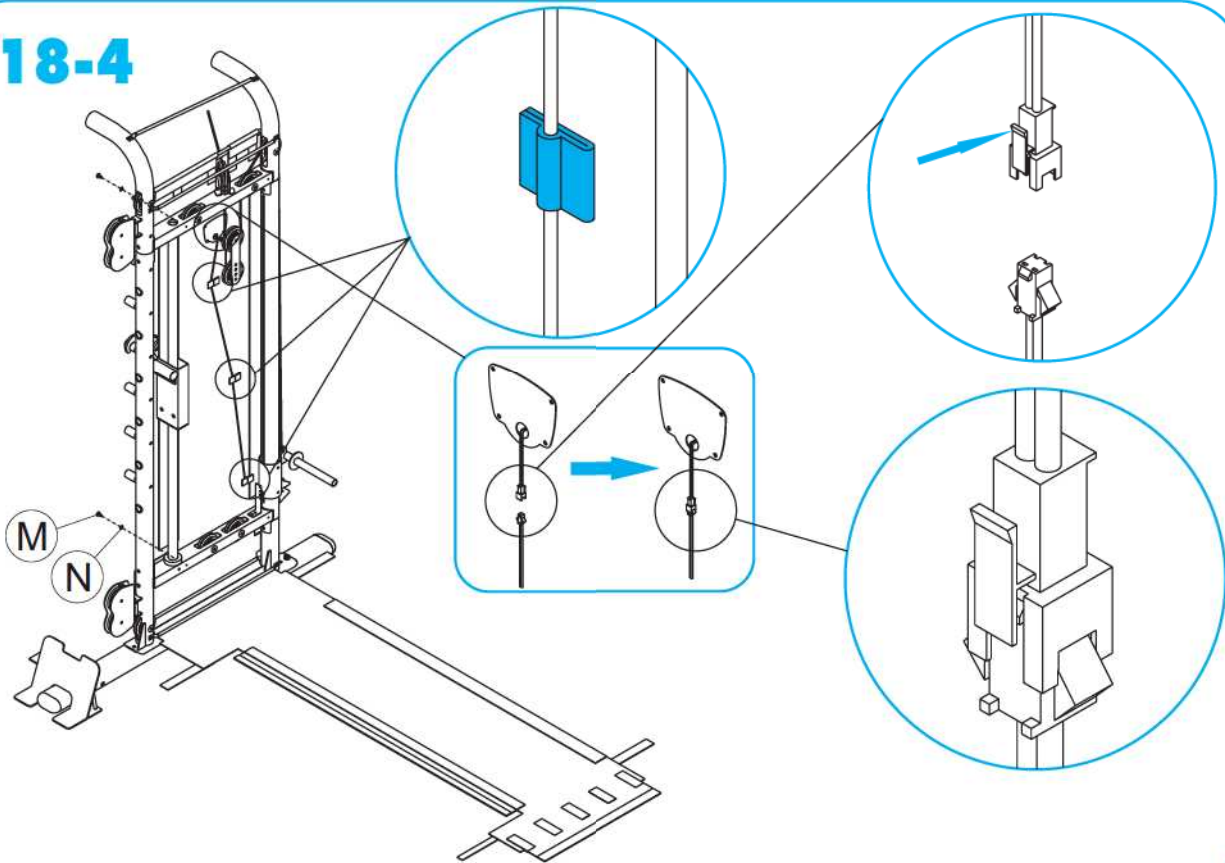




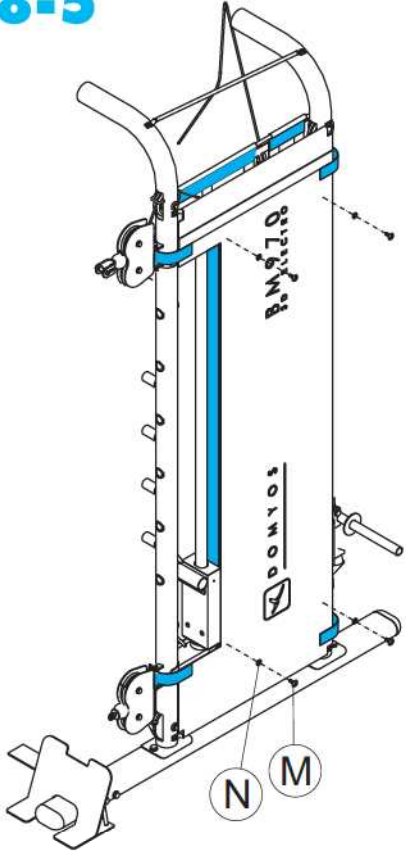
### 18-3



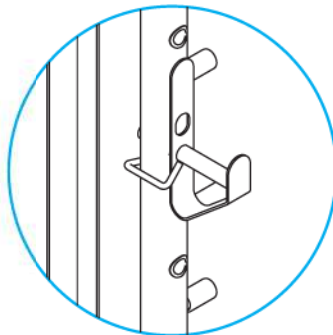
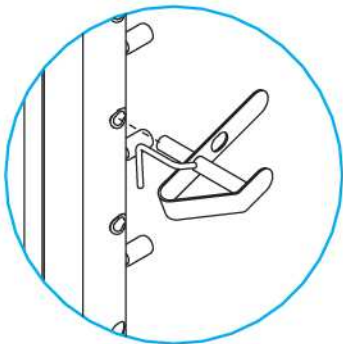
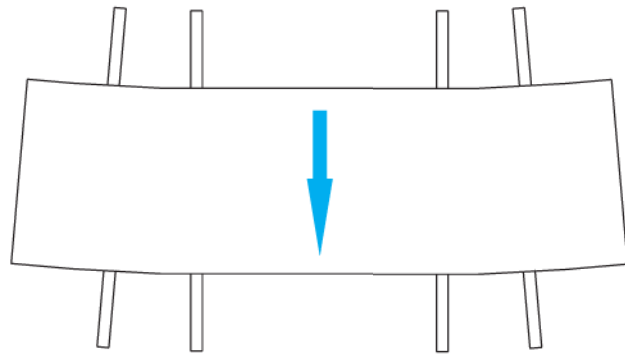
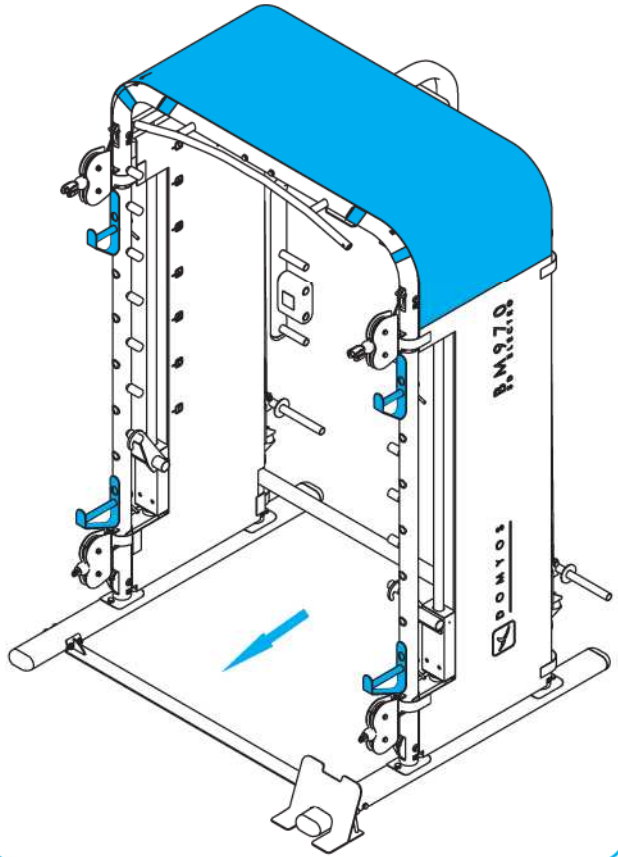
### 18-4



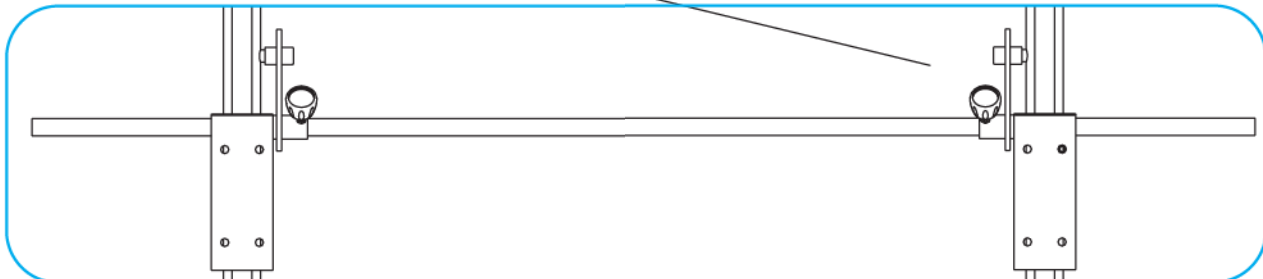
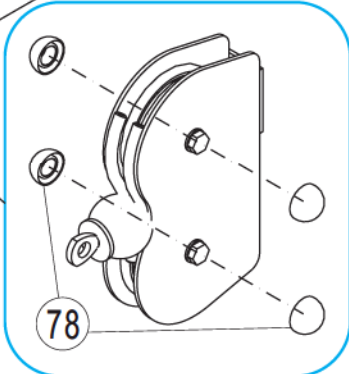
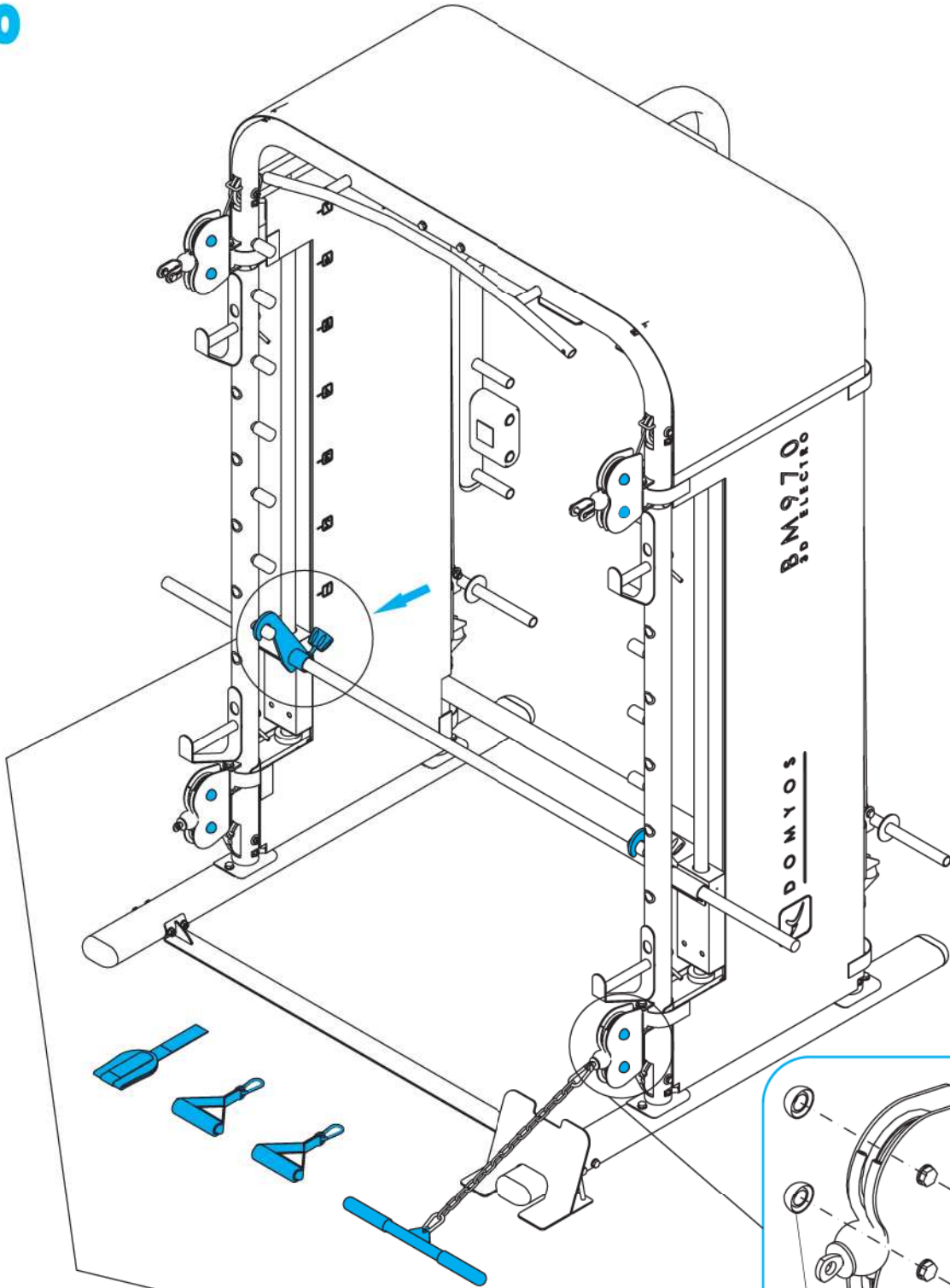
18-5



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## ⚠ 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.

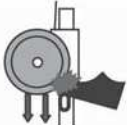


## MAXI

100 kg/220 lbs



## ⚠ WARNING



## ⚠ WARNING

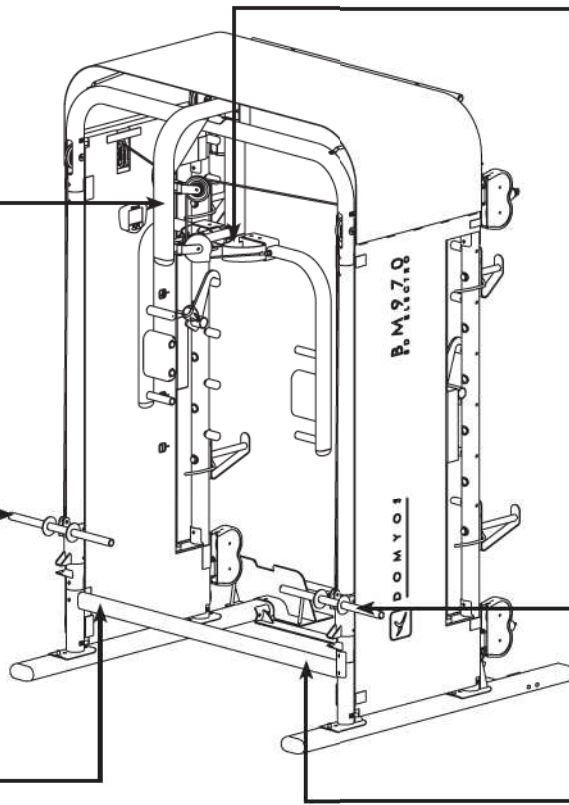
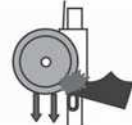


## MAXI

100 kg/220 lbs



## ⚠ WARNING



### ⚠ 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 sustituirlo.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

### ⚠ WARNHINWEIS

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

### ⚠ AVVERTENZA

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

### ⚠ WAARSCHUWING

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

### ⚠ AVISO

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

### ⚠ UWAGA

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

### ⚠ FIGYELMEZTETÉS

- A szerkezet helytelen használatra súlyos sérülésekhez vezethet.
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatót.
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek.
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik.
- Tartsa távol a kezektől, lábaktól, a hajától a mozgó alkatrészekétől.

### ⚠ Предупреждение

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

### ⚠ ATENȚIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răniiri 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 țineti departe de aceasta.
- Dacă autocollantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți.
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.

### ⚠ UPOZORNĚNÍ

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

### ⚠ VARNING

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

### ⚠ ПРЕДУПРЕЖДЕНИЕ

- Всякое неправильное использование на этом продукте может довести до серьезных повреждений.
- Перед использованием продукта, моля прочтите внимательно и полностью инструкцию и предупреждения и инструкции, которые содержатся в документе.
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если наклейка повреждена, нечитабельна или отсутствует, ее необходимо заменить.
- Не допускайте, чтобы руки, ноги и волосы находились вблизи движущихся частей.

### ⚠ UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanımı yöntemi dikkatle okumanız ve içindeki tüm uyarı ve talimatlara uymanız gerekir.
- Çocukların bu makineyi kullanmalarına izin vermemiş ve onları bu makineden uzak tutun.
- Yarıpışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırmayın.

### ⚠ تحذير

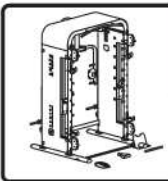
- عدم استخدام هذا المنتج بشكل سليم قد يسبب في إصابة خطيرة.
- قبل الاستخدام احرص على قراءة دليل الاستخدام بعناية مع الاهتمام الخاص بجميع التحذيرات والتعليمات التي يتضمنها.
- يمنع استخدامه من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر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

### ⚠ 注意

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

### ⚠ 注意事項

- 對產品進行不當使用將可能導致嚴重受傷。
- 每次使用前，請仔細閱讀使用說明書并遵照其中全部說明及注意事項進行使用。
- 不可讓兒童使用該機器，并將其置於兒童可觸及範圍之外。
- 如果機器上的膠貼損壞、模糊或缺失，須將其更換。
- 不可使雙手、雙腳或頭髮靠近運動中的零件。



**BM 970**

**110 kg  
242 lbs**

**130 x 170 x 210 cm  
51,2 x 67 x 82,7 inch**

**MAXI**  
70 kg / 154 lbs

**MAXI**  
110 kg / 240 lbs

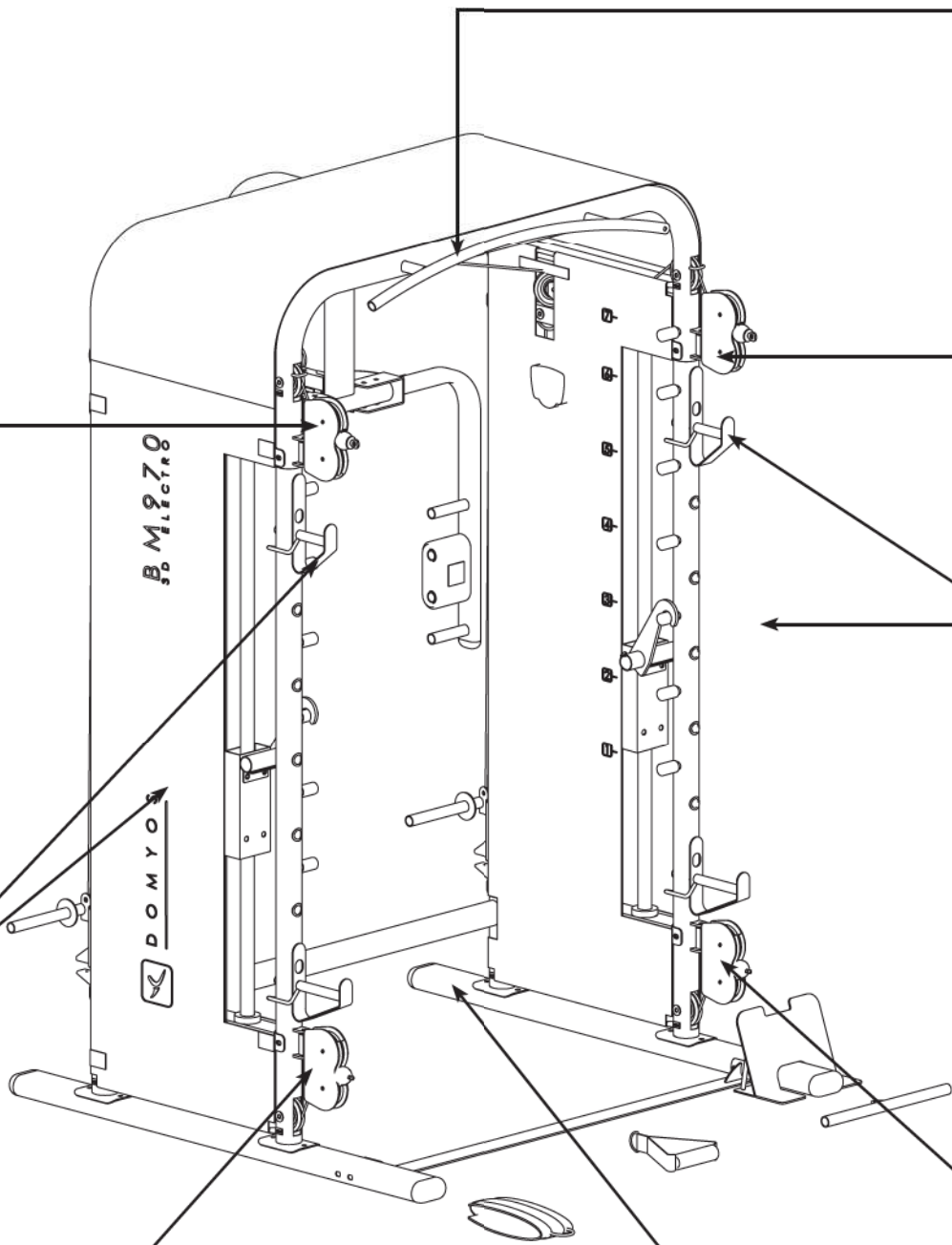
**MAXI**  
70 kg / 154 lbs

**MAXI**  
250 kg / 550 lbs

**MAXI**  
250 kg / 550 lbs

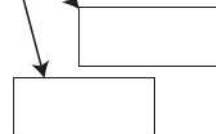
**MAXI**  
100 kg / 220 lbs

**MAXI**  
100 kg / 220 lbs



**DOMYOS**  
DISTRIBUTION  
4, bd de Mons, 89 650 Villeneuve d'Ascq - FRANCE  
+00 33 (0) 320355000

Code:	DP
MADE IN	STP:XXXXXXXX
HECHO EN	Prod: XXXXXXXXXX
Произведено	WW:YY
CNP: 02.314.041/0001-88	





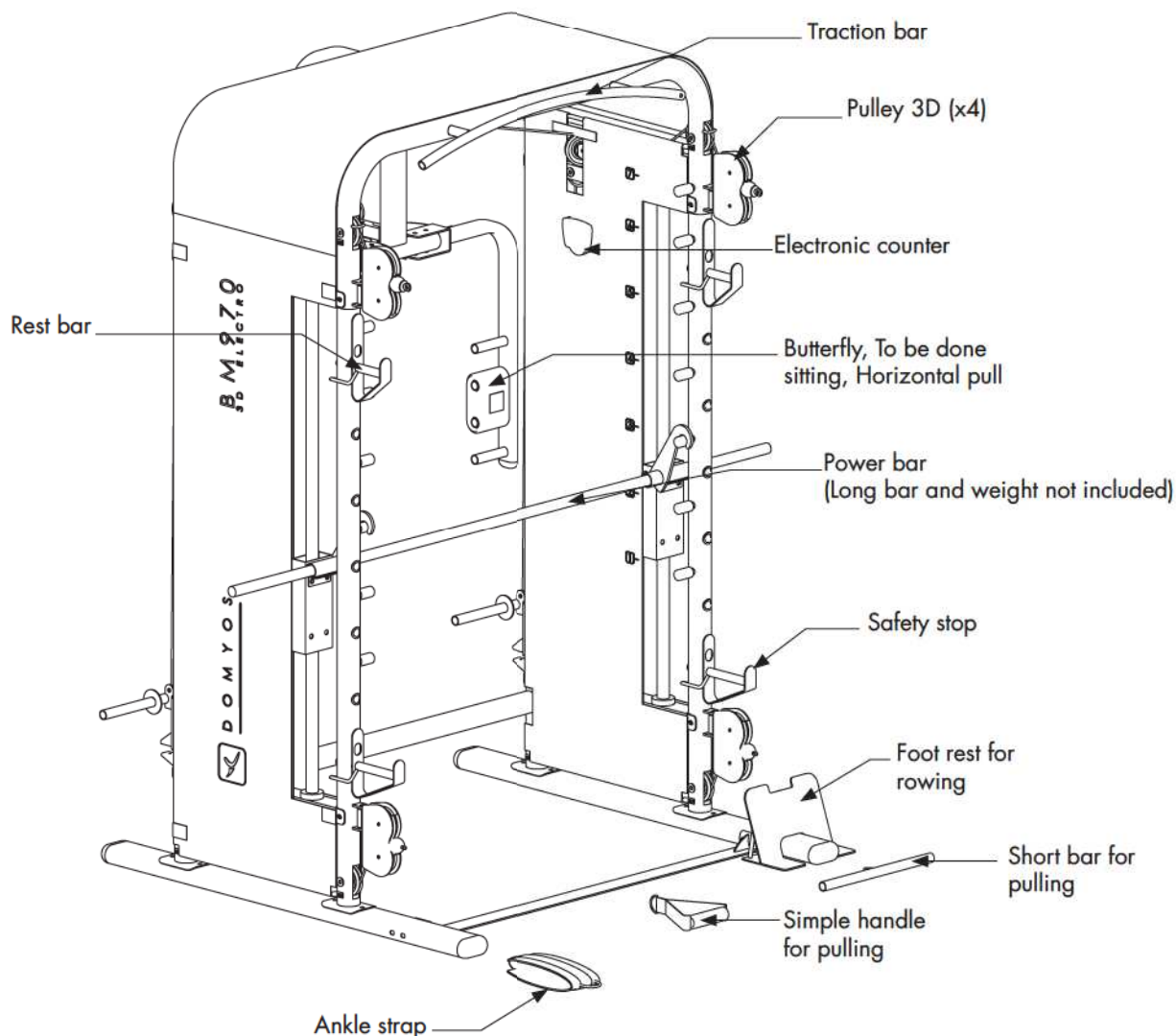
# E N G L I S H

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

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



Sold with:  
One ankle strap  
Two handles  
One short bar

## WARRANTY

DOMYOS 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.

DOMYOS'S obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DOMYOS. All products for which the warranty is applicable must be received by DOMYOS 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 in a non-domestic setting

This warranty does not exclude any legal guarantees applying in the country and/or province concerned.

**OXYLANE** - 4 BOULEVARD DE MONS - BP299 - 59665 VILLENEUVE D'ASCQ - FRANCE

## PRESENTATION

The muscle training bench BM 970 3D ELECTRO really lives up to its name 3D :  
because it incorporates a pulley technology enabling practice in a whole host of directions.  
And finally ELECTRO: because you will have the opportunity of programming your exercises on an electronic counter  
This muscle training bench is an all purpose apparatus The training which you will be able to do will improve your physical condition  
by toning your muscles or muscle training. The use of the BI 910 Domyos (sold separately) is recommended  
Enjoy your training !

## SAFETY

Warning: in order to reduce the risk of serious injury, please read the following important precautions for use before using the product.

1. Read all the instructions in this manual before using the product.  
Only use this product in the manner described in this manual.  
Keep this manual for the entire life of the product.
2. This product should be assembled by 2 adults.
3. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
4. Domyos does not accept any liability for complaints of personal injury or harm caused to any person or any thing as the result of improper use of the product by the purchaser or by any other person.
5. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
6. Use this product indoors, away from humidity and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is sufficient space for safe access to and safe movement around the product. To protect the floor, place a rug under the product.
7. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled; and prior to each use, check that the fasteners are properly tightened and that none are protruding. Check the condition of the parts that are the most subject to wear and tear.
8. In the event that your product becomes damaged, have any worn or defective parts replaced immediately by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
9. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
10. Wear athletic shoes to protect your feet while exercising.  
DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewellery.
11. Put your hair up so that it does not get in the way during exercise.
12. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
13. Keep your hands and feet away from moving parts.
14. Keep children and pets away from the product at all times.
15. Before undertaking this exercise program, you must consult a doctor to be sure there are no counter-indications; particularly if you have not participated in sports for several years.
16. Do not exceed the limits of the adjusting mechanisms.
17. Do not modify your product.
18. When exercising, do not arch your back, but stand straight.
19. Any operation of assembling/taking apart the product should be carried out with care.
20. At the end of a set, the free bar should not be thrown against the structure in case it damages the product.
21. The weights used on the back weight columns and on the bars (guided and free) must always be placed symmetrically. Improper positioning might result in serious injury or in damage to the product.
22. The cables and the pulleys are items which could get worn out in the course of time. Check their condition regularly and get in touch with your nearest Decathlon after sales service in the case of any problem.
23. The BM970 should be mounted and used on a flat, stable surface.
24. Maximum user weight : 110 Kg - 242 lbs
25. For exercises using the ankle strap the maximum load is 60 Kg - 132 lbs.

## WARNING

Before starting any exercise programme, consult your doctor, especially if you are over 35 or if you have had health problems in the past.  
Read all instructions before use. DECATHLON does not accept any liability for complaints of personal injury or harm caused to any person or any thing as the result of improper use of the product.

## MAINTENANCE

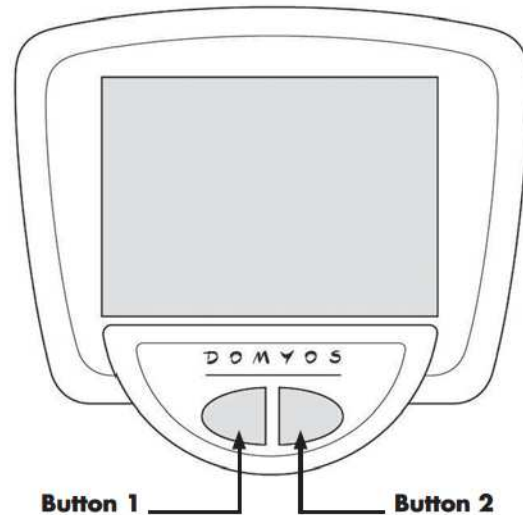
To avoid damage to the seat of your BM 970 3D ELECTRO, use a towel or wipe it after your training session.  
Apply a light coating of grease to the mobile parts to improve their function and to avoid any unnecessary wear and tear.

## CONSOLE

### TOUCH FUNCTIONS

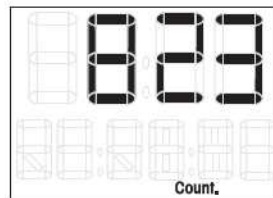
**Button 1 :** Enables transfer from calculation mode to programme mode.  
Hold the button to switch to the calculation mode.  
In the calculation mode, the button enables switch from one calculation parameter to another.

**Button 2 :** Makes it possible to vary the numbers configured in the calculation mode.  
Hold the button to make the figures move faster.

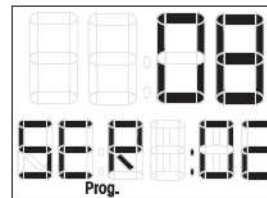


### SETTING THE APPARATUS

The apparatus can function according to two different modes : a simple counter mode or a programmable mode which enables the configuring of the number of sets, the number of repetitions and the rest time between each set.



Example of a screen in simple counter mode

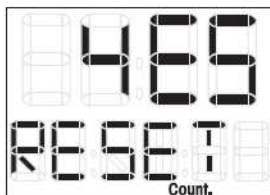


Example of a screen in programmable mode

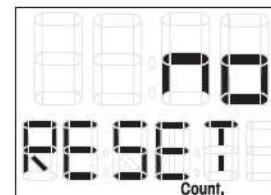
### CALCULATION FUNCTION:

This function makes it possible to count the number of movements made with the apparatus, the number being between 0 and 9999. Once the total of 9999 has been reached, the apparatus reverts automatically to 0.

It is possible to put the number back to zero. To do this, you must position yourself on the counter with button 1, then press and hold for 2 seconds on button 1, after which the following screen appears:



Pressing on button 1 will take the number to zero. If you want to leave this mode without taking the number back to 0, press once on button 2 to obtain the following screen:



## PROGRAMMABLE FUNCTION

This function makes it possible to configure a number of sets, a number of repetitions, but also a rest period.

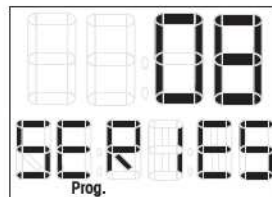
You can thus be monitored by the machine while exercising, as the screen, together with different sequences of beeps, will indicate where you are in your workout.

When the sound mode is activated, a beep is emitted for each calculation, two series of 2 beeps with a rest period in between are emitted at the beginning or at the end of the rest period, two series of 5 beeps with a rest period are emitted at the end of the exercise and the STOP screen appears.

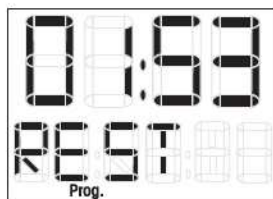
To configure the various numbers in this mode, press for two seconds on button 1 when you are in this mode. First, you can configure the number of the repetition, the following screen appears:



You can configure this number between 1 and 99 using button 2, when you have reached the figure desired. Press on button 2 for setting the number of sets:

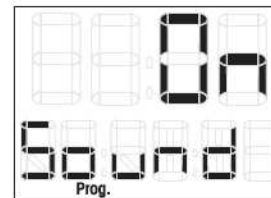


You can configure that number between 1 and 50 using button 2, when you have reached the desired number. Press on button 2 to set the rest time, beginning with the minutes :

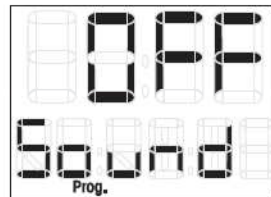


These can be set at between 00 and 59 by pressing on button 2. By pressing on button 1 you reach the mode for setting the seconds, also between 00 and 59.

After setting the resting time, you may press on the button so as to activate the sound system or not, and you will reach the following screen:



The word « on » means that the sound is on. To turn it off, press on button 2 and the next screen will appear and the sound will then be inactivated:



Once you have selected the mode, you may leave the setting mode by pressing button 1

## AUTOMATIC SWITCHING OFF AND ON

The digital display comes on automatically when it detects movement or when button 1 is pressed.

The product goes into sleep mode automatically at the end of ten minutes if it is not used. This automatic sleep system is deactivated in the programming mode when the rest period selected is longer than 10 minutes.

## INSERTING BATTERIES

1. Take out one side of the cloth casing using the self-gripping bands.
2. Remove the console and place two AA or UM-3 batteries in the compartment provided at the back of the screen.
3. Make sure the batteries are installed correctly and are flush with the springs.
4. Replace the product and make sure that it is firmly in place.
5. If the display is illegible or incomplete, remove the batteries, wait 15 seconds and then put them back in.
6. If you remove the batteries, the computer memory is erased.



### RECYCLING :

The "crossed-out wastebasket" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste. They are subject to a specific type of sorting. Dispose of batteries and, at the end of its life, your product, at an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health.

## ADVICE ON MAIN EXERCISE POSITIONS

- **Hands in pronation:** the palms of the hand towards the floor.
- **Hands in supination:** Palms of the hands upwards.

### BUTTERFLY

**Position :** sitting on the seat, place your back firmly against the back of the seat Place your forearms against the sleeves. Your arm should be at right angles to your chest.

Breathe in and push, breathing out into the inside of your forearms. Press with your elbows, not your hands. Go back slowly to the starting position.

**Muscles trained:** Pectorals, triceps and large dorsals.

### CARRIED OUT SITTING

**Position :** sitting on the seat, place your back firmly against the back of the seat Grasp the handles.

Breathe in and push the exercise lever upwards while breathing out, bring it back while breathing in without resting during each repetition.

**Muscles trained:** Pectorals, triceps, anterior deltoids.

### SQUAT

With the (resistance) bar placed on the supports, slide underneath it and place it on the trapezius muscles ( just above the back deltoids) Grasp the bar with both hands and pull the elbows back. Breathe in deeply, contract the abdominal strap, look straight ahead and release the support bar. With feet parallel, crouch down leaning the back forward by controlling its descent, at no time curving the vertebral column. When the thighs are horizontal, stretch out your legs, straightening your chest in order to return to the original position. Breathe out at the end of the movement.

**Muscles trained:** quadriceps, les fessiers, les adducteurs, les abdominaux.

### TO BE DONE LYING DOWN

Stretched out on the bench, horizontal position, the gluteus muscles in contact with the bench, feet on the floor: grasp the bar, hands in pronation and stretched out wider than the shoulders. Breathe in and bring down the bar, controlling the movement as far as the chest. Breathe out as you finish.

**Muscles trained:** Quadriceps, gluteus, abductors, abdominals.

### TO BE DONE LEANING FORWARDS

Sitting on the bench sloping between 45 and 60°, grasp the bar, hands in pronation and stretched out wider than the shoulders. Breathe in and bring down the bar onto your chest. Breathe out at the end of the movement.

**Muscles trained:** pectoraux, triceps, deltoïdes antérieurs.

### TO BE DONE LEANING BACKWARDS

Stretch out head down, on a tilted bench, feet firmly on the floor, grasp the bar, hands in pronation, stretched to breadth of shoulders or wider. Breathe in and bring the bar down onto the bottom of the pectorals, controlling the movement, breathing out as you finish.

**Muscles trained:** pectorals.

### 3D pulley drag pull:

#### HIGH POSITION TRICEPS PULLEY

Stand facing the apparatus, hands in pronation on the handle, elbows pinned against body. Breathe in and extend forearms, taking care not to move elbows away from body. Breathe out at the end of the movement.

Variation: hands in supination.

**Muscles trained:** triceps.

#### LOW POSITION BICEPS PULLEY

Stand with back straight, grasping the bar with hands in supination, stretched out slightly wider than shoulders. Breathe in and then bend the forearms, raising wrists upwards. Breathe out at the end of the movement.

**Muscles trained:** biceps, flexing muscles of fingers and wrist.

#### ROWING MACHINE WITH LOW PULLEY

Sitting facing the apparatus, feet on the wedges, flexing chest. Breathe in and bring wrists back to the base of the sternum, straightening the back and taking elbows back as far as possible. Breathe out at the end of the movement and come back gently to starting position.

**Muscles trained:** back, deltoids, biceps.

#### STAND APART FROM PULLEY, FACING IT

Standing, legs slightly apart (between the 2 3D pulleys), chest slightly forward, arms spread, hands grasping handles, elbows slightly bent. Breathe in and pull arms down to bring the fists together. Breathe out at end of contraction. Return gently to the starting position.

**Muscles trained:** pectorals.

#### FIXED BAR TRACTION

Hanging from the bar, hands wide apart, palms down. Breathe in and do a pull-up so that the back of your neck almost touches the bar. Breathe out at the end of the movement.

**Muscles trained:** Back, biceps, pectorals.

# BM 970

Notice à conserver  
Keep these instructions  
Conservar instrucciones  
Bitte bewahren Sie diese Hinweise auf  
Istruzioni da conservare  
Bewaar deze handleiding  
Instruções a conservar  
Zachowaj instrukcję  
Őrizze meg a használati útmutatót  
Сохранить инструкцию  
Păstrați instrucțiunile  
Návod je třeba uchovat  
Spara bruksanvisningen  
Запазете упътването  
Bu kılavuzu saklayınız  
دليل يجب الاحتفاظ به  
请保存说明书  
請保存說明書

Réalisation : EVOLUTION + 32 / 69 250 500



OXYLANE - 4, Boulevard de Mons - BP299 - 59665 Villeneuve d'Ascq Cedex - France

[www.domyos.com](http://www.domyos.com)

Made in China - Fabricado na China – 中国 制造  
Произведено в Китае - İmal edildiği yer Çin



IMPORTADO PARA BRAZIL POR IGUASPORT

Импортер: ООО «Октобл», 141031, Россия, Московская область,  
Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3,  
строение 3

Réf. pack : 1348.540 - CNPJ : 02.314.041/0001-88

合格品

TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti  
Forum İstanbul AVM. Kocatepe Mah. G Blok No: 1 Bayrampaşa