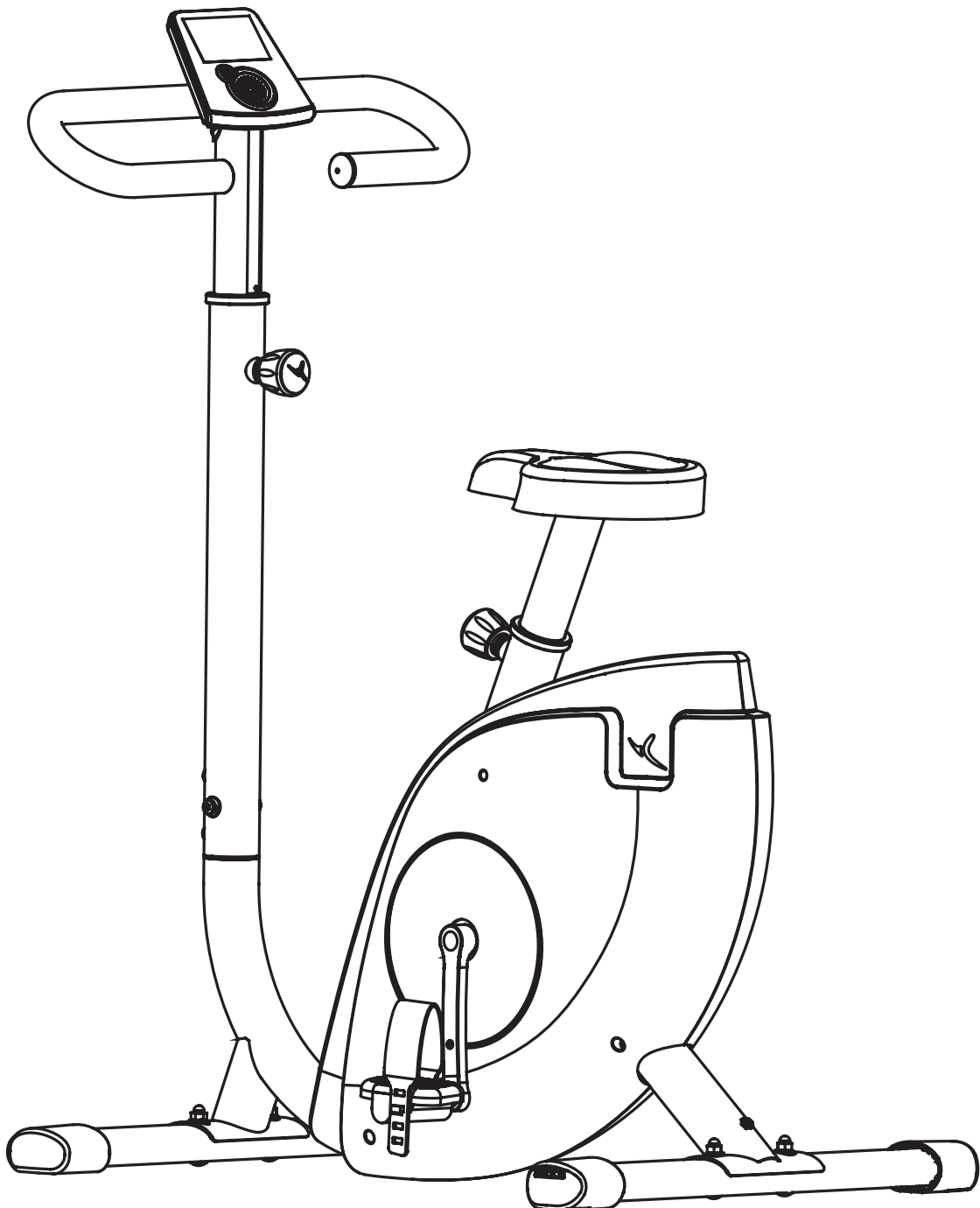
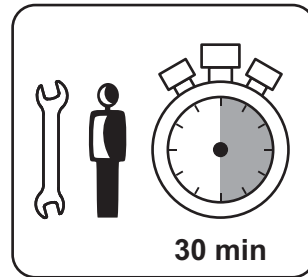
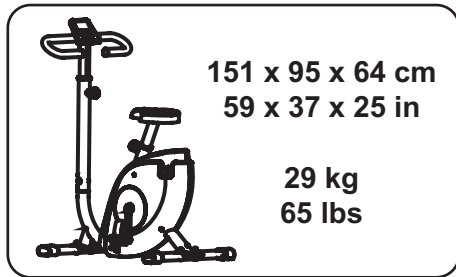


# VM 510



**DOMYOS**

**1** Belt heart rate monitor - Ceinture cardiofréquencesmètre  
 Cinturón cardiofrecuenciómetro - Herzfrequenzmessgurt  
 Cintura cardiofrecuenzimetro - Band voor hartfrequentiemeter  
 Cinto cardiofrecuencimetro - Pas do pomiaru częstotliwości tętna  
 Szívritmusmérő öv - Пояс-пульсометр - Centură cardio-frecvențmetru  
 Pás měřiče tepové frekvence - Bälte med hjärtfrekvensmätare  
 Колан за измерване на пулса - Kardiyofrekansmetre kemeri  
 حزام قياس نبضات القلب - 心率測量胸帶 - 心率測量胸帶

**2** Handlebars - Guidon - Manillar - Lenker  
 Manubrio - Stuur - Guiador - Kierownica  
 Kormány - Руль - Ghidon - Riadidla  
 Řídítka - Styre - Кормило - Gidon  
 Кермо - المقود - 手把 - 車把

**3** Console - Console - Consola - Konsole  
 Console - Console - Consola - Konsola  
 Műszerfal - Дисплей - Consolă - Konzola  
 Konzole - Konsol - Табло - Konsol  
 Приставка - لوحة التحكم - 控制面板 - 控制面板

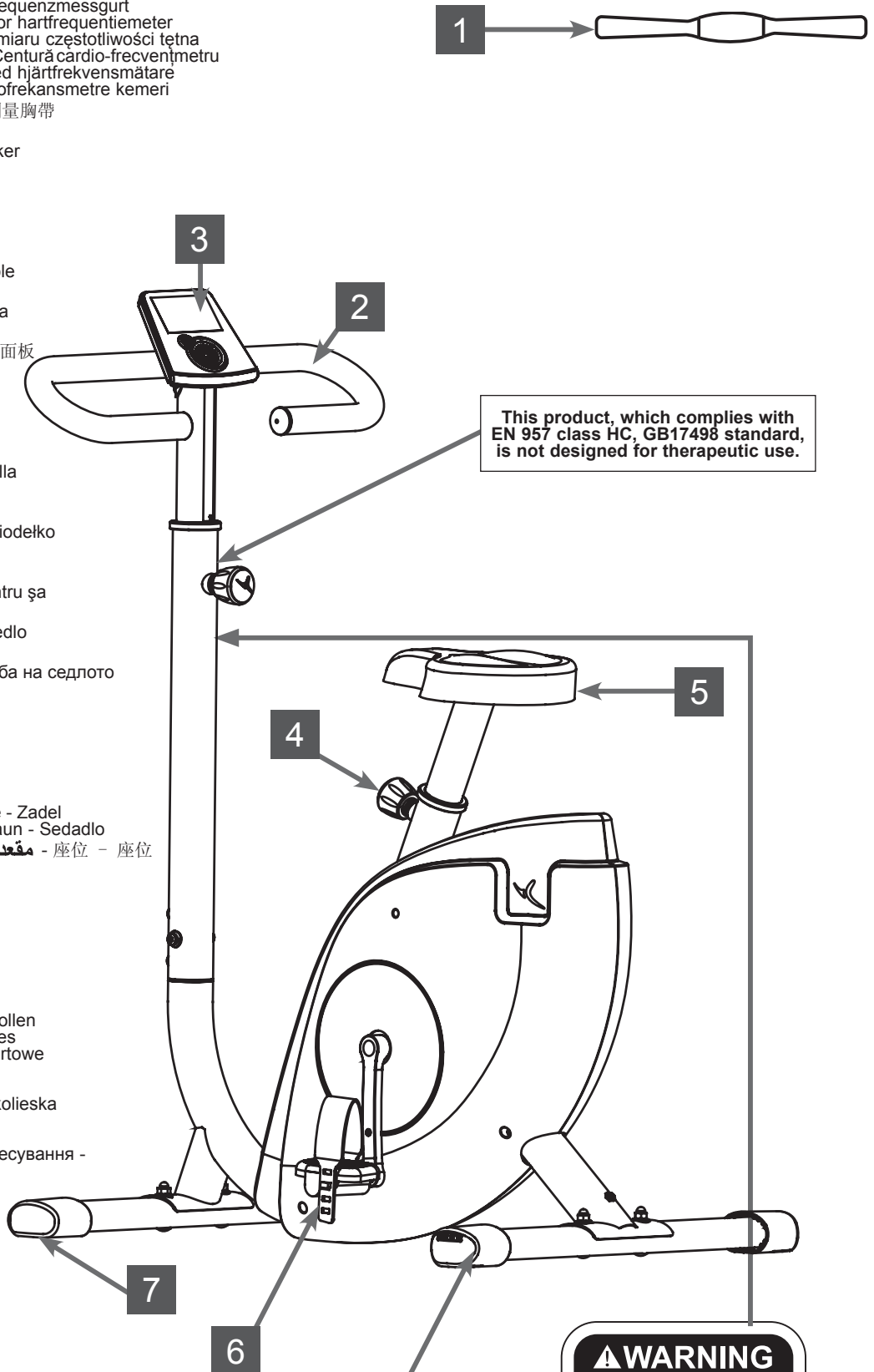
**4** Seat-tube adjustment knob  
 Bouton de réglage du tube porte-selle  
 Botón de ajuste del tubo portasilín  
 Einstellrad des Sattelstützrohrs  
 Bottone di regolazione del tubo porta-sella  
 Instellingsknop stang zadelsteun  
 Botão de regulação do tubo porta-selim  
 Przycisk regulacji rurki podtrzymującej siodełko  
 A nyeregstartó cső szabályozó gombja  
 Ручка регулировки опоры седла  
 Buton de reglare al tubului de sprijin pentru șa  
 Nastavovací gombík nosnej rúry sedla  
 Tlačítko pro nastavení trubky nesoucí sedlo  
 Justeringsknapp för sadelstolpen  
 Бутон за регулиране на носещата тръба на седлото  
 Sele bogusu ayar düğmesi  
 Рухлячка регулювання -  
 بركة ضبط المقاومة  
 坐墊高度調節旋鈕  
 車座支管調節旋鈕

**5** Seat - Siège - Asiento - Sattel - Sedile - Zadel  
 Assento - Siodełko - Ülés - Седло - Scaun - Sedadlo  
 Sedlo - Sits - Седло - Oturak - Сідло - مقعد - 座位 - 座位

**6** Pedal - Pédale - Pedal - Pedal  
 Pedale - Pedaal - Pedal - Pedal  
 Pedál - Педаль - Pedală - Pedál  
 Šlarky - Pedal - Педал - Pedal  
 Педаль - البدال - 踏板 - 踏板

**7** Castors - Roulettes de déplacement  
 Ruedas de desplazamiento - Transportrollen  
 Rotelle di spostamento - Transportwieltjes  
 Rodinhas de deslocação - Rolki transportowe  
 Görgők a mozgatáshoz  
 Транспортовочные колесики  
 Rotițe de deplasare - Premiestňovacie kolieska  
 Přemístňovací kolečka  
 Flyttjul Колелца за преместване  
 Hăreket tekerlekleri Коліщата для пересування -  
 عجلات التحريك - 移动滚轮 - 移动滑輪

**8** Level adjuster  
 Compensateur de niveau  
 Compensador de nivel  
 Niveaueausgleicher  
 Compensatore di livello  
 Stelschroef niveau  
 Compensador de nível  
 Regulacja poziomu  
 Szintbe állítás  
 Компенсатор неровности пола  
 Compensator de nivel  
 Vyrovňovací kompenzátor  
 Kompensátor úrovně - Nivåkompensator  
 Компенсатор на нивото  
 Seviye denkleştirici - Зрівнювач рівню  
 معدل المستوى - 水平补偿器 - 穩定補償器

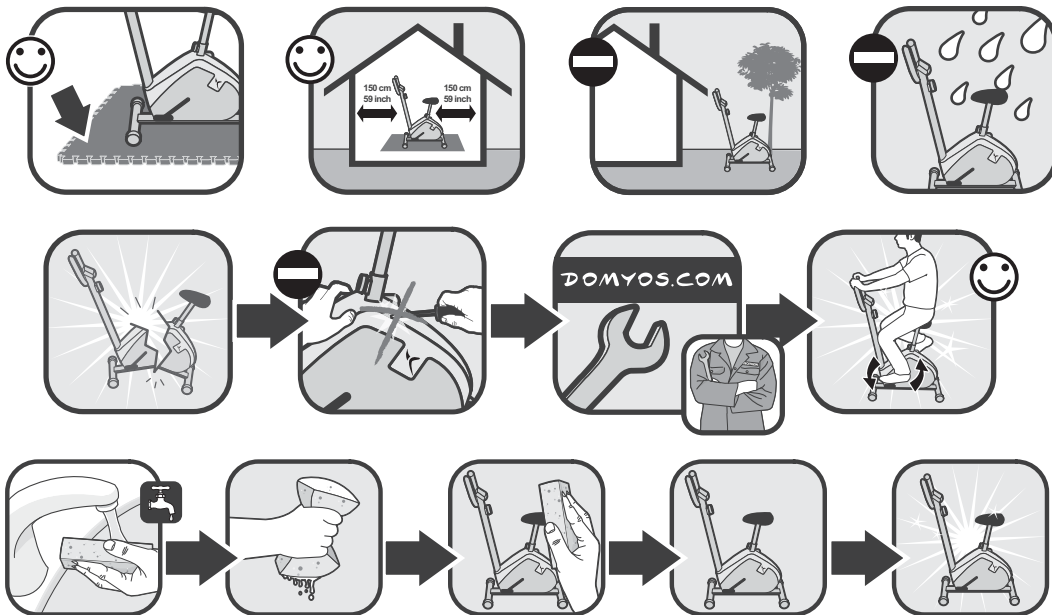


This product, which complies with EN 957 class HC, GB17498 standard, is not designed for therapeutic use.

**⚠ 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 hair away from moving parts.

# SAFETY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • BEVEILIGING • SEGURANÇA • ZABEZPIECZENIE • BIZTONSÁG • БЕЗОПАСНОСТЬ • SIGURANȚĂ • BEZPEČNOST • SÄKERHET • БЕЗОПАСНОСТЬ • GÜVENLİK • آمان • 安全事項 • 安全事項



## ▲ AVERTISSEMENT

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

## ▲ ADVERTENCIA

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

## ▲ WARNHINWEIS

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

## ▲ AVVERTENZA

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

## ▲ WAARSCHUWING

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

## ▲ ADVERTÊNCIA

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

## ▲ UWAGA

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

## ▲ FIGYELMEZTÉTEL

- A szerkezet helytelen használatá 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 közelebe kerüljenek
- Cserélje ki a címkét, lá sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a haját a mozgó alka wtrészekétől

## ▲ Предупреждение

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкции по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить

## ▲ ATENȚIE

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

## ▲ UPOZORNĚNÍ

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě pročtete 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 samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohyblivým nebo na výrobku chybí, je nutné jej vyměnit.

## ▲ WARNING

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

## ▲ ПРЕДУПРЕЖДЕНИЕ:

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

## ▲ UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemi dikkatle okumanız ve içindeki tüm uyarı ve talimatlara uymanız gerekir.
- Çocukların bu makineyi kullanmalarına izin vermeyin ve onları bu makineden uzak tutun.
- Yapışkan 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 استخداما من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.

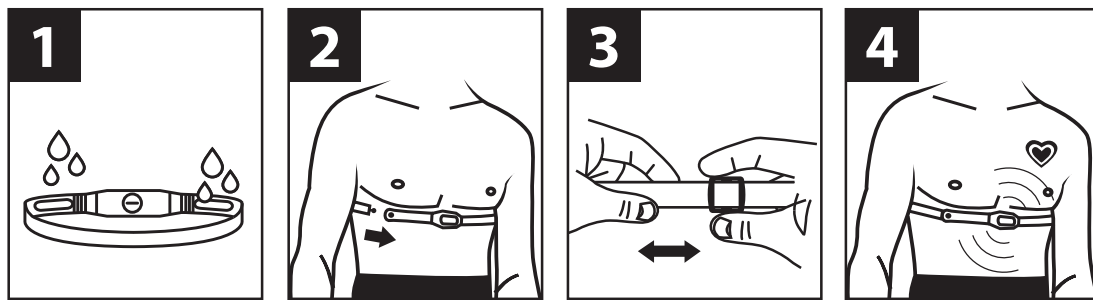
## ▲ 注意

- 濫用本產品有造成嚴重傷害的可能。
- 使用前請閱讀使用說明，遵守其中的有關注意事項和操作規定。
- 不要讓兒童使用本產品或在產品周圍玩耍。
- 若標籤受損、印刷模糊或無標籤，則應更換標籤。
- 使手、腳和頭髮遠離運動的部位。

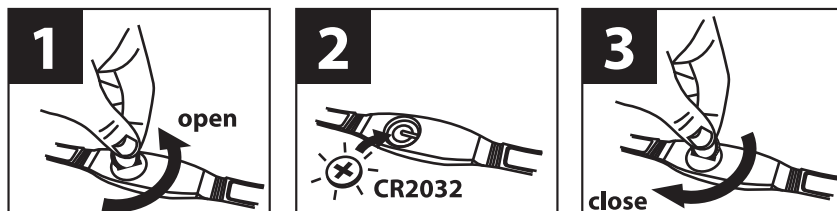
## ▲ 注意事項

- 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並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，並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。

**BELT HEART RATE MONITOR INSTALLATION - INSTALLATION DE LA CEINTURE CARDIOFRÉQUENCEMÈTRE - INSTALACIÓN DEL CINTURÓN CARDIOFRECUENCIÓMETRO - ANLEGEN DES HERZFREQUENZMESSGURTS - INSTALLAZIONE DELLA CINTURA CARDIOFREQUENZIMETRO - PLAATSING VAN DE HARTFREQUENTIEMETERBAND - INSTALAÇÃO DO CINTO CARDIOFREQUENCIÓMETRO - ZAKŁADANIE PASA DO POMIARU CZĘSTOTLIWOŚCI TĘTNA - A SZÍVRITMUSMÉRŐ ÖV ELHELYEZÉSE - НАДЕВАНИЕ ПОЯСА-ПУЛЬСОМЕТРА - INSTALAREA CENTURII CARDIO-FRECVENȚMETRU - INSTALACE PÁSU MĚŘIČE TEPOVÉ FREKVENCE - INSTALLATION AV BÅLTET MED HJÅRTFREKVENS MÅTARE - ПОСТАВЛЕНИЕ НА КОЛАНА ЗА ИЗМЕРВАНЕ НА ПУЛСА - KARDIÓFREKANSMETRE KEMERININ YERLEŞTİRİLMESİ - تثبيت حزام قياس نبضات القلب - 心率测量胸带的安装 - 心率测量胸带的安装**



**CHANGING THE BATTERY - CHANGEMENT DE LA PILE - SUSTITUCIÓN DE LA PILA - AUSWECHSELN DER BATTERIE - SOSTITUZIONE DELLA PILA - BATTERIJEN VERVANGEN - SUBSTITUIÇÃO DA PILHA - WYMIANA BATERII - AZ ELEM CSERÉJE - ЗАМЕНА ЭЛЕМЕНТА ПИТАНИЯ - SCHIMBAREA BATERIEI - VÝMĚNA BATERIE - BYTĚ AV BATTERI - СМЯНА НА БАТЕРИЯТА - PILIN DEĞİŞTİRİLMESİ - تغيير البطاريات - 电池的更换 - 電池的更換**



**RECYCLING**

The "crossed-out bin" symbol indicates that this product and the batteries it contains cannot be disposed of with household waste. They are subject to specific sorting. Take the batteries and your unusable electronic product to an authorised collection area for recycling. Recycling your electronic waste will protect the environment and your health.

**RECYCLAGE**

Le symbole «poubelle barrée» signifie que ce produit et les piles qu'il contient ne peuvent être jetés avec les déchets domestiques. Ils font l'objet d'un tri sélectif spécifique. Déposez les batteries ainsi que votre produit électronique en fin de vie dans un espace de collecte autorisé afin de les recycler. Cette valorisation de vos déchets électroniques permettra la protection de l'environnement et de votre santé.

**RECICLAJE**

El símbolo "cubo tachado" significa que este producto y las pilas que contiene no pueden eliminarse con los desechos domésticos. Son objeto de una selección específica. Elimine las pilas y el producto electrónico que ya no funcionan en un espacio de recogida autorizado a fin de reciclarlos. Esta valorización de sus desechos electrónicos permitirá la protección del medio ambiente y de su salud.

**ENTSORGUNG**

Das Symbol „durchgestrichene Mülltonne“ bedeutet, dass dieses Produkt sowie die darin enthaltenen Batterien nicht mit dem Hausmüll entsorgt werden dürfen. Sie werden mit dem Spezialmüll entsorgt. Entsorgen Sie die Batterien sowie Ihr nicht mehr verwendetes, elektronisches Produkt zum Recycling an einer entsprechenden Sammelstelle. Die Wiederverwertung elektronischer Abfälle ermöglicht den Schutz der Umwelt und Ihrer Gesundheit.

**RICICLAGGIO**

Il simbolo rappresentante un cestino barrato significa che il prodotto e le pile in esso contenute non possono essere gettati nei normali rifiuti urbani. Sono oggetto di uno specifico smaltimento. Riportare le pile ed il prodotto elettronico non più utilizzabile in un apposito spazio di raccolta per poterli riciclare. Questa valorizzazione dei rifiuti elettronici permetterà la protezione dell'ambiente e della salute.

**ENTSORGUNG**

Das Symbol „durchgestrichene Mülltonne“ bedeutet, dass dieses Produkt sowie die darin enthaltenen Batterien nicht mit dem Hausmüll entsorgt werden dürfen. Sie werden mit dem Spezialmüll entsorgt. Entsorgen Sie die Batterien sowie Ihr nicht mehr verwendetes, elektronisches Produkt zum Recycling an einer entsprechenden Sammelstelle. Die Wiederverwertung elektronischer Abfälle ermöglicht den Schutz der Umwelt und Ihrer Gesundheit.

**RECICLAGEM**

O símbolo «caixote do lixo com traço oblíquo por cima» significa que este produto e as pilhas que contém não podem ser deixados fora com o lixo doméstico. Estão sujeitos a uma triagem selectiva específica. Deposite as pilhas, bem como o seu produto electrónico em fim de vida útil, num local de recolha autorizado para os reciclar. Esta reciclagem do seu lixo electrónico permitirá a protecção do ambiente e da sua saúde.

**UTYLIZACJA**

Symbol „przekreślony kosz“ oznacza, że ani produkt ani baterie nie mogą być wyrzucane do śmieci komunalnych. Podlegają one zbiórce selektywnej. Zużyte baterie i urządzenie elektroniczne powinny być pozostawione w autoryzowanym punkcie zbiórki w celu poddania ich recyklingowi. Utylizacja odpadów elektronicznych pomaga chronić środowisko i Twoje zdrowie.

**SELEJTEZÉS**

Az „áthúzott szemetedény” szimbólum azt jelzi, hogy sem ezt a terméket, sem a benne levő elemeket nem szabad a háztartási szemétkébe dobni. Ezeket speciális válogatásnak vetik alá. A használt elemeket és a tovább már nem használható elektronikus terméket újrahasznosítás céljából adja le egy erre szakosodott gyűjtőhelyen. Az elektronikai hulladék újra hasznosítása védi a környezetet és az Ön egészségét.

**ВТОРИЧНА ПЕРЕРАБОТКА**

Знак «перечеркнутого мусорного контейнера» означает, что настоящее изделие, а также элементы питания, входящие в его состав, нельзя выбрасывать вместе с бытовыми отходами.

**RECICLARE**

Simbolul „ladă de gunoi barată” înseamnă că acest produs și bateriile pe care le conține nu pot fi aruncate în același loc cu deșeurile menajere. Acestea fac obiectul unei trieri selective specifice. Predați bateriile, precum și produsul electronic uzat, la un centru de colectare autorizat pentru a fi reciclate. Valorificarea deșeurilor electronice va contribui la protecția mediului și a sănătății dumneavoastră.

**RECYKLACE**

Symbol „přeškrtnutý odpadkový koš” znamená, že tento výrobek a baterie, které obsahuje, nelze vyhazovat s domovním odpadem. Je nutné je likvidovat jako tříděný odpad. Baterie a také další elektronické výrobky na konci jejich životnosti odevzdejte do autorizovaného sběrného místa, které provede recyklaci. Tento způsob zpracování elektronického odpadu přispěje k ochraně životního prostředí i vašeho zdraví.

**ÅTERVINNING**

Symbolen som består av en överkorsad soptunna innebär att produkten och de batterier den innehåller inte får slängas som osorterat hushållsavfall. De skall sorteras separat. Lämna tillbaka uttjänta batterier och den elektroniska produkten på ett godkänt insamlingsställe för återvinning. Återvinningen av elektroniskt avfall skyddar miljön och din hälsa.

**РЕЦИКЛИРАНЕ**

Означението „задраскана кофа за боклук” означава, че този уред и батериите, които съдържа, не могат да бъдат изхвърляни заедно с домакински отпадъци. Те трябва да бъдат събрани отделно. Те трябва да бъдат събрани отделно. След излизане на батериите и електронния уред от употреба те трябва да бъдат транспортирани на специално разрешено за целта място за тяхното рециклиране. Такова преработване на вашите електронни отпадъци опазва околната среда и вашето здраве.

**GERİ DÖNÜŞÜM**

« Üstü çizili çöp tenekesi » sembolü, bu ürünün ve içerdiği pillerin normal ev atıklarıyla birlikte atılmayacağını belirtmektedir. Özel olarak ayrılmalı gerekmektedir. Kullanım ömrü sona eren bataryaları ve elektronik ürününüzü geri dönüştürülmek üzere bir toplama noktasına götürün. Elektronik atıklarınızın bu şekilde değerlendirilmesi çevrenin ve sağlığınızın korunmasını sağlayacaktır.

**إعادة التدوير**

حيث إن مثل هذه المنتجات تخضع لفرض خاص. ضع البطاريات والجهاز الإلكتروني الخاص بك، في حالة اعتزام التخلص منها، في المكان المخصص لتجميع مثل هذه المنتجات لإعادة تدويرها. بعد الاهتمام بإعادة تدوير للمهملات الإلكترونية من وسائل حماية البيئة والحفاظ على الصحة.

**回收**

“划杠垃圾箱”标识说明本产品及其中的电池不能作为家庭垃圾丢弃。必须特别挑选。在您的电子产品寿命结束之后，请将产品和电池放到专门的废弃物收集场所，以便再生利用。电子垃圾的另外存放有利于保护环境，对您的健康有利。

**回收**

“畫杠垃圾箱”標誌表明本產品及電池不可作為生活垃圾丟棄。須將本品置於專門回收處。在您的電子產品和電池使用壽命結束後，請將其置於專門地帶以便回收利用。電子垃圾的回收利用有利於保護環境，對您的健康有益。

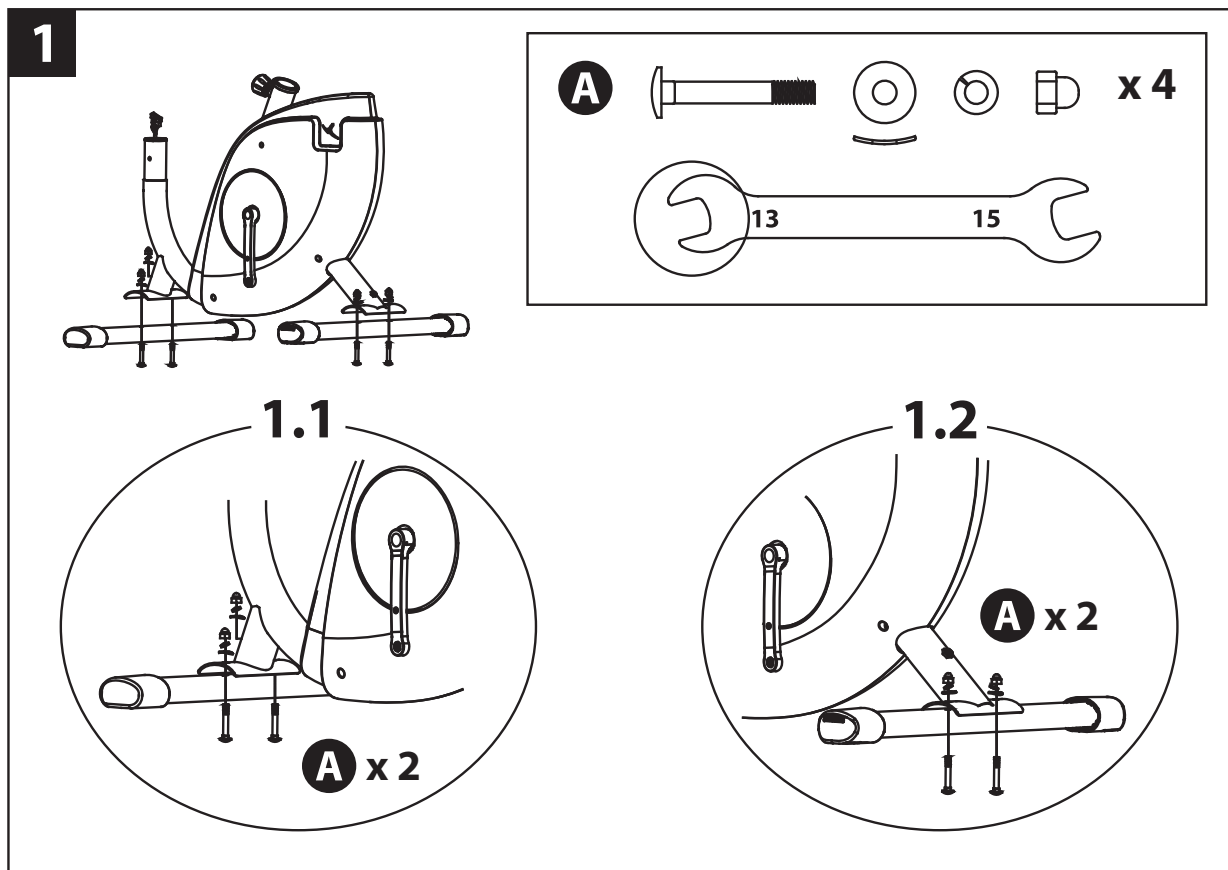
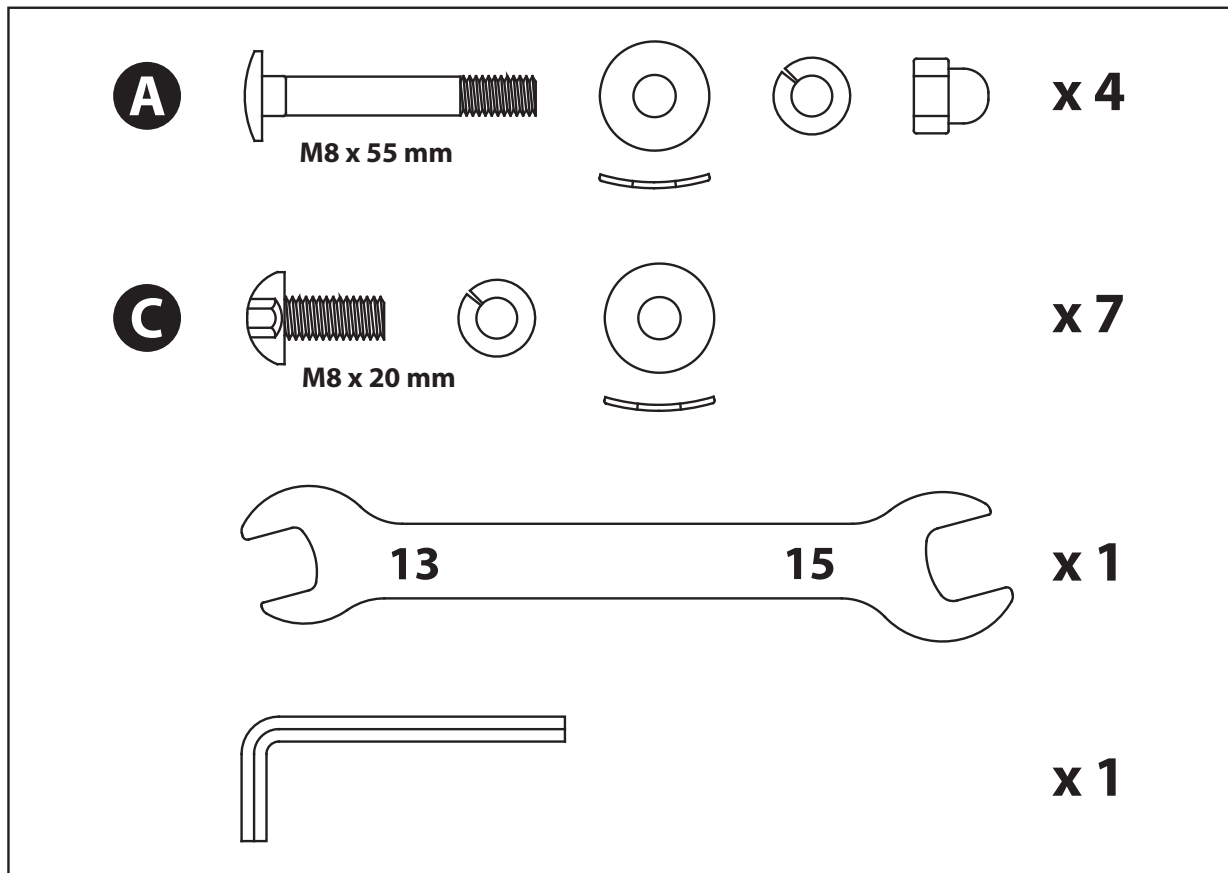
**ADJUSTMENTS • REGLAGES • AJUSTES • EINSTELLUNGEN • REGOLAZIONI •  
 INSTELLINGEN • REGULACÕES • USTAWIENIA • BEÁLLÍTÁS • РЕГУЛИРОВКИ •  
 REGLAJE • DOBRE OPLÁČNITE A OSUŠTE • NASTAVENÍ • INSTÄLLNINGAR  
 • РЕГУЛИРОВКИ • AYARLAR • РЕГУЛЮВАННЯ • الضبط • 调节 • 調節**

Adjust the product to your size  
 Réglez le produit à votre taille  
 Ajuste el producto a su talla  
 Stellen Sie bitte das Gerät auf Ihre Größe ein  
 Regolate il prodotto alla vostra statura  
 Stel het product in op uw lengte  
 Regule o produto à sua altura  
 Regulacja urządzenia w celu dopasowania do wzrostu użytkownika  
 Állítsa be a kerékpárt az Ön méretére  
 Отрегулируйте тренажер по вашим размерам  
 Reglați produsul după dimensiunea dumneavoastră  
 Nastavte výrobek na svou výšku  
 Ställ in produkten enligt din längd  
 Регулируйте продукта според височината си  
 Cihazı boyunuza göre ayarlayın  
 اضبط الجهاز على مستوى طولك  
 调节产品高度与您身材相宜  
 根據您的身材調節健身器



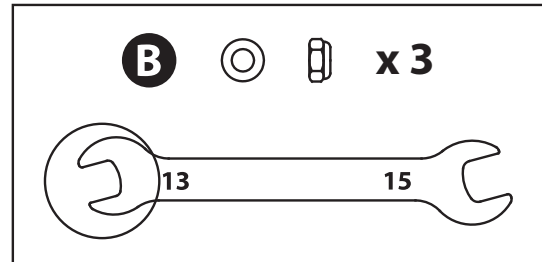
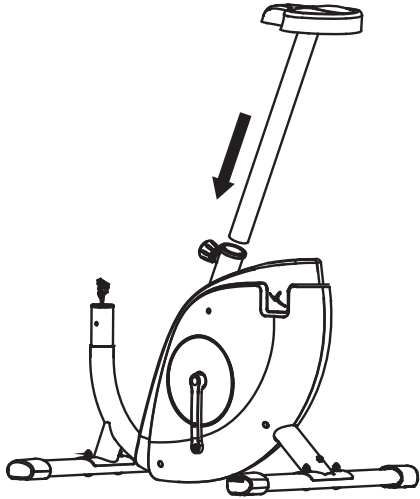
	↔ 150 cm 4' 11"	XS	1	XS
	150 cm ↔ 157 cm 4' 11" ↔ 5' 2"			
	157 cm ↔ 163 cm 5' 2" ↔ 5' 4"	S	3	
	163 cm ↔ 170 cm 5' 4" ↔ 5' 7"			
	170 cm ↔ 175 cm 5' 7" ↔ 5' 9"	M	5	
	175 cm ↔ 180 cm 5' 9" ↔ 5' 11"			
	180 cm ↔ 186 cm 5' 11" ↔ 6' 2"	L	7	
	186 cm ↔ 193 cm 6' 2" ↔ 6' 4"			
	193 cm ↔ 198 cm 6' 4" ↔ 6' 6"	XL	9	
198 cm ↔	10			

ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • MONTAGE  
 • MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ •  
 HOPSÄTTNING • MOHTAJ • MONTAJ • التركيب • 安装 • 安裝

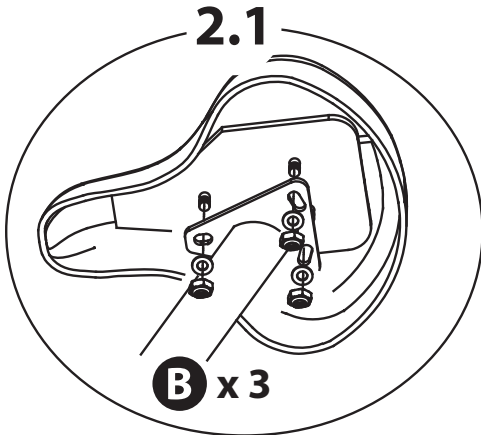


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • MONTAGE  
• MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ •  
HOPSÄTTNING • MOHTAJ • MONTAJ • التركيب • 安装 • 安裝

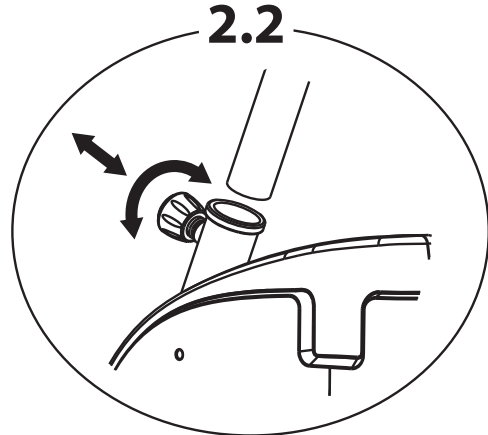
2



2.1



2.2



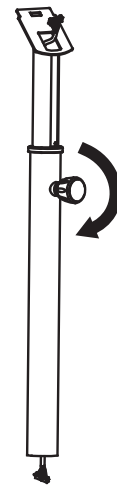
3



3.1

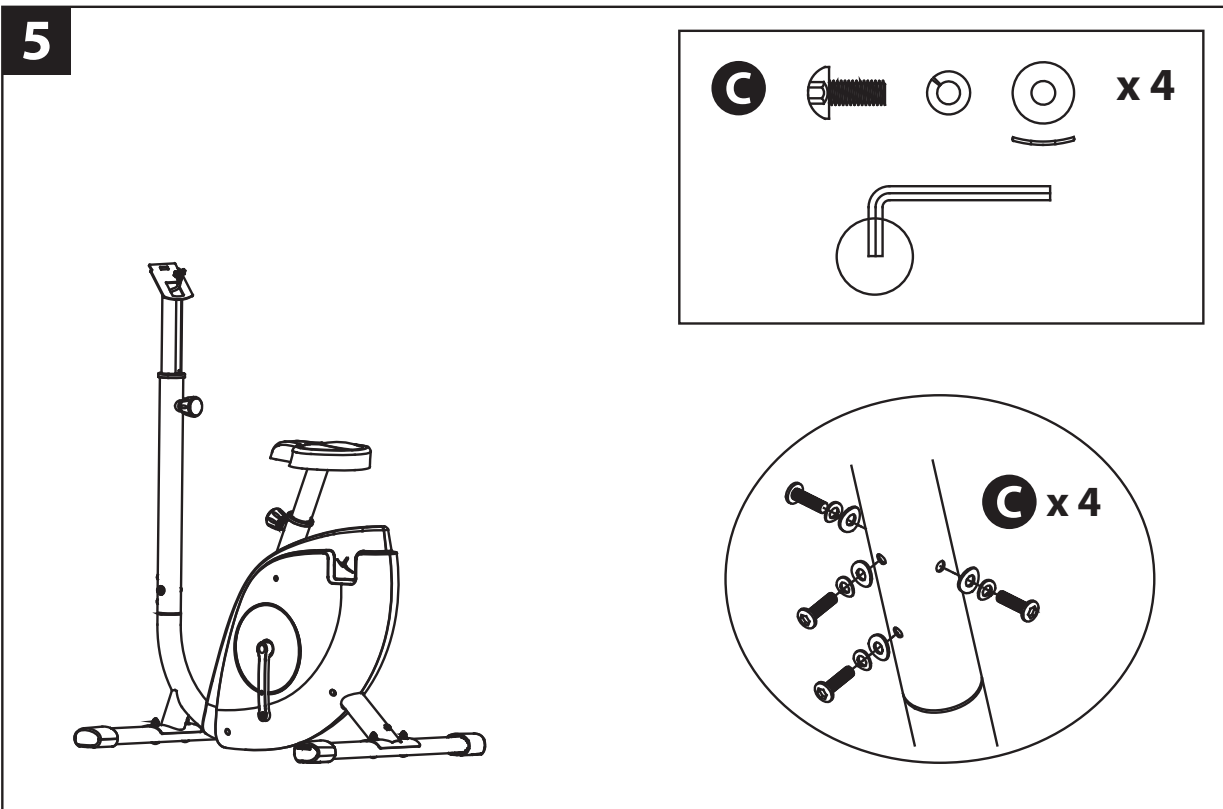
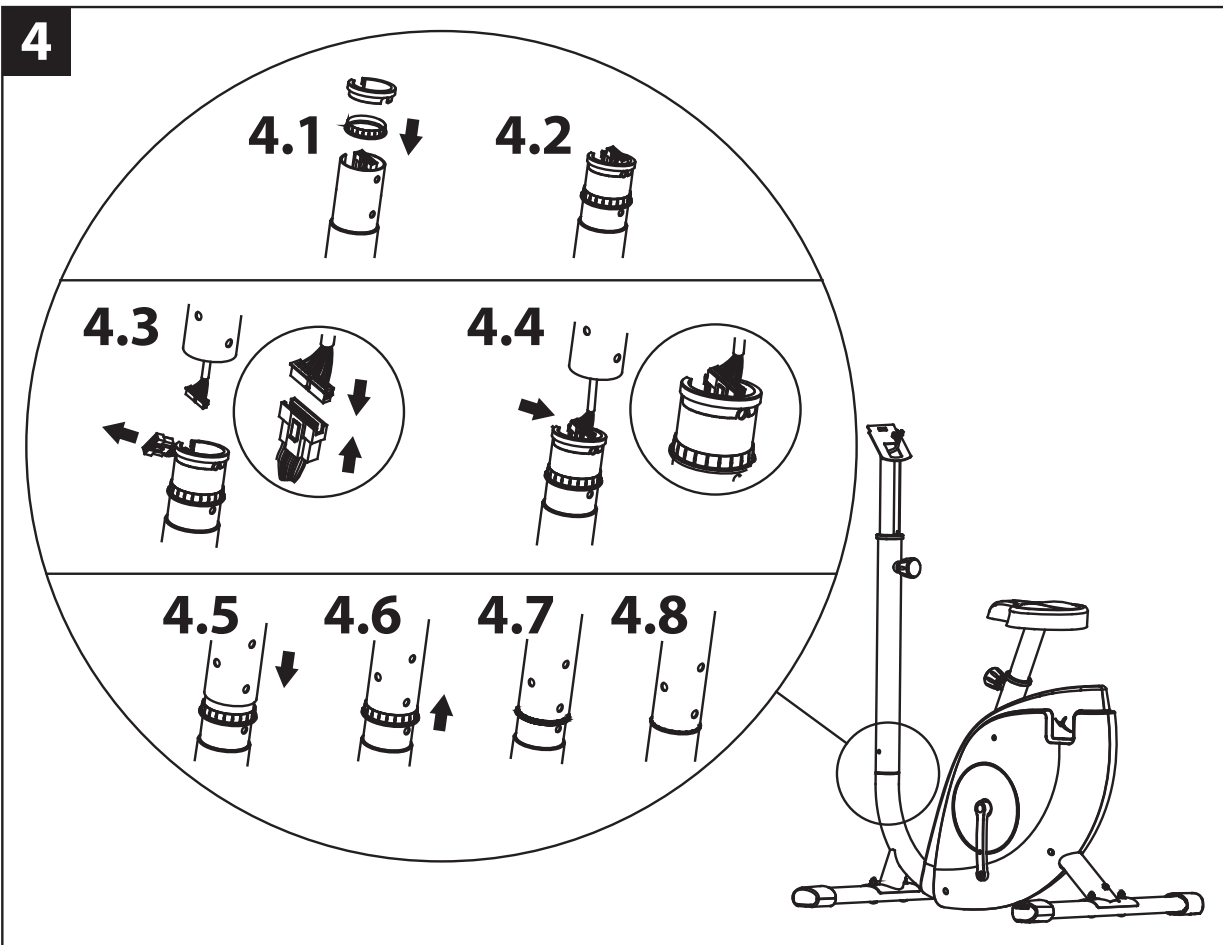


3.2



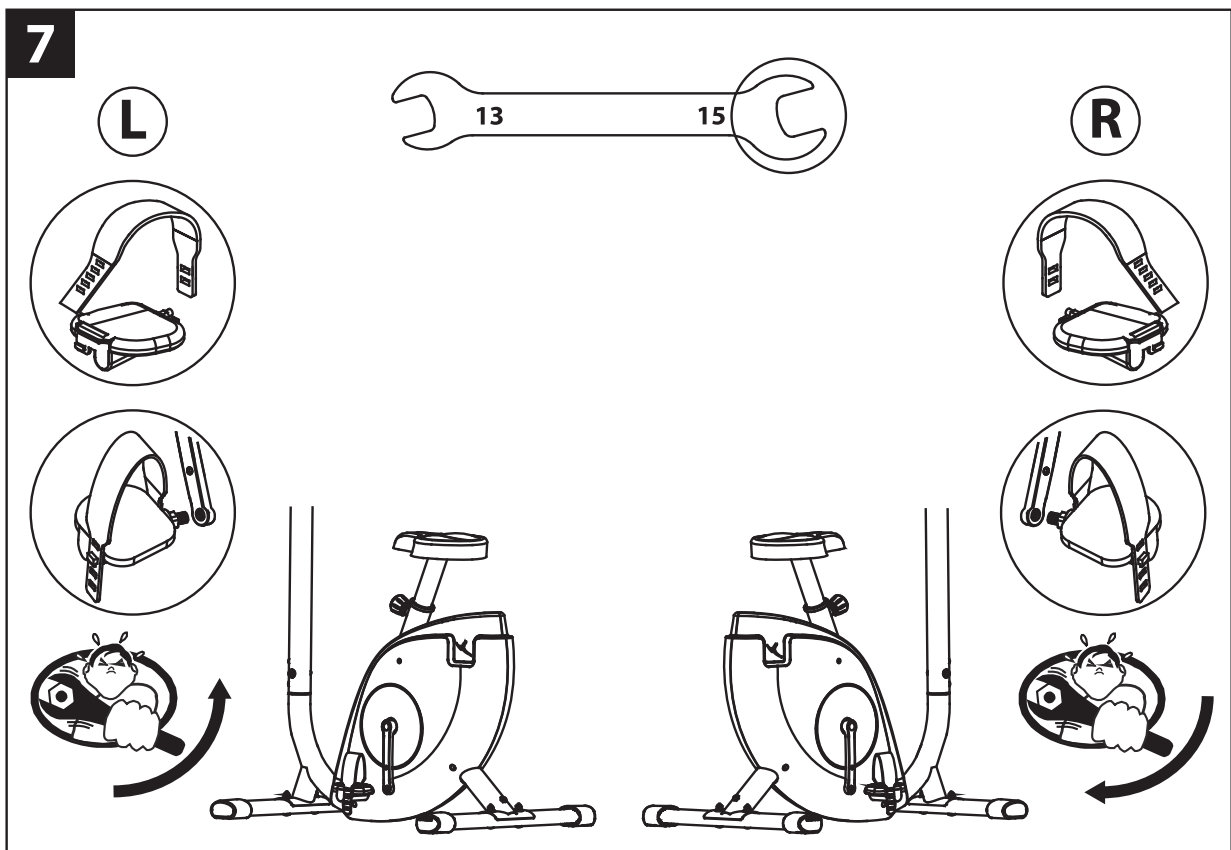
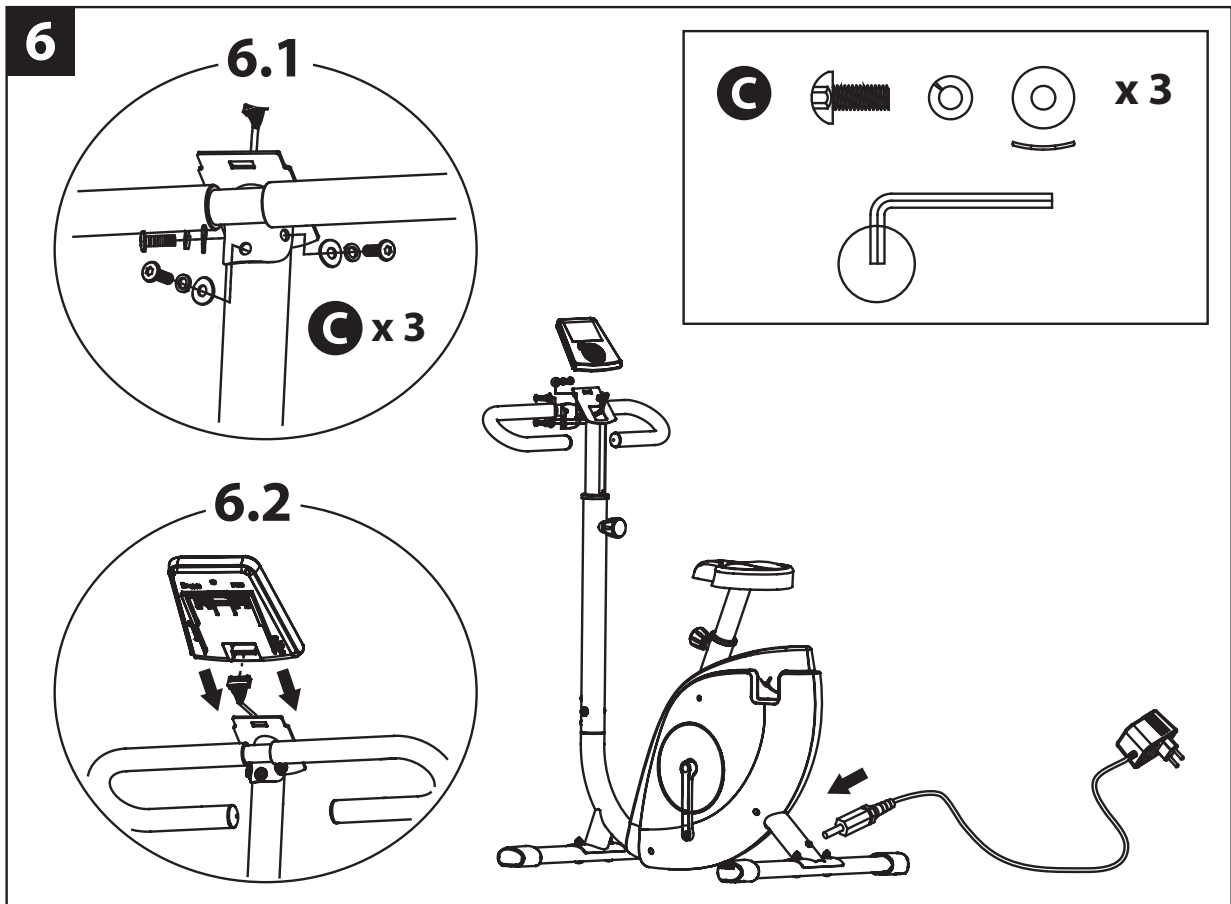
3.3

ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • MONTAGE  
• MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ •  
HOPSÄTTNING • MOHTAJ • MONTAJ • التركيب • 安装 • 安裝





ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • MONTAGE  
• MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ •  
HOPSÄTTNING • MOHTAJ • MONTAJ • التركيب • 安装 • 安裝



Thank you for choosing a DOMYOS product and for the trust this demonstrates.

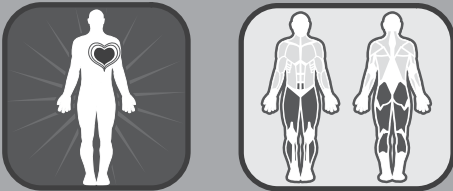
Whether you are a beginner or a high level athlete, DOMYOS is there to help you stay fit or increase your fitness. Our teams aim to always design the best products. However if you have any comments, suggestions and questions, you can voice them on our website: [DOMYOS.COM](http://DOMYOS.COM). On the website you will also find training advice and support.

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

## PRESENTATION

Thanks to its specially-designed shape, this bike places you in an anatomical position. This product is equipped with a magnetic transmission system for optimal and smooth pedalling comfort. The stationary bicycle is an excellent means of cardiovascular exercise. Training on this apparatus will increase your cardiovascular capacity. This will help to improve your physical fitness and your endurance, and you will also burn calories (a necessary step in losing weight, in conjunction with a diet). The stationary bicycle will enable you to tone your legs and buttocks. Your calf muscles and lower abs are also used in the workout.

## PARTS OF THE BODY WORKED



## WARNING

Getting into shape must be done in a CONTROLLED manner. Before beginning any exercise program, consult your doctor.

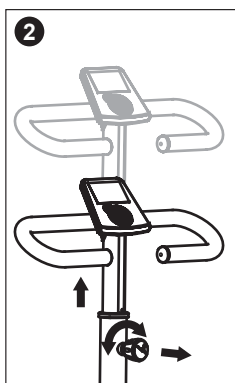
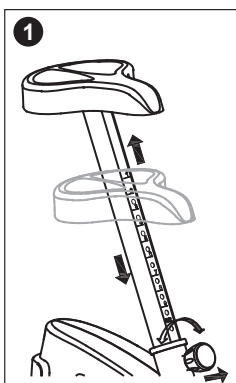
This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years. Read all instructions before use.

## GENERAL RECOMMENDATIONS

1. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
2. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
3. Do not use this product in a commercial, rental, or institutional setting.
4. It is the user's responsibility to inspect and if necessary tighten all parts before using the product.
5. Any assembly or disassembly of the product should be carried out with care.
6. 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. Tie long hair so that it does not get in the way when exercising.
7. People wearing a pace maker, a defibrillator, or any other electronic implant are advised that they use the pulse sensor at their own risk.
8. Pregnant women are advised not to use the pulse sensor.
9. WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint or any pain, stop exercising immediately.
10. Only use your product with the adapter provided.

## ADJUSTMENTS

**WARNING** you must get off the bicycle to make any adjustments (seat, handlebars).



### 1 - HOW TO ADJUST THE POSITION OF THE SEAT

For a productive workout, the seat must be at the right height.

For an effective workout, the seat must be at the right height, meaning that while you are pedalling your knees should be slightly bent when the pedals are at the lowest position. In order to adjust the seat, hold the knob on the seat post, unscrew it and pull it out. Adjust the seat to the right height and reinsert the knob into the seat post, tightening it completely.

#### IMPORTANT:

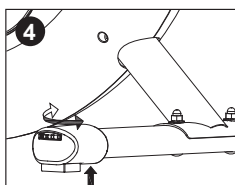
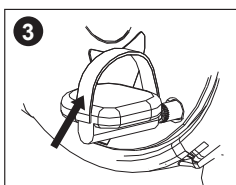
- Make sure that you put the knob back into place in the seat post and tighten it completely.
- Never exceed the maximum seat height.

### 2 - HOW DO YOU ADJUST THE HANDLEBARS?

To adjust the height of the handlebars, hold them and loosen the button on the main frame. At the correct height, align one of the holes in the handlebar support tube with the one in the main frame. Replace the button and retighten it.

#### IMPORTANT:

- Make sure that you put the handlebar support tube back into place and tighten it completely.
- Never exceed the maximum height of the handlebar support tube.



### 3 - HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal strap, first loosen the locking system under the pedal, then adjust the strap to the desired position and retighten the fastener.

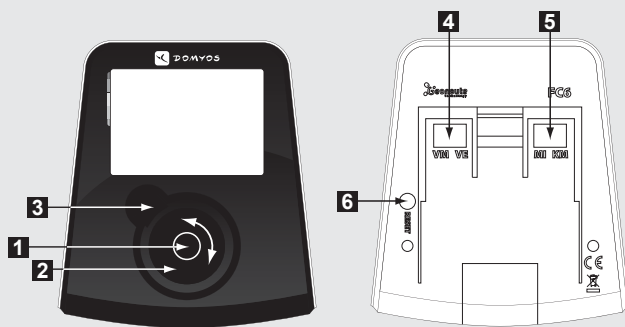
### 4 - LEVELLING THE BICYCLE

In the event that the bike becomes unstable during use, turn one or both of the plastic end knobs on the rear support leg until the bike is stable. In the event that the bicycle becomes unstable during use, turn one or both of the plastic ends on the rear support leg until the bicycle is stable.

## FC6 Console

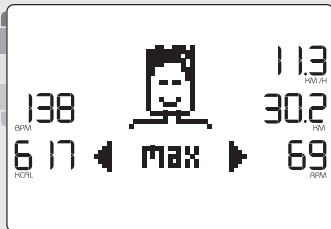
Your console includes many functions designed to improve your exercise regime. Below you will find instructions to help you use it easily.

### PRESENTATION



- 1** Central button: Press on the button in the centre to start the console, select the menus, validate your choices, start your session or pause.
- 2** Scroll knob: Turn the knob to scroll through the menus or set pedalling difficulty.
- 3** Return button: Press the return button to return to the previous screen, end your session or switch off the console.
- 4** Selection switch: Select the type of appliance (Exercise bike / Cross trainer)  
VM = exercise bike  
VE = cross trainer
- 5** Selection switch: Select distance unit (MILES / KM)  
MI = miles  
KM = kilometres
- 6** RESET: Reinitialise selection.

### START SCREEN

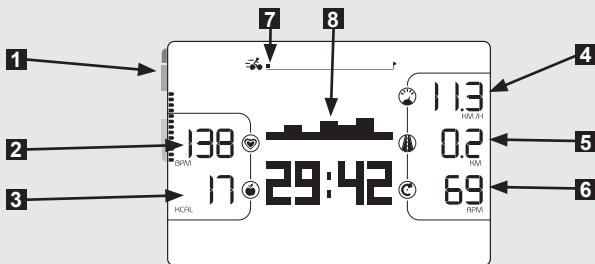


The first screen that appears when you switch on the console. It enables you to view the performance summary of the last profile from its creation.

To view another profile turn the knob.

To leave the start screen and access menus, select the profile by pressing the button in the centre.

### THE SCREEN WHEN EXERCISING



- 1** Calories burned in kcal
- 2** Heart rate in beats per minute (requires wearing a heart rate monitor)
- 3** Calories burned in kcal
- 4** Speed in kph (or mph)
- 5** Distance covered km (or miles)
- 6** Pedalling speed in rotations per minute
- 7** Progress of the user in the training session
- 8** Pedalling difficulty (16 levels)

### CREATING A USER PROFILE

Select the icon then enter the following information into your profile:

- |             |           |                                      |
|-------------|-----------|--------------------------------------|
| 1- Language | 4- Age    | 7- Maximum heart rate <sup>(1)</sup> |
| 2- Name     | 5- Weight | 8- Minimum heart rate <sup>(2)</sup> |
| 3- Picture  | 6- Size   | 9- Button sound (ON / OFF)           |

(1) The default figure displayed is calculated automatically depending on your age.

(2) Your minimum heart rate is calculated after a period of rest.

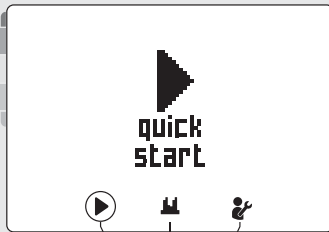
The figure that is displayed by default is an average and approximate value.


You can set up to 4 user profiles.


### DELETING A PROFILE


In the SETTINGS menu, select icon and the profile to delete.

## THE MENU



The  **QUICK START** menu enables you to start a free training session.

The  **PROGRAM** menu enables you to choose one of the 10 pre-programmed training sessions and enter **CHALLENGE** mode.

The  **SETTINGS** mode enables you to manage your user profile.

To access the menu, select the icon by turning the knob and validate by pressing the button in the centre.

## QUICK START

Enter the duration of your training session then validate by pressing on the button in the centre. You can start your session at the end of the countdown.

If you wear the heart rate monitor strap your heart rate will be automatically detected.

To set pedalling difficulty, turn the knob.

To pause, press the central button or stop pedalling.













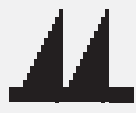

To start up again (maximum 15 minutes after the start of pausing), press the central button again or start pedalling.

To stop the training session before the end, press the return button and confirm your choice.

To switch the console off, press the return button for 3 seconds.

## PROGRAMS

By default, sessions last 30 minutes. You can adjust the duration depending on your wishes. You can also change pedalling difficulty at any time during your session.

 <b>CALORIES</b>	1		<b>The progressive session to burn calories</b> The level of difficulty progressively increases and decreases to the initial level.
	2		<b>The sports session to burn calories</b> Prepare to climb the same hill 3 times! The level changes from a moderate to a difficult level without transition.
	3		<b>An active start to burn calories</b> A steep slope from the start before a more progressive descent into the valley.
 <b>CARDIO</b>	4		<b>A divided session for a healthy heart.</b> This mode includes 8 very steep mountain passes to climb.
	5		<b>The mountain pass road</b> After a first easy pass to warm up, you have to climb 4 much more difficult mountain passes.
	6		<b>Ride in the valley</b> This circuit may seem easier than the previous ones, but it isn't an easy option. Make the most of going downhill!
 <b>FUN</b>	7		<b>A surprise session for maximum challenge!</b> Be surprised and set off for a session selected randomly from the 9 available sessions.
	8		<b>A varied and relaxing ride</b> The ideal session to get your muscles breathing!
 <b>PERFORMANCE</b>	9		<b>The mountain ride for the fittest only!</b> The closer you are to the summit the steeper the slope. Make the most of a short downhill stretch to catch your breath and start again!
	10		<b>A divided session for mountain specialists</b> Maximum difficulty for these 5 mountain passes one after another!



## EN TROUBLESHOOTING

### If the distance or speed is not shown:

Check the position of the switch on the back of the console.

-VM (Exercise bike): 1 pedal revolution = 4 m

-VE (Elliptical machine): 1 pedal revolution = 1.6 m

Press the RESET button.

### If the console does not turn on:

- Check that the adaptor is connected to the bike.

- Check the cable connection at the back of the console and inside the frame.

If the problem persists, check the table on the last page of your user's guide.

### If there is an odd noise coming from inside the case:

Check the table on the last page of your user's guide.

## 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. Keep your back straight when using the product. Do not arch your back.



*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.

### Warming down

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

### Stretching

You should stretch after warming down. Stretching after exercise: Minimises MUSCULAR STIFFNESS caused by the build-up of.

## SALES WARRANTY

DOMYOS guarantees this product, under normal conditions of use, for a period of 5 years for the structure, 2 years for the other parts and labour, starting on the date of purchase as shown on the receipt.

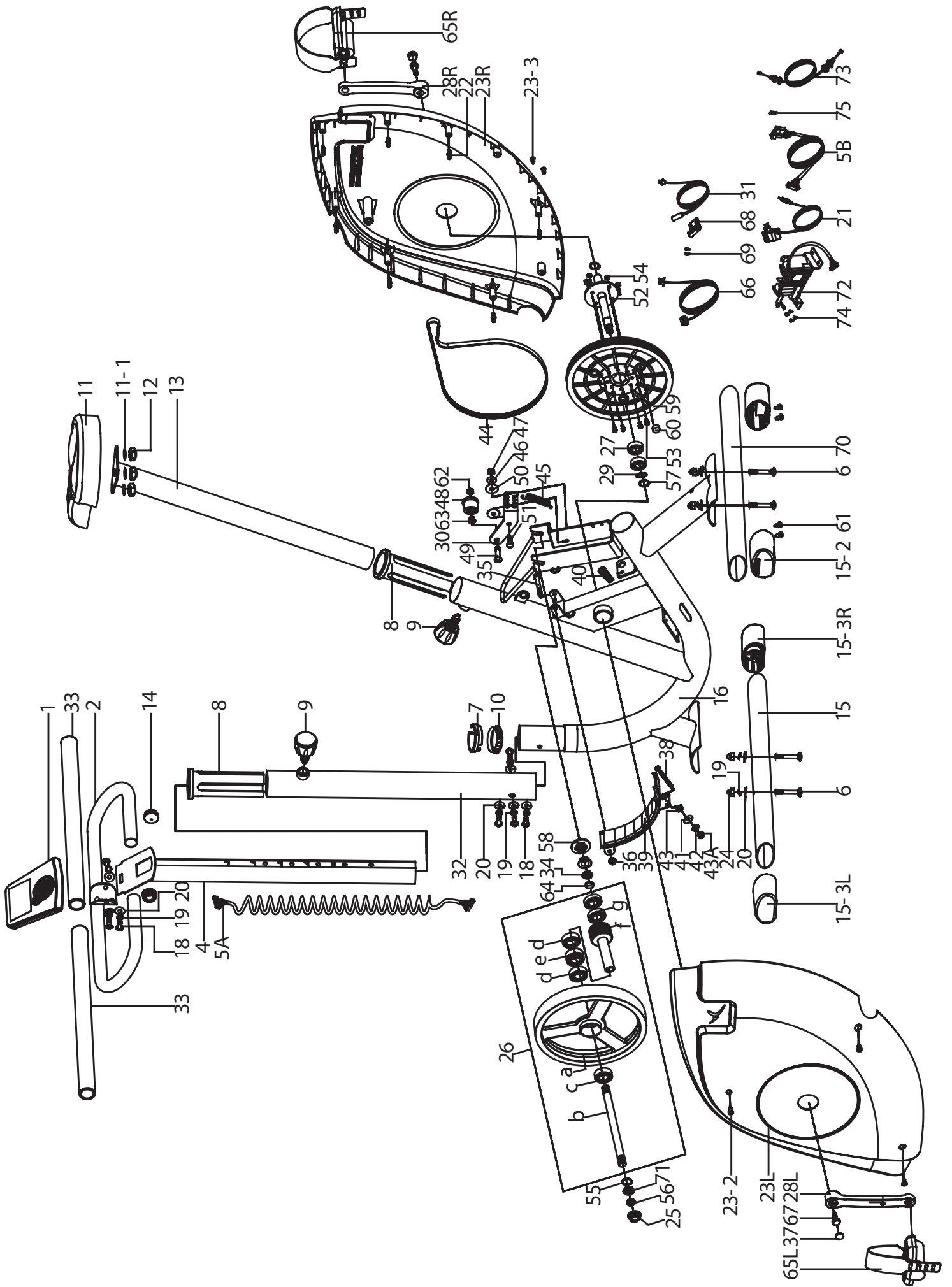
DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This warranty does not apply in the event of:

- Damage caused during transportation
- Use and/or storage of the product in an outdoor or damp environment (except trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use in a non-domestic setting

This warranty does not affect the statutory rights applicable in the country of purchase.

To take advantage of your product's warrantee, consult the table at the end of the user's guide.



**AFTER SALES SERVICE • SERVICE APRES-VENTE • SERVICIO POSVENTA • KUNDENDIENST • SERVIZIO ASSISTENZA POST-VENDITA • AFTERSALES AFDELING • ASSISTÊNCIA PÓS-VENDA • SERWIS PO SPRZEDAŻY • ÜGYFÉLSZOLGÁLAT • СЕРВИСНАЯ СЛУЖБА • SERVICIU POST-VÂNZARE • POPRODEJNÍ SERVIS • EFTERMARKNAD • СЛЕДПРОДАЖБЕН СЕРВИЗ • SATIŞ SONRASI SERVİSİ • بعد خدمة البيع • 售后服务 • 售後服務**

FRANCE	Munissez-vous de votre preuve d'achat et contactez le SAV DOMYOS par l'un des moyens suivants : - Le site internet : <a href="http://services.domyos-fitness.com/">http://services.domyos-fitness.com/</a> (coût d'une connexion internet) - Le centre de relation clientèle : 0800 71 00 71 (appel gratuit depuis un poste fixe en France métropolitaine)
BELGIQUE BELGIE	Munissez-vous de votre preuve d'achat et contactez le service après-vente DOMYOS en vous connectant sur le site internet : <a href="http://services.domyos-fitness.com/">http://services.domyos-fitness.com/</a> (coût d'une connexion internet) Houd uw aankoopbewijs bij de hand, en neem contact op met de aftersales-afdeling van DOMYOS via de internetsite: (kosten internetverbinding)
OTHER COUNTRIES OTROS PAÍSES ANDERE LÄNDER ALTRI PAESI OVERIGE LANDE OUTROS PAÍSES INNE KRAJE MÁS ORSZÁGOK ДРУГИЕ СТРАНЫ ALTE ȚĂRI OSTATNÍ ZEMĚ ANDRA LÄNDER ДРУГИ ДЪРЖАВИ DİĞER ÜLKELER دول أخرى 其他國家 其他國家	Go to the customer service department at the store where you bought your product with your purchase receipt. Dirijase a cualquier tienda de la marca donde haya adquirido el producto y presente la prueba de compra. Wenden Sie sich an den Empfang eines Geschäfts der Marke, wo Sie Ihr Produkt gekauft haben und legen Sie Ihren Kaufnachweis vor. Presentatevi all'accoglienza di un negozio del marchio in cui avete comprato il prodotto, muniti del giustificativo d'acquisto. Meld u bij de receptie van de winkel van het merkproduct dat u heeft gekocht, en neem uw aankoopbewijs mee. Dirija-se à recepção de uma loja da marca onde adquiriu o seu produto, com o respectivo justificativo de compra. Proszę zgłosić się do punktu obsługi klienta w sklepie, w którym zakupiono produkt i przedstawić dowód zakupu. A vásárlást igazoló bizonylattal forduljon annak az üzlethálózatnak az ügyfélszolgálatához, ahol a terméket vásárolta. Обратитесь в отдел работы с клиентами магазина той сети, где вы купили ваше изделие, и предоставьте товарный чек. Prezentati-vă la magazinul firmei de la care ați achiziționat produsul, având asupra dumneavoastră dovada cumpărării. Obraťe se na recepci našeho obchodu, kde jste výrobek zakoupili a předložte doklad o nákupu. Vänd dig till kundmottagningen i den butik där du köpte produkten och tag med kvittot. Обърнете се към «Обслужване на клиенти» на магазина, където сте закупили продукта и представете вашето доказателство за покупката. Satın alma kanıtınız ile birlikte, ürününüzü satın aldığınız şirkete bağlı bir mağazanın müşteri kabul servisine başvurun. يرجى التوجه إلى قسم الاستقبال في مركز البيع الذي اشترت منه المنتج، شريطة إحضار وثيقة إثبات الشراء. 请您携带产品购买发票至购物商店的服务台咨询。 請您攜帶產品購買發票至購物商店的服務台諮詢。



# VM 510

**Keep these instructions**  
**Notice à conserver**  
**Conserve este manual**  
**Gebrauchsanweisung bitte aufbewahren**  
**Istruzioni da conservare**  
**Gebruiksaanwijzing bewaren**  
**Guardar folheto de instruções**  
**Należy zachować niniejszą instrukcję obsługi**  
**Őrizze meg a tájékoztató!**  
**Сохраните эту инструкцию**  
**Păstrați instrucțiunile**  
**Návod je třeba uchovat**  
**Bruksanvisning som ska sparas**  
**Пазете указанието**  
**El kitabını saklayın**  
**يُرجى الاحتفاظ بهذه النشرة**  
**请保存说明书**  
**請保留說明書**

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

TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti, Forum Istanbul AVM. Kocatepe Mah. G Blok No: 1 Bayrampaşa, 34235 Istanbul, TURKEY

Importado para o Brasil por IGUASPORT Ltda

台灣迪卡儂有限公司, 台灣台中市408南屯區大墩南路379號, 諮詢電話: (04) 2471-8833

CNPJ : 02.314.041/0001-88 - 合格品 - Réf. Pack : 1494.048 V6

Made in China - Fabricado na China - 中国制造 - 中國製造 - Произведено в Китае - İmal edildiği yer Çin

OXYLANE 4, bd de Mons - BP 299  
59665 - Villeneuve d'Ascq Cedex  
France  
[www.domyos.com](http://www.domyos.com)

