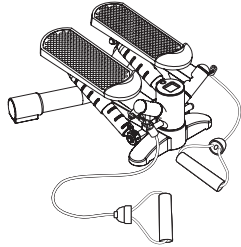


ST 320

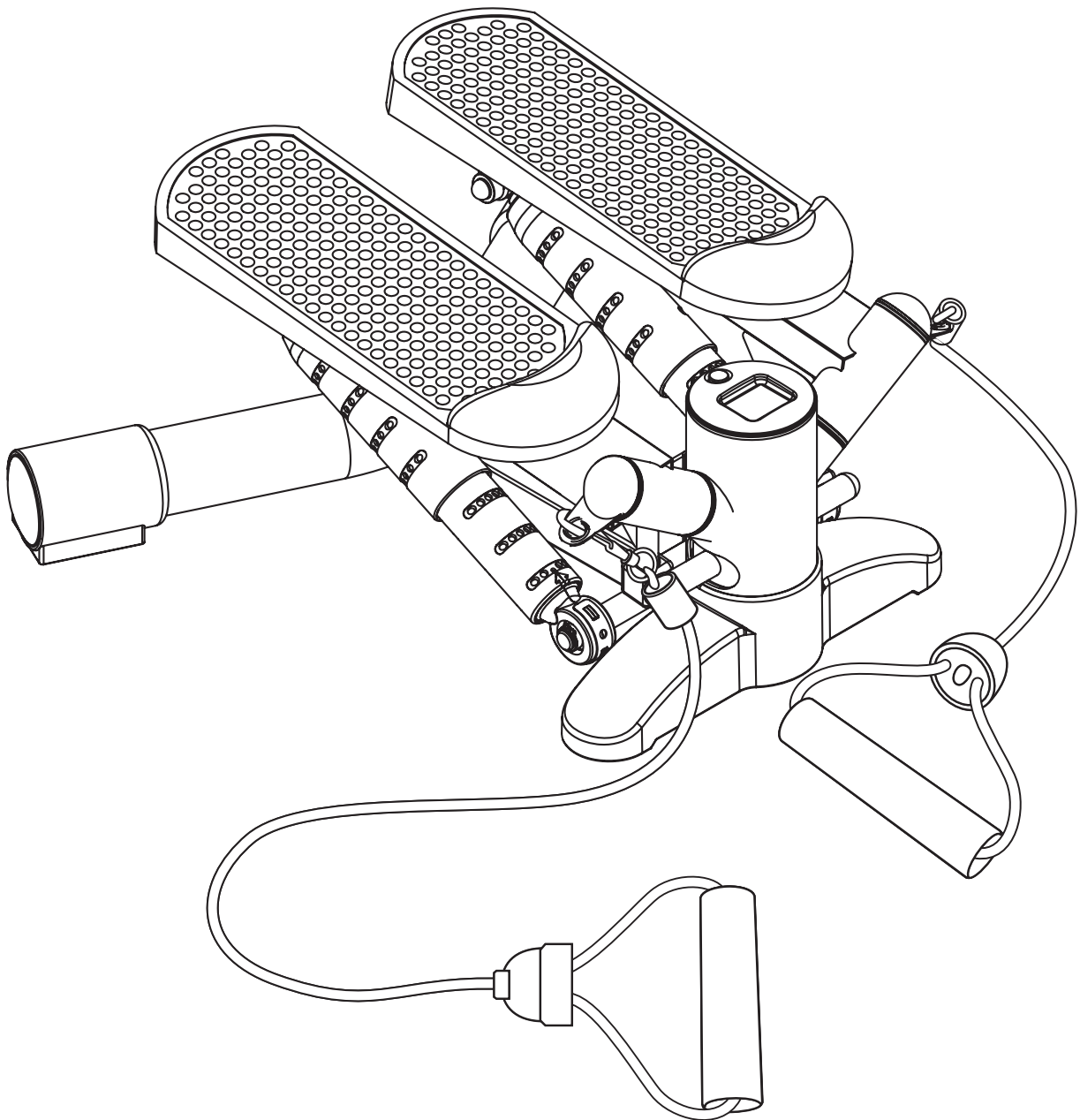


48 x 45 x 22 cm
19 x 18 x 9 in
7 kg / 15 lbs

MAXI

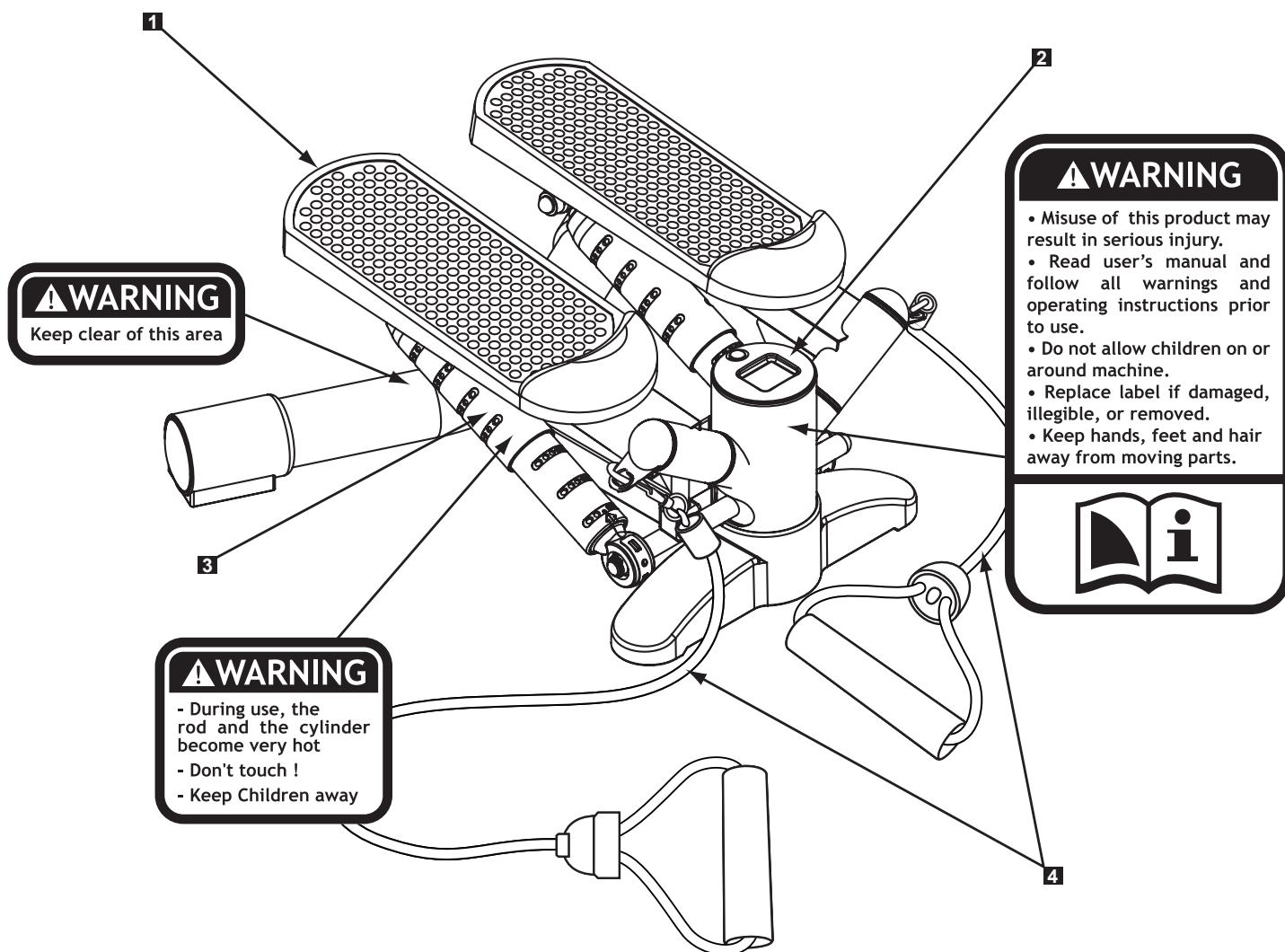


100 kg / 220 lbs



DOMYOS

1 Pedal	2 Counter	3 Piston	4 Elastic straps
Pédale	Compteur	Piston	Elastiques
Pedal	Contador	Pistón	Gomas elásticas
Pedal	Zähler	Kolben	Elastikbänder
Pedale	Contatore	Pistone	Elastici
Pedaal	Teller	Zuiger	Elastieken
Pedal	Contador	Êmbolo	Elásticos
Pedał	Licznik	Tłok	Elastyczne
Pedál	Счетчик	Кнопка	Упругие
Педаль	Contor	Piston	Elastice
Pedalã	Počítač	Piest	Gumiček
Pedál Šlapky	ročítadlo	Píst	Gummibanden
Pedal	Mätare	Kolv	Gummibanden
Педал	Брояч	Бутало	Еластичните
Pedal	Sayaç	Piston	Lastikler
البدال	عداد	مكبس	المطاطية
踏板	计数器	活塞	松紧带
踏板	計數器	活塞	鬆緊帶



⚠ WARNING
Keep clear of this area

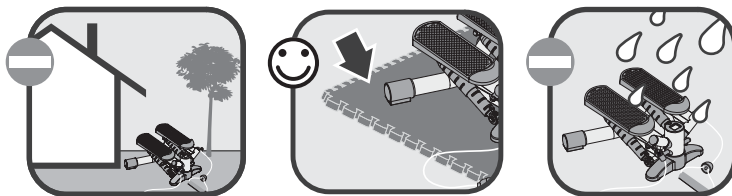
⚠ WARNING
- During use, the rod and the cylinder become very hot
- Don't touch !
- Keep Children away

⚠ 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.

i

SAFETY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • BEVEILIGING • SEGURANÇA • ZABEZPIECZENIE • BIZTONSÁG • БЕЗОПАСНОСТЬ • SIGURANȚĂ • BEZPEČNOST • SÄKERHET • БЕЗОПАСНОСТ • 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.
- La tige et le cylindre peuvent devenir chauds en cours d'utilisation.
- Ne pas toucher.
- Tenir les enfants à l'écart.
- Tenez-vous à distance de cette zone

⚠️ ADVERTÈNCIA

- 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.
- A barra e o cilindro podem aquecer durante a utilização
- Não tocar
- Manter afastado das crianças
- Manter-se afastado desta área

⚠️ UPOZORNĚNÍ

- Jakékoliv nevhodné 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 samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohyblivým se součástkám.
- Uchvávejte toto místo čisté
- Tyč a válec se mohou během používání zahřát.
- Nedotýkejte se.
- Udržujte mimo dosah dětí.

⚠️ 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。
- 在使用過程中，桿和筒會變熱
- 不要碰觸
- 遠離兒童
- 請保持暢通

⚠️ 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 acercarse a las manos, pies y cabello de todas las piezas en movimiento.
- No se 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.
- Nie należy przebywać w tym obszarze
- Trzon i cylinder mogą rozgrzewać się podczas użytkowania
- Nie dotykać
- Mantener a los niños alejados del aparato.

⚠️ 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.
- Trzon i cylinder mogą rozgrzewać się podczas użytkowania
- Nie dotykać
- Chronić przed dziećmi

⚠️ 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.
- Rör ej.
- Låt inte barn komma i närheten av produkten.
- Var utanför detta område

⚠️ 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
- 連桿和缸體在使用中會變熱。
- 不可觸摸。
- 保持兒童遠離。
- 請遠離該區域。

⚠️ 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.
- Der Schaft und der Zylinder können beim Gebrauch heiß werden.
- Nicht berühren.
- Von Kindern fernhalten.
- Diesen Bereich nicht betreten

⚠️ FIGYELMEZTÉS

- A szerkezet helytelen használatával súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatást
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a haját a mozgó alkatrészekről
- A szár és a hengerek a használat során átmelegedhetnek
- Megtrinteni tilos
- Tartsa távol a gyerekeket
- Tartsa távol magát ettől a helytől

⚠️ ПРЕДУПРЕЖДЕНИЕ:

- Всяко неправильно 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 доближавайте ръцете, краката и косите си до движещите се части.
- Лъсът и цилиндърът може да се загряват при употреба.
- Не ги докосвайте.
- Да се пази от деца.
- Стойте далече от тази зона

⚠️ 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.
- L'asta e il cilindro potrebbero surriscaldarsi mentre sono utilizzati.
- Non toccare.
- Tenere fuori dalla portata dei bambini.
- Stare lontani da quest'area

⚠️ ПРЕДУПРЕЖДЕНИЕ

- Нехоректната експлуатация на дадено изделие може да причини тежки травми
- Преди използването внимателно прочетете инструкциите по експлуатацията
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата
- Шток и цилиндр могут нагреваться во время использования тренажера
- Не касаться
- Держите детей на удалении
- Остерегайтесь попадания в эту зону

⚠️ UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemini dikkatle okumanız ve içindeki tüm uyarı ve talimatlara uymanız gerekir.
- Çocukların bu makineyi kullanmalarına izin veremeyin 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.
- Pim ve silindir kullanımı sırasında ısınabilir.
- Dokunmayın.
- Çocuklardan uzak tutun.
- Bu bölgeden uzak tutun

⚠️ 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 teopassen.
- 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.
- De schacht en cilinder worden tijdens het gebruik mogelijk warm
- Niet aanraken
- Buiten het bereik van kinderen houden
- Blijf hier uit de buurt

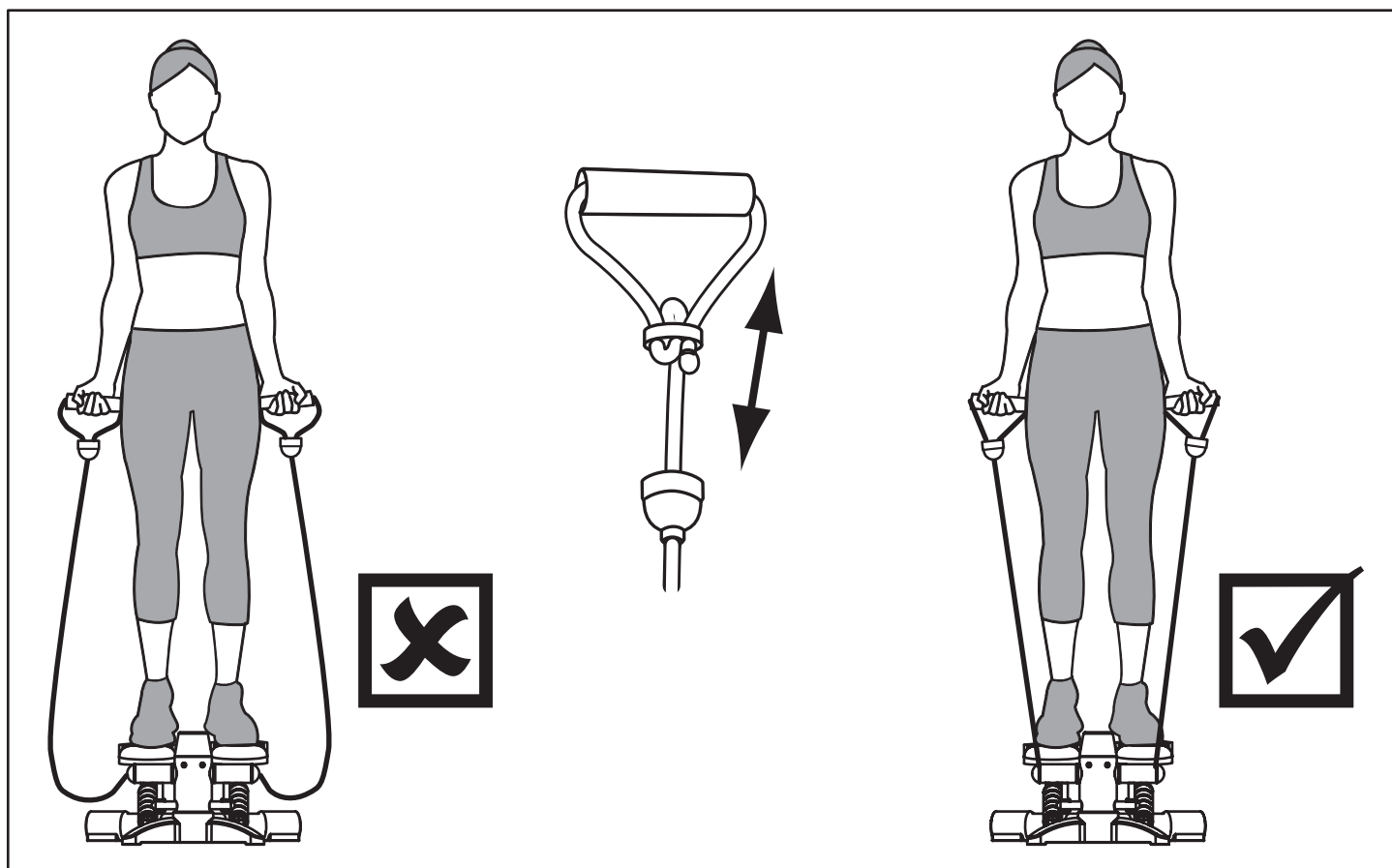
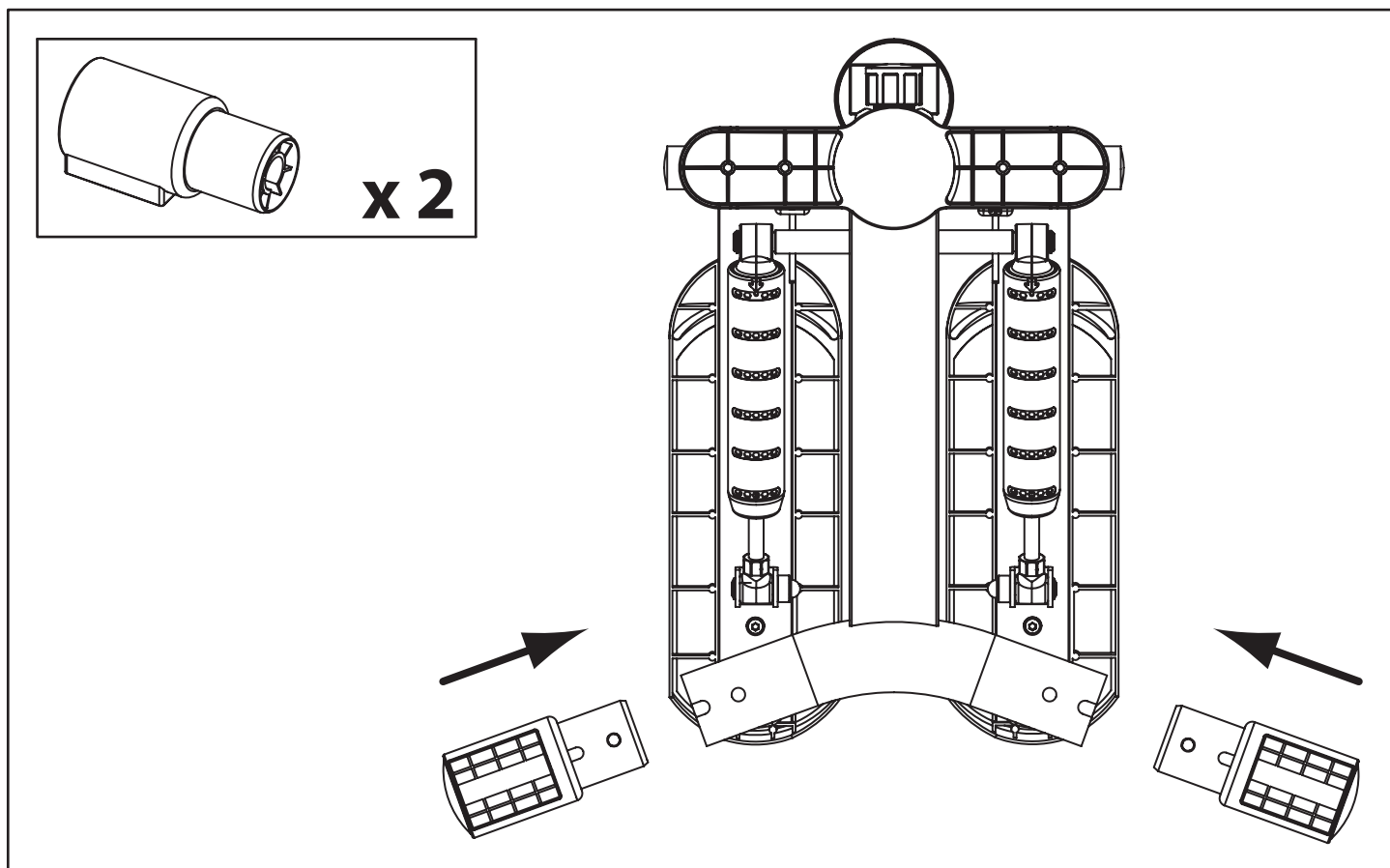
⚠️ ATENȚIE

- 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 țineți-i departe de aceasta.
- Dacă autocolantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.
- Țița și cilindrul se pot încălzi în timpul utilizării.
- Nu le atingeți.
- A se păstra departe de copii.
- Nu stați în apropierea acestei zone

⚠️ 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 استخدام من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقتت.
- قد تصبح الساقي والأسطوانة ساخنتان من الاستعمال.
- فلا تلامسهما.
- حفظ بعيداً عن متناول الأطفال.
- يمنع تقرب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.
- احرص على نظافة هذه المنطقة.

ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • MONTAGE •
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • HOPSÄTTNING
• МОHTAЖ • MONTAJ • التركيب • 安裝 • 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. 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

The stepper is a cardio-training exercise that reproduces the movement of going up stairs.

Regular exercise with the stepper will help you improve your physical fitness and endurance while burning calories (perfect for controlling and/or losing weight when combined with a balanced diet).

In addition to the cardio-vascular and respiratory benefits of the exercise, the stepper tones the buttocks, thighs and calves with impact-free movements.

You can strengthen your shoulders, pectorals and arms thanks to the elastic straps which attach to the device.

WARNING

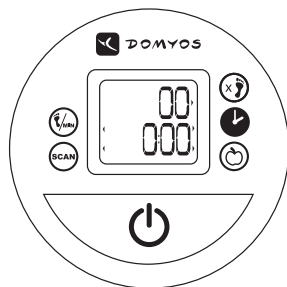
Getting into shape must be done in a CONTROLLED manner. Before beginning any exercise program, consult your doctor. This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years. Read all instructions before 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- If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.

CONSOLE

DISPLAY



To switch the console on, start your training session or press the central button. Press the central button once again to display the information of your choice.

- Number of steps ascended per minute
- Total number of steps ascended
- Time elapsed
- Estimation of calories burned

Selecting the mode allows you to scroll through the information continuously.

To reset the console, hold the central button down for 3 seconds. The console switches itself off automatically if not used for a period of 4 minutes.

TROUBLESHOOTING

- No display: Check the batteries and replace them if necessary. Use one UM3 or AA 1.5 V battery and make sure that it is connected with the correct +/- polarity.
- Problem with the counter: Check that the cables at the back of the console are connected.

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.

USAGE

Always start by warming up slowly for several minutes.
Lift up your feet before pushing the pedals down onto the base unit to exercise more effectively and protect your joints.

Please note that the pedal's movements are dependent upon one another.
Note also that the resistance of the pedals depends on the speed of use.

To increase the aerobic intensity of the exercise, perform the exercise more rapidly (20 - 25 min).
For this type of exercise, train at least three times a week.

To improve muscle tone, perform the exercise rapidly in series broken up with rest periods. For this type of exercise, you can train every other day.

EXERCICES

BASE POSITION:

In a completely vertical position, with your back straight, abdominals tensed and pelvis forward, push down on your heels with your arms bent.

LOCATION OF MUSCLES BEHIND YOUR THIGHS

The muscles located behind your thigh enable you to bend your legs and bring your heel to your buttock.

All you need to do on the stepper is to try to reproduce this movement of the heel towards your buttock: to do this, lean slightly backwards to find a semi-seated position without leaning too far backwards.

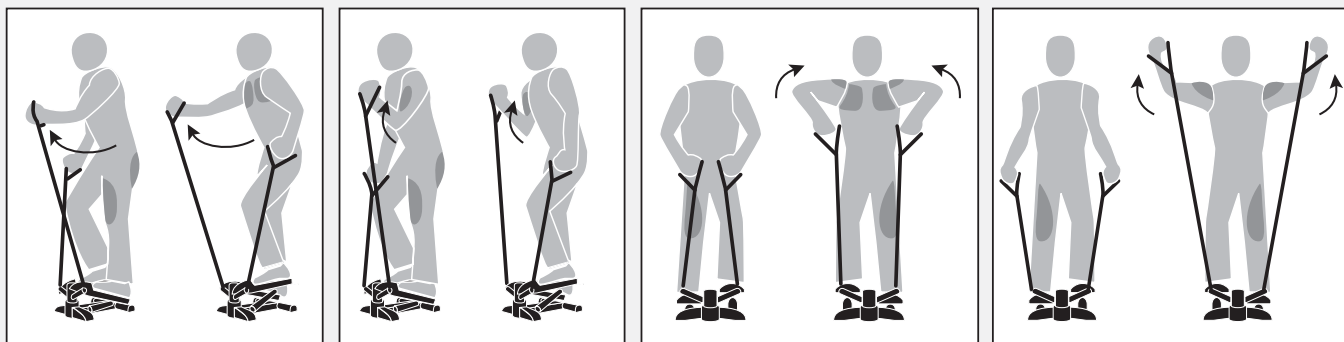
LOCATION OF YOUR BUTTOCK MUSCLES:

To accentuate the movement of your buttock muscles, half-remove your feet from the pedals and tense your abdominal muscles in order to keep your back straight and avoid arching it.

LOCATION IN YOUR CALVES:

To really exercise your calves you just need to work on the tips of your feet.

You can strengthen your shoulders, pectorals and arms thanks to the elastic straps which attach to the device.



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.

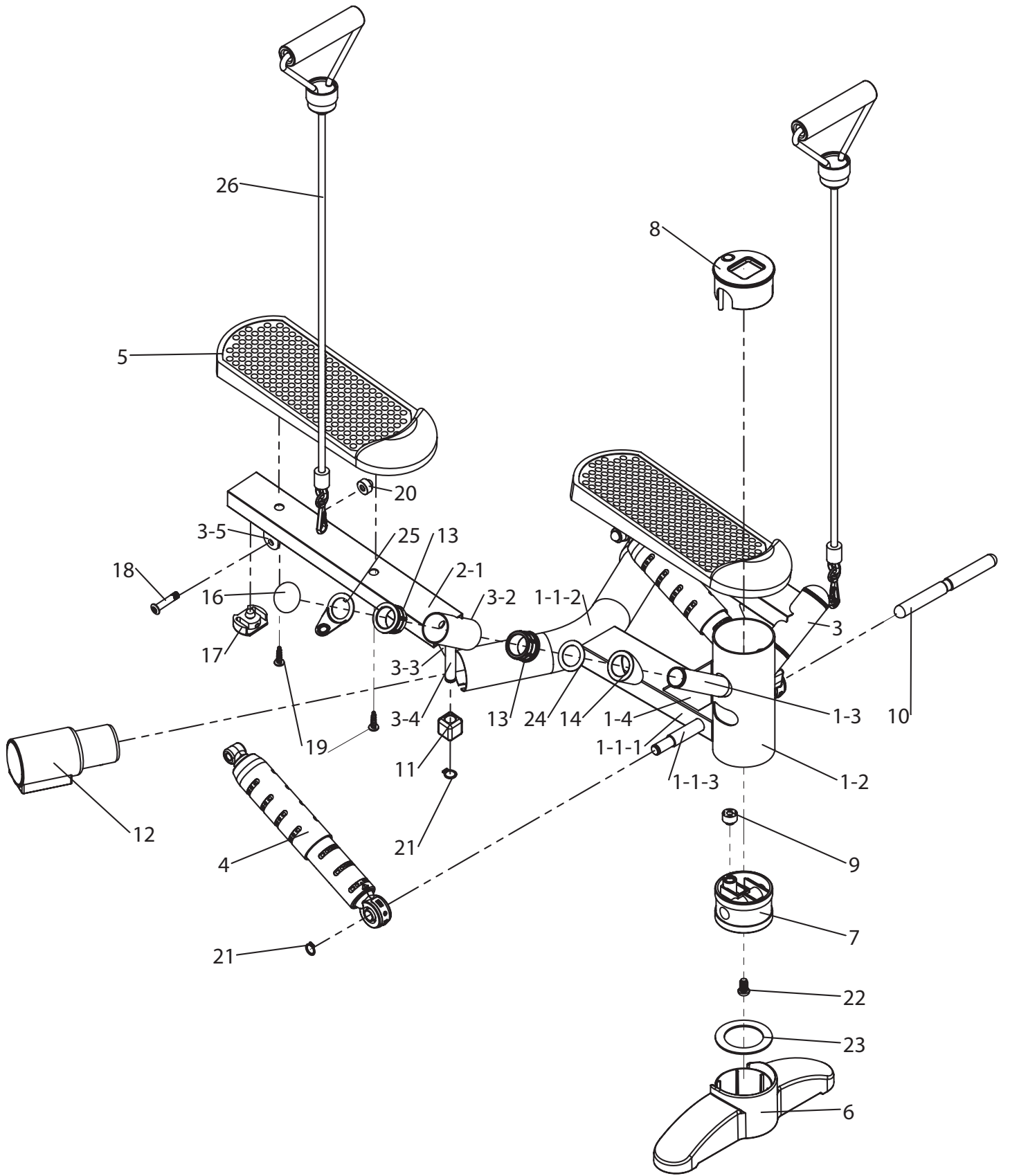
DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

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

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