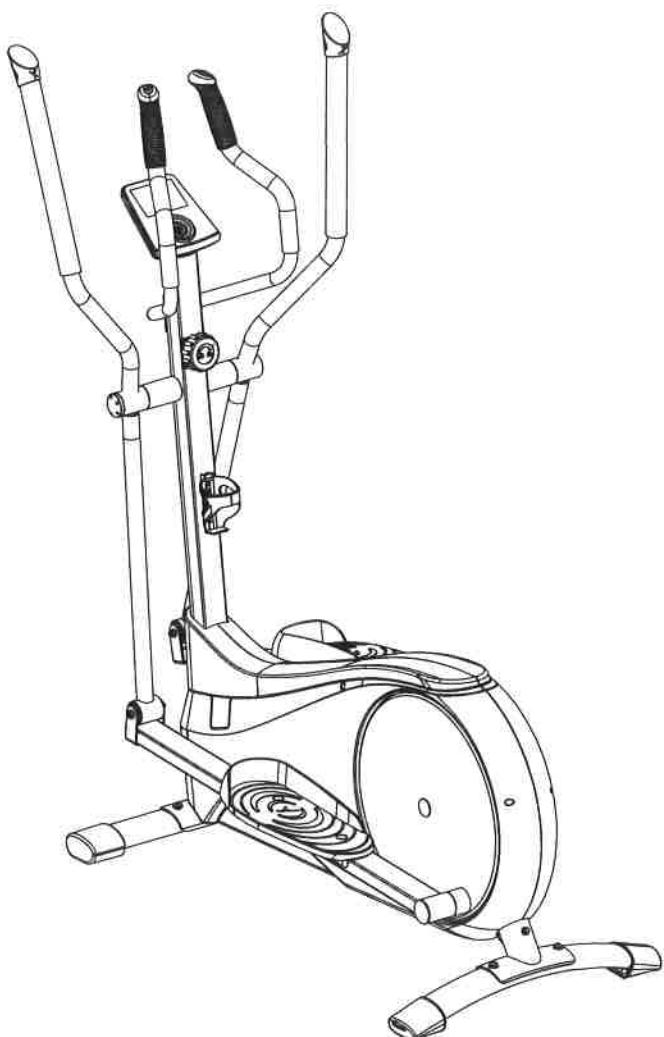


VE 730



VE 730

55 kg / 121 lbs
140 x 62 x 160 cm
55 x 24 x 63 in

Maxi
130 kg
286 lbs

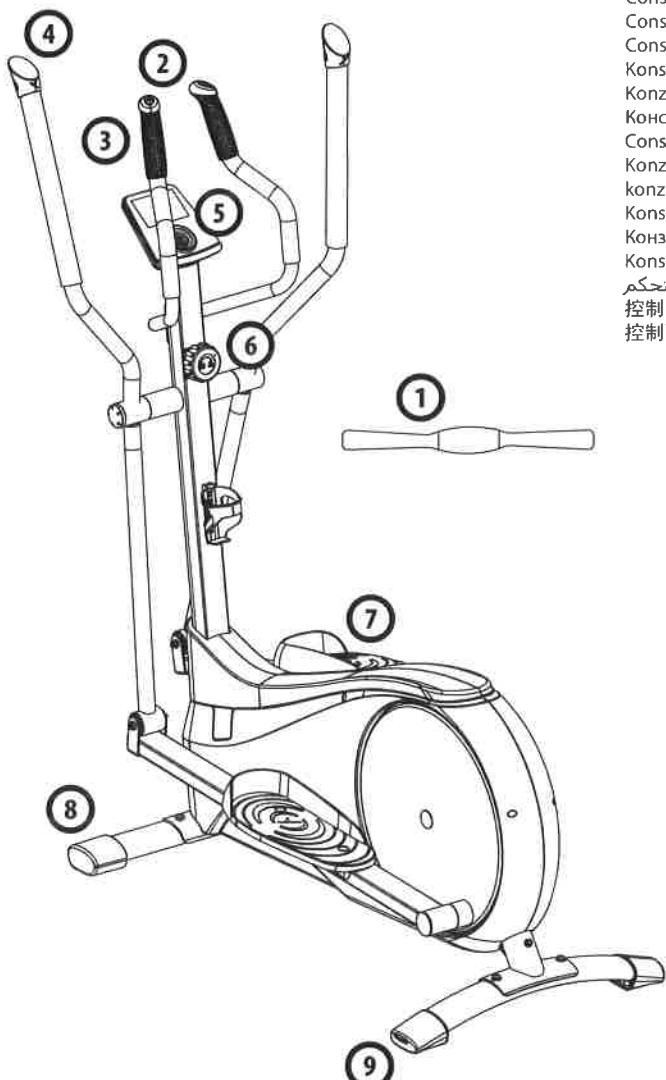


30 min



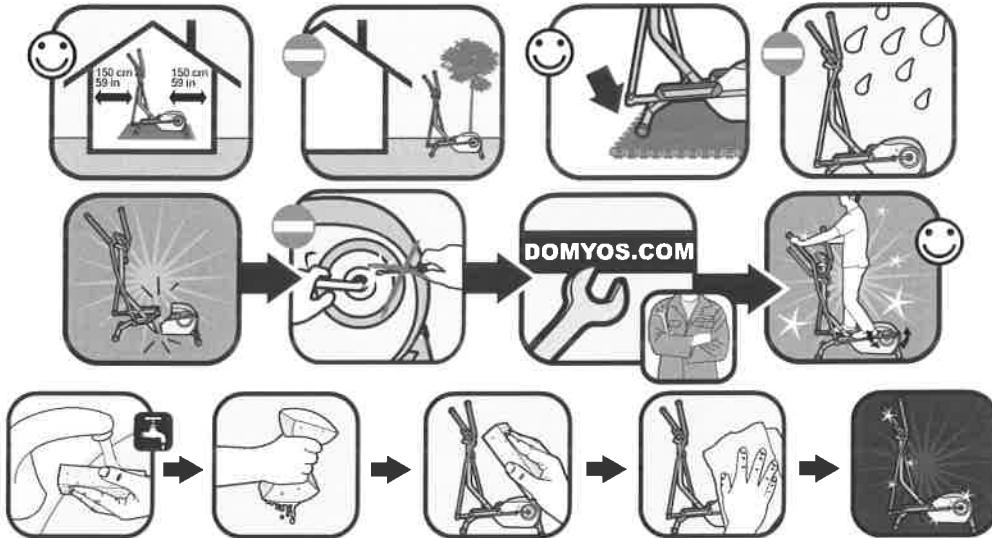
DOMYOS

1	Belt heart rate monitor Ceinture cardiofréquencemètre Cinturón cardiofrecuenciómetro Herzfrequenzmessgurt Cintura cardiofrequenzimetro Band voor hartslagmeting Cinto cardiofrequencímetro Pas do pomiaru częstotliwości tętna Szírvitelmiszerő öv Пояс-пульсометр Centură cardio-frecvențmetru Pás merača srdečnej frekvencie Pás měřiče tepové frekvence Hjärtfrekvensbälte Колан за измерване на пулса Kardiyofernsmetre kemerı حزام قياس نبضات القلب 心率测量胸带 心率測量胸帶	2	Remote control Commandes déportées Mandos desplazados Versetzte Steuerungen Comandi remoti Bedieningsknoppen Comandos remotos Zdalne przełączniki Távirányítók Вынесенное управление Comenzi deportate Dialkové ovládania Dálkové ovládání Fjärrkontroller Дистанционни команди Uzak kumandalari مقابض تحكم عن بعد 遥控柄 遙控柄	3	Non-adjustable handlebar Guidon fixe Manillar fijo Fester Lenker Manubrio fisso Vaste stuurhendels Guiañor fixo Kierownica nieruchoma Rögzített kormány Неподвижный руль Ghidon fix Pevné riadiidlá Pevné madlo Fast styre Фиксирано кормило Sabit gidon مقدون ثابت	4	Adjustable handlebar Guidon mobile Manillar móvil Mobiler Lenker Manubrio mobile Bewegende stuurhendels Guiañor móvil Ruchoma kierownica Mobil kormány Регулируемый руль Ghidon mobil Pohyblivé riadiidlá Pohyblivé madlo Rörligt styre Свалияще се кормило Hareketli gidon مقدون متتحرك 移动车把 移動車把
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8	Transport wheels Roulette de déplacement Rueda de desplazamiento Transportrolle Rotella di spostamento Transportwielrtje Rodinha de deslocação Kólkó do przemieszczania Görgő a mozgatáshoz Колесико для перемещения Rotilă de deplasare Premiestňovacie koliesko Přemíšťovací kolečko Transporthjul Колелце за преместване Taşıma makarası بكرة النقل 移动滑轮 移動滑輪	9	Levelling foot Compensateur de niveau Compensador de nível Niveaausgleicher Compensatore di livello Niveauregelaar Compensador de nível Kompensator poziomu Szintkiegelyenlítő Компенсатор уровня Compensator de nivel Kompenzátor úrovne Vyrovnávací podložka Nivåkompensator Компенсатор на нивото Yükseklik ayar tertibatı مُعادل المستوى 平衡补偿器 平衡補償器
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SECURITY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID • SEGURANÇA • BEZPIECZEŃSTWO • BIZTONSÁG • БЕЗОПАСНОСТЬ • SIGURANȚĂ • BEZPEČNOSŤ • BEZPEČNOST • SÄKERHET • БЕЛОСАНОСТ • EMNİYET • الأمان • 安全 • 安全



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.

AVERTISSEMENT

- Tout usage imprudent 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 impróprio 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 improvvisto 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 bij het toepassen.
- Dit 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 autocollante estiver danificado, ilegível ou ausente, é conveniente substitui-lo.
- Não aproxime as suas mãos, pés e cabos das peças em movimento.

UWAGA

- Nieprawidłowe użytkowanie produktu może spowodować poważne obrażenia.
- Przed każdą użycią, należy uważnie przeczytać instrukcję obsługi i przestrzegać wszystkich zaznaczonych w instrukcji.
- Nie zezwalać dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykietę w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżaj rąk, nog i włosów do elementów w ruchu.

FIGELMEZTETÉS

- A szerkezet helytelen használata súlyos sérelmekhez vezethet.
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatót.
- Nem hagyja, hogy a gyerekek a gépe vagy közelébe kerüljenek.
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik.
- Tartsa távol a kezeit, lábat, a haját a mozgó alka térséktől.

PREDUPREŽDENIE

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения.
- Перед использованием внимательно прочтите инструкцию по эксплуатации.
- Соблюдайте все предсторожности и рекомендации, которые содержатся в этом документе.
- 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 poate să provoace răniri grave.
- Înainte de utilizare, vă rugăm să citiți cu atenție modul de folosire și să respectați toate instrucțiunile și instrucțiunile de pe care acesta le conține.
- Dacă mașina nu este folosită de copii să utilizeze această mașină și încălzătorii sunt departe de aceasta.
- Dacă autocolantul este deteriorat, îl izilbi sau lipsește, este indicat să înclocuți.
- Nu vă apropiati mânările, picioarele și părul de piele în mișcare.

POUZORNENÍ

- Akeštovek nevhodné použitie tohto výrobku môže vytvoriť väčšie poranenia.
- Pred akymkoliv použitím výrobku si starostlivo prečítajte navod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré súde uvedene.
- Nedovolte detom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že samolepiaci štítek poškodený, nečitelný alebo štítok chybá na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k sučiastkam, ktoré sú pohybujúce.

UPOZORÉNÍ

- Jakékoliv nevhodné použití tohto výrobku může způsobit významné poranění.
- Před jakýmkoliv použitím výrobku si pečlivě pročtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabráněte dětem, aby tento přístroj používali a priblížovali se k nimu.
- V případě, že samolepicí štítek poškozený, nečitelný nebo štítok chybá na výrobku chybějte, je nutné jej vyměnit.
- Nepribližujte ruce, nohy a vlasy k pohybující se součástkám.

NOTE

- Felaktig användning av denna produkt riskerar att förorsaka allvarliga personskador.
- Las 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 прочете внимателно начин 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, нечitлива или липсва, тя трябва да бъде сменена.
- Не доближавайте ръцете, краката и косите си до движещите се части.

UYARI

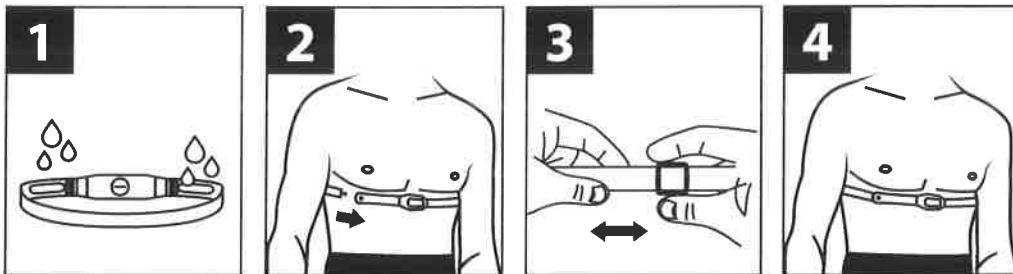
- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemini dikkatle okumanız ve içindeki tüm uyarı ve talimatları uymazsınız gerekir.
- Çocukların bu makineyi kullanmalara izin vermeyin ve onları bu makineden uzak tutun.
- Yapısal etkili zarar görmüş, okunaksız veya mevcut değilse, yeni ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırın.

نحوذ
• عدم استخدام هذا المنتج منه كل سليم قد يسبب في إعاقة خطيرة.
• قبل الاستخدام احرص على قراءة دليل الاستخدام بعناية مع الاهتمام الخاص جمجمة.
• استخدام عناية مناسبة لتجنب المخاطر.
• يمنع استخدامه من قبل الأطفال ويعتقد بعداً.
• يجب استبدال اللاصق إذا ثابت أو تشققت أو فقد.
• يمنع تقبيل الدين والقدمين والشعر من جميع الأجزاء المتحركة.

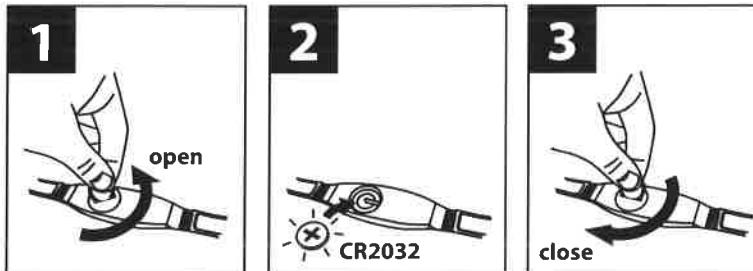
注意

- 使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及在产品周围玩耍。
 - 若标签受损、印刷模糊或无标签，则应更换标签。
 - 使手、脚和头发远离运动的部位。
- 注意事項**
- 對產品的不當使用將導致嚴重受傷。
 - 使用本產品之前請閱讀本手冊上的全部說明、並遵照注意事項進行使用。
 - 不可讓兒童接近或使用該器材。
 - 如產品上的貼標損壞、模糊或缺失，請將其更換。
 - 不可將雙手、雙腳或頭髮靠近運動中的部件。

FITTING THE HEART RATE MONITOR BELT • INSTALLATION DE LA CEINTURE CARDIOFRÉQUENCEMÈTRE • INSTALACIÓN DEL CINTURÓN CARDIOFRECUENCÍMETRO • ANLEGEN DES HERZFREQUENZMESSGURTS • INSTALLAZIONE DELLA CINTURA CARDIOFREQUENZIMETRO • PLAATSING VAN DE BORSTBAND VOOR HARTSLAGMETING • INSTALAÇÃO DO CINTO CARDIOFREQUENCÍMETRO • INSTALACJA PASA PULSOMETRU • A SZÍRVITMUSMÉRŐ ÖV ELHELYEZÉSE • ПОДКЛЮЧЕНИЕ ПУЛЬСОМЕТРА • INSTALAREA CENTURII CARDIOFREVENTMETRU • UMIESTNENIE PÁSU MERAČA TEROVEJ FREKVENCIE • UMÍSTĚNÍ PÁSU MĚŘÍČE TEPOVÉ FREKVENCE • INSTALLATION AV HJÄRTFREKVENSBÄLTET • ПОСТАВЯНЕ НА КОЛАНА НА ПУЛСОМЕРА • KARDİYOFREKANSMETRE KEMERİNİN YERLEŞTİRİLMESİ • وضع حزام مقياس ضربات 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 • BATTERIJ VERVANGEN • SUBSTITUÇÃO DA PILHA • WYMIANA BATERII • AZ ELEM CSERÉJE • ЗАМЕНА БАТАРЕИ • SCHIMBAREA BATERIEI • ВЪЙМЕНА БАТЕРИЕ • BATTERIBYTE • СМЯНА НА БАТЕРИЯ • ПІЛ ДЕГІСТІРМЕ • تغیر البلية • 电池的更换 • 電池的更换



RECYCLAGE
The crossed out bin symbol means that this product and the batteries it contains cannot be thrown out with household waste. They must be separated and recycled. Take the batteries and unusable electronic product to an authorised collection area for recycling. Recycling your electronic waste will protect the environment and your health.

RICICLAGGIO
Il simbolo cestino barrato significa che questo prodotto e le pile che contiene devono essere trattati separatamente dai rifiuti domestici. Sono oggetto di uno specifico smaltimento. Smaltire le pile e 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.

RECYCLING
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.

RECICLAGE
El símbolo del contenedor tachado significa que este producto y las pilas que contiene no pueden eliminarse con los desechos domésticos, sino que son objeto de una selección específica. Cuando se agoten las pilas o el ciclo de vida de cualquier aparato electrónico, depositelos en un punto limpio autorizado para su reciclado. El tratamiento de los residuos electrónicos permitirá proteger el medioambiente y su salud.

RECYCLING
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. Diese Wiederverwertung Ihrer elektronischen Abfälle ermöglicht den Schutz der Umwelt und Ihrer Gesundheit.

RICICLAGGIO
Il simbolo cestino barrato significa che questo prodotto e le pile che contiene devono essere trattati separatamente dai rifiuti domestici. Sono oggetto di uno specifico smaltimento. Smaltire le pile e 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.

RECYCLING
Het symbool van de doorkruste vuilnisbak betekent dat dit product en de batterijen erin niet weggegooid mogen worden met het huisafval. Ze maken deel uit van een specieel sorteerproces. Werp de batterijen evenals een elektronisch product aan het einde van de levensduur in een daarvoor bestemde container teneinde deze te recycleren. Deze recycling van uw elektronisch afval zal het milieu en uw gezondheid beschermen.

RECICLAGEM
O símbolo caixote de lixo com traço significa que este produto e as pilhas que contém não podem ser eliminados com os resíduos domésticos. 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 proteção do ambiente e da sua saúde.

UTYLIZACJA
Symbol przekreślonego kosza oznacza, że produkt i baterie nie mogą być wyrzucone ze zwykłymi odpadami domowymi. Podlegają one zbiórce selektywnej. Użyte baterie i urządzenie elektroniczne powinny być złożone w autoryzowanym punkcie zbiorki w celu poddania ich recyklingowi. Utylizacja odpadów elektronicznych pozwala chronić środowisko i Twoje zdrowie.

SELEJTEZÉS
Az áthúzott szemetesedény szimbólum azt jelzi, hogy nem ezt a terméket, sem a benne lévő elemet nem szabad a háztartási szemetébe dobni. Ezeket a használt akkumulátorokat és a további már nem használható elektronikus termékeket újrahasznosítás céljából adják az egységeket gyűjtőhelyen. Az elektronikai hulladékok hasznosítása védi a környezetet és az Ön egészségét.

ВТОРИЧНАЯ ПЕРЕРАБОТКА
Символ перечеркнутой мусорной корзины означает, что изделие и входящие в его состав элементы питания нельзя выбрасывать с бытовым мусором. Они подлежат отдельной утилизации. По окончании срока службы аккумуляторов и электронного устройства складывайте их в предназначенный для этого месте для последующей утилизации. Утилизация электронных изделий осуществляется с целью защиты окружающей среды и вашего здоровья.

RECICLAREA
Simbolul poubelă barată indică faptul că acest produs și bateriile pe care acesta le conține nu pot fi eliminate împreună cu deșeurile menajere. Acestea fac obiectul unei trieri selective specifice. Depozitați bateriile, precum și produsul electronic uzat, la un centru de colectare autorizat pentru a fi reciclate. Această valorificare a deșeurilor electronice va contribui la protecția mediului înconjurător și a sănătății dumneavoastră.

RECYKLÁCIA
Symbol preškrtnutý kôš znamená, že sa tento výrobok a batérie, ktoré obsahuje, nemôžete vyhľadovať s domácom odpadom. Je nutné ich triadiť ako separovaný odpad. Batérie, ako aj elektronický výrobok, zanezte na konci životnosti na povolené zberné miesto, aby sa zabezpečila jeho recyklácia. Znovu používaním elektronického odpadu prispievate k ochrane životného prostredia a svojho zdravia.

RECYKLACE
Symbol přeskřítnuté popelnice znamená, že tento produkt ani baterie, které obsahuje, nesmíte zlikvidovat s domácím odpadem. Je nutné je likvidovat jako tříděný odpad. Po skončení životnosti odnesete elektronický výrobek a baterie do příslušné šternby, která je zrecykluje. Toto zahodnění elektronického odpadu napomůže ochraně životního prostředí a vašeho zdraví.

ÅTERVINNING
Symbolen som foreställer en överkorsad soplunta innebär att produkten och de batterier den innehåller inte får slängas som sorterat hushållsavfall. De skal sorteras separat. Lämna batterierna och den uttagna elektroniska produkten i ett uppsamlingskar för återvinning. Återvinning av elektroniskt avfall är bra ur miljö- och hälsosynpunkt.

РЕЦИКЛИРАНЕ
Символът замернат контейнер означава, че този уред и съдържащите се в него батерии не могат да бъдат изхвърлени заедно с битовите отпадъци. Те подлежат на специално раздадено събиране. Изхвърляйте негодните батерии, както и вашата електронен продукт в специален събирателен пункт, за да бъдат рециклирани. Това разделно събиране на вашите електронни отпадъци ще помогне за опазване на околната среда и на вашето здраве.

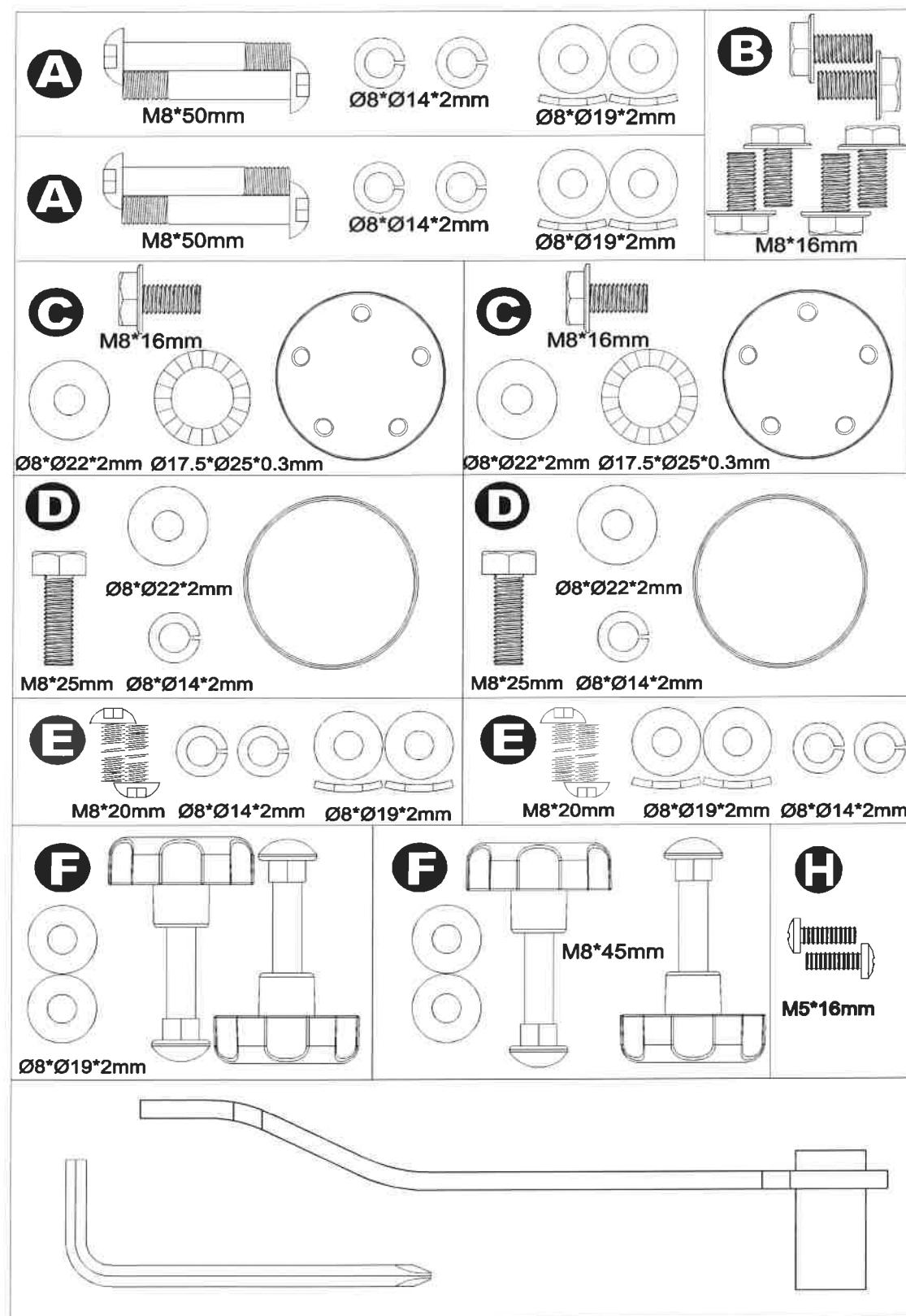
GERİ DÖNÜŞÜM
Üstü çizili çöp kutusu simgesi bu ürünün ve içindeki pilerin ev atıkları ile birlikte atılamayacağı anlamına gelir. Bunların özel olarak ayrılmaları gerekmektedir. Kullanım ömrü sona eren piller ve elektronik ürünleriniz, geri dönüşüm işlemeni tabii tutulmalar için bir toplama merkezine bırakın. Elektronik atıklarınızın bu şekilde değerlendirilmesi çevreveniz ve sağlığınızın korunmasını sağlayacaktır.

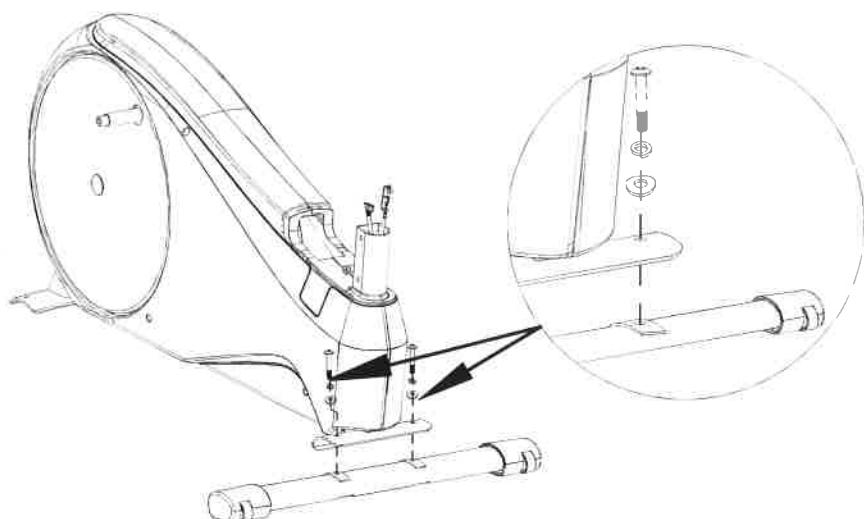
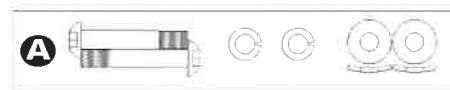
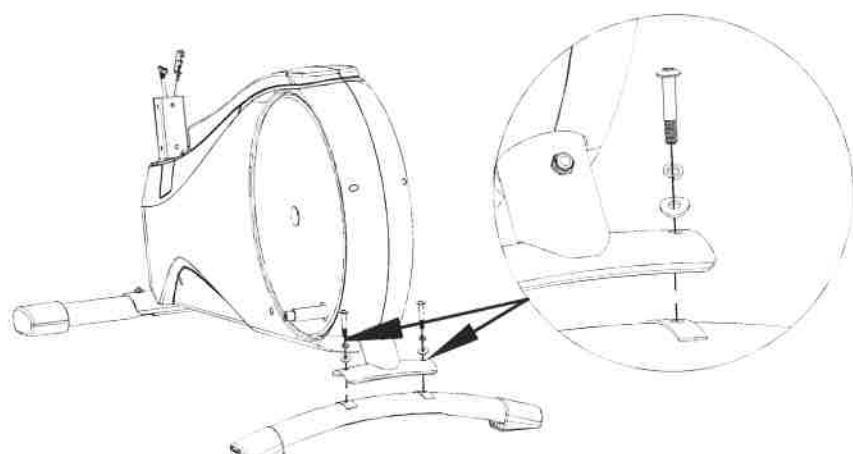
إعادة الدور
رمز السلامة المنسطوط على عليه يعني مع الحصول من هنا المنتج وطاريه بالفائدة مع المخلفات المنزلية. فهو ينصح لمنع نزعه عن العرض في توسيع الطاربية والمخالفات الالكترونية. المساعدة الخاصة به في مكان تجميع مخصص به لاغادة دورتها، وهذا من شأنه حماية البيئة والمحافظة على صحتك.

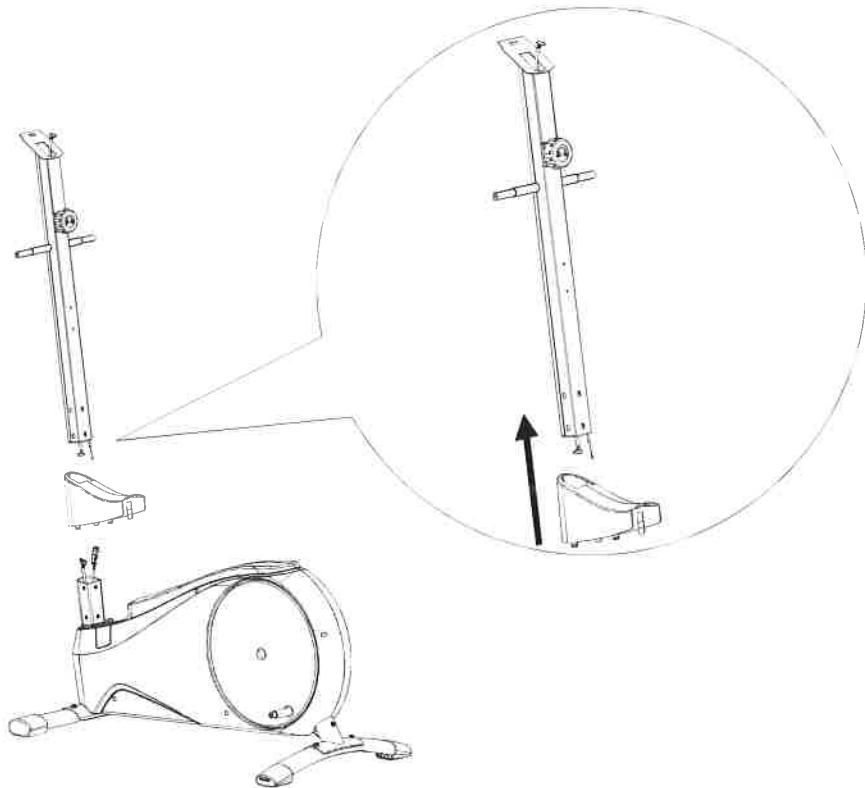
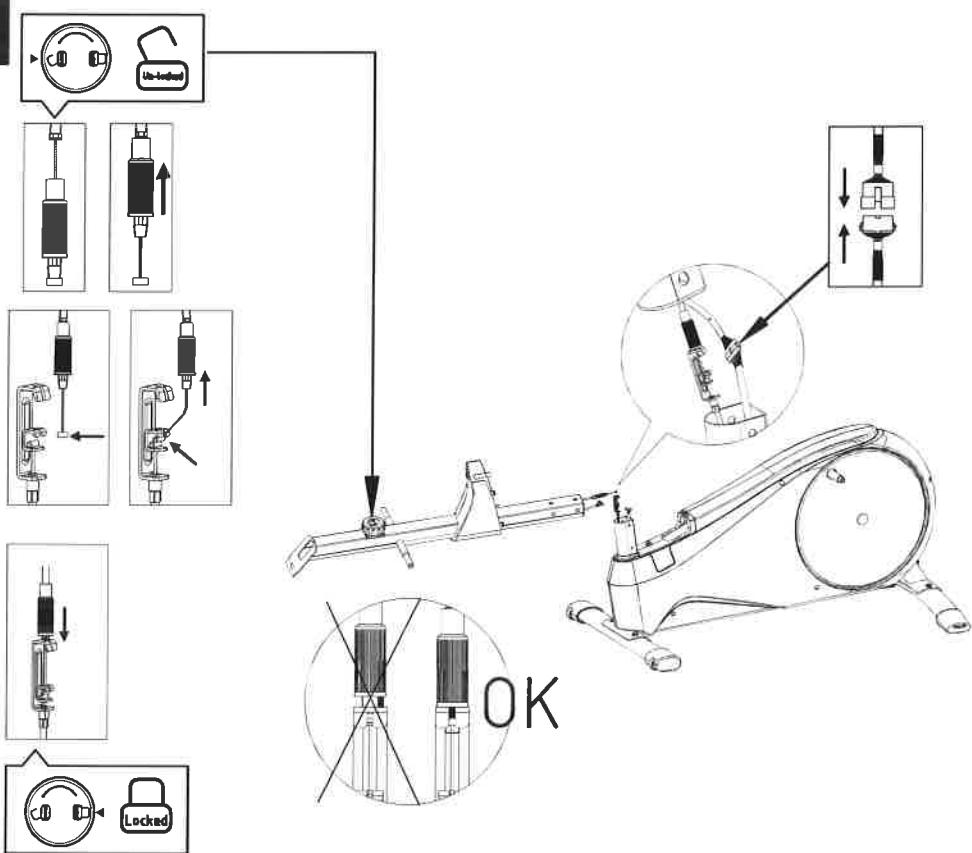
回收
划杠垃圾箱标识表明本产品及其电池不可作为生活垃圾丢弃。必须特别挑选。在您的电子产品和电池使用寿命结束后，请将其置于专门地带以便回收利用，对电子垃圾的统一处理有利于保护环境、对您的健康有益。

回收
劃杠垃圾箱標識表明本產品及其電池不可作為生活垃圾丟棄。必須特別挑選。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，對電子垃圾的統一處理有利於保護環境、對您的健康有益。

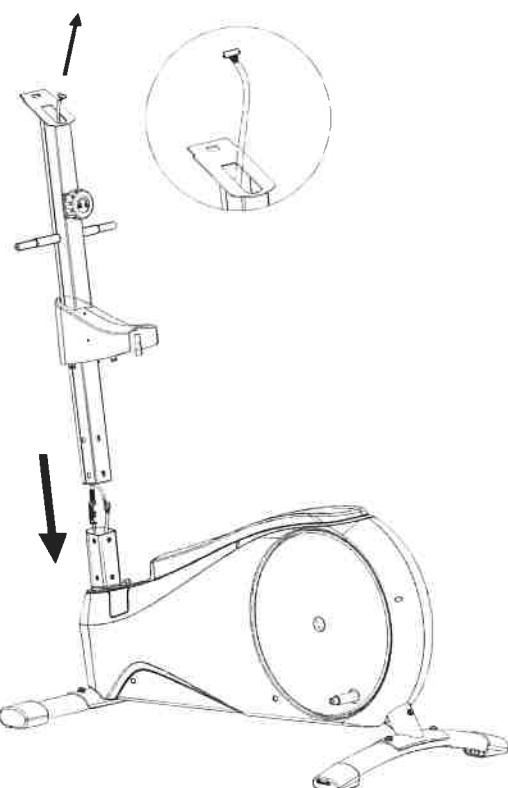
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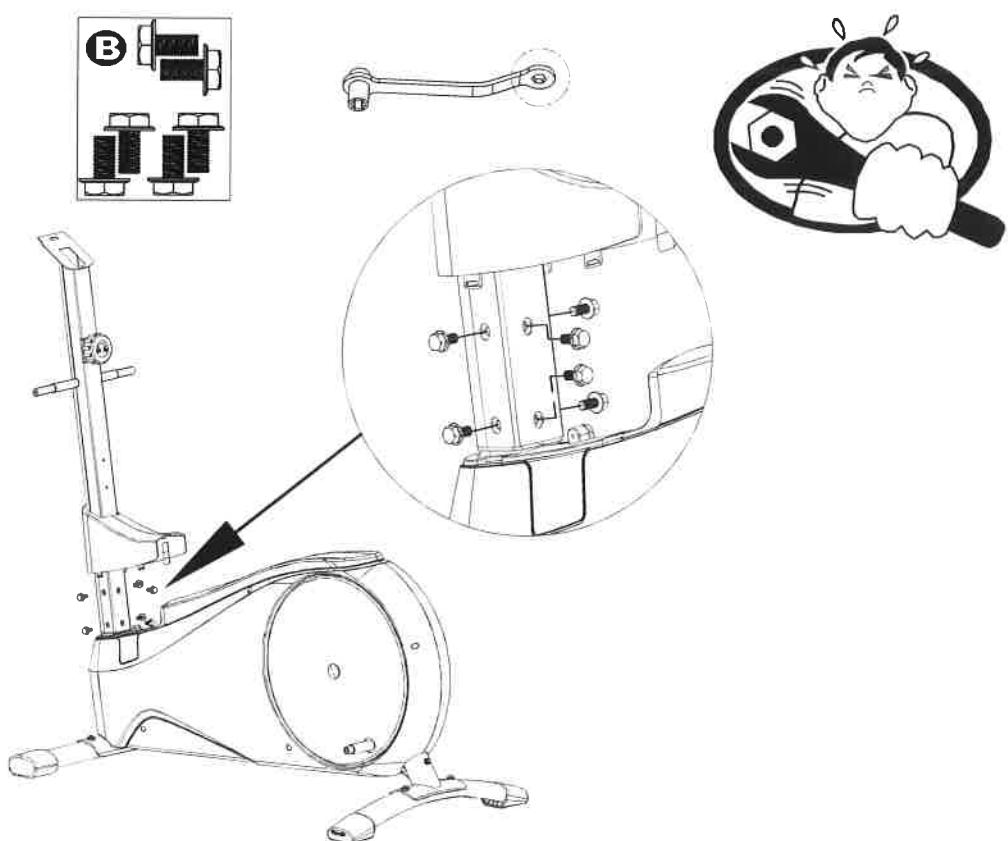
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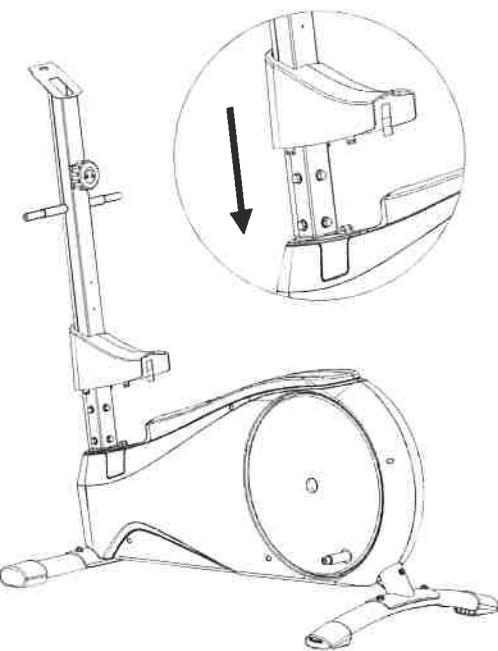
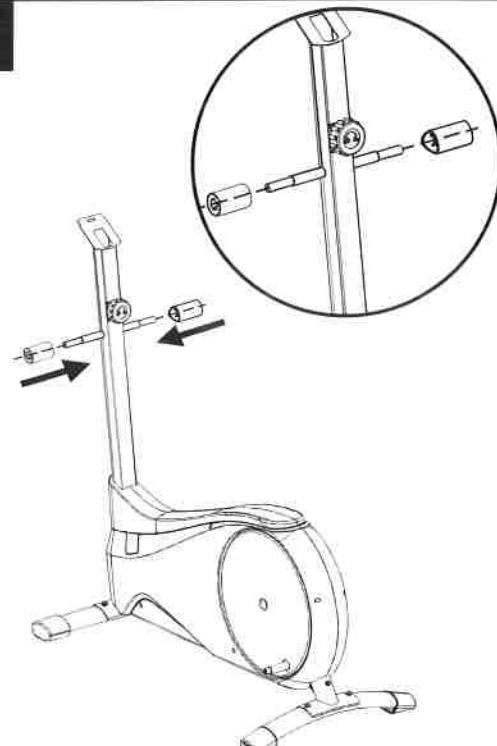
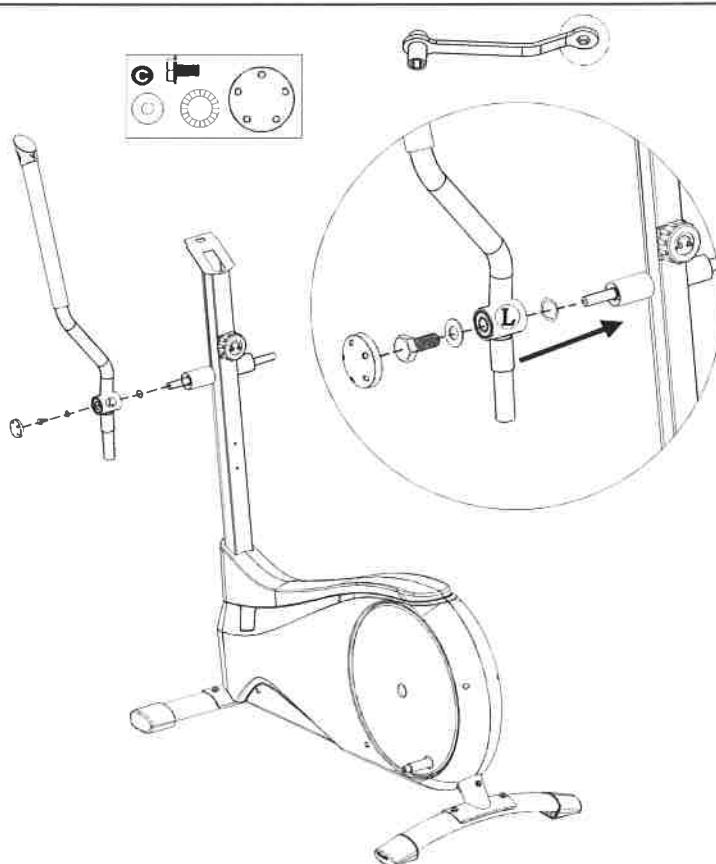
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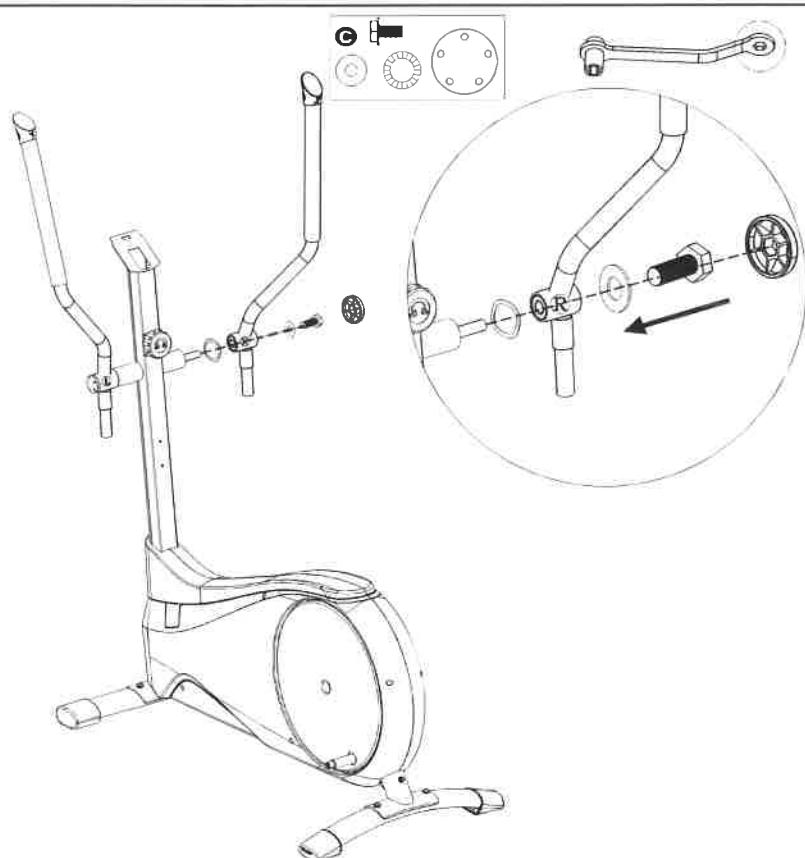
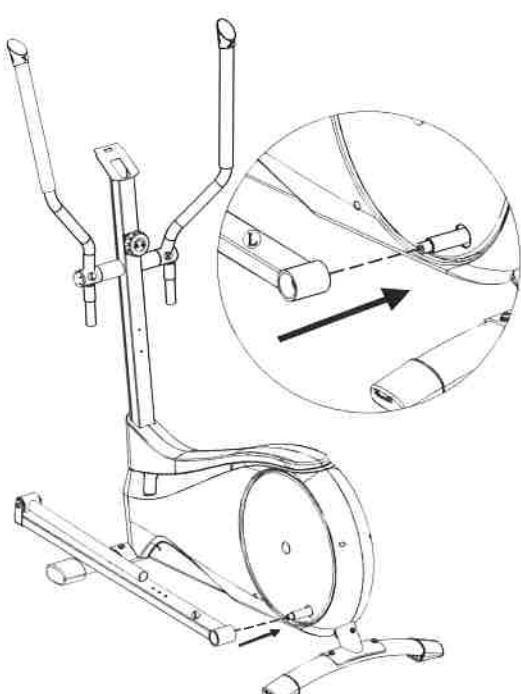
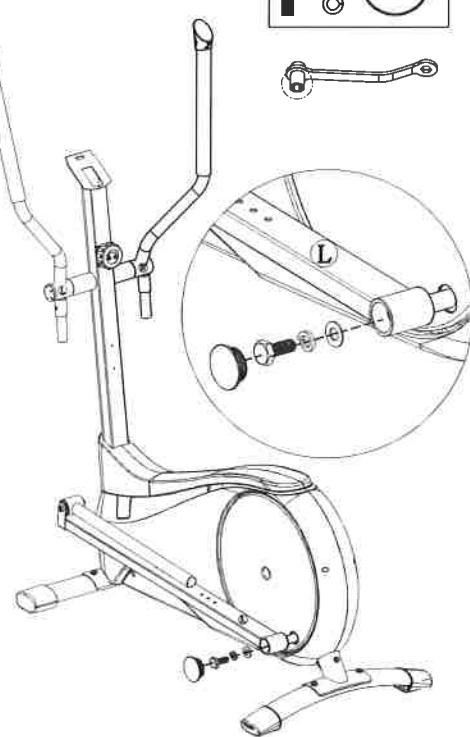
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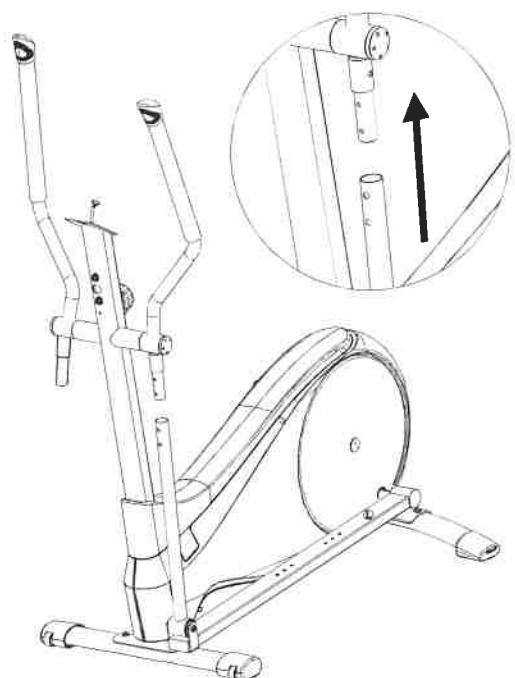
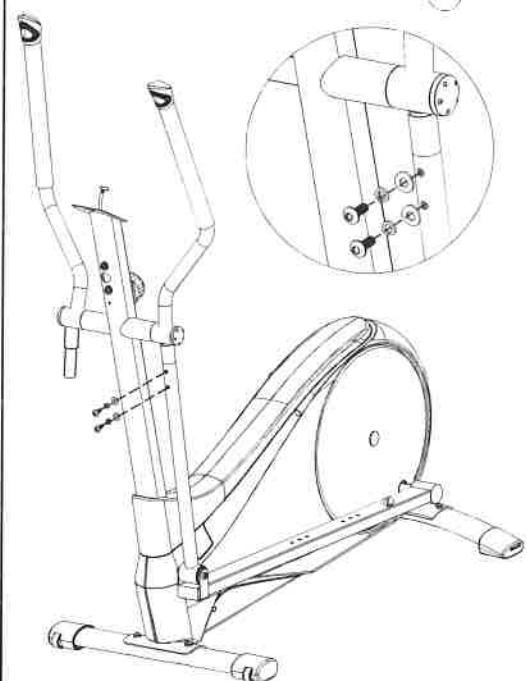
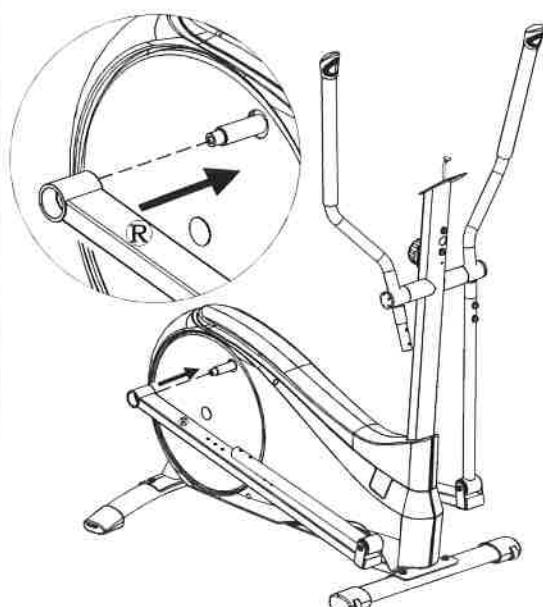
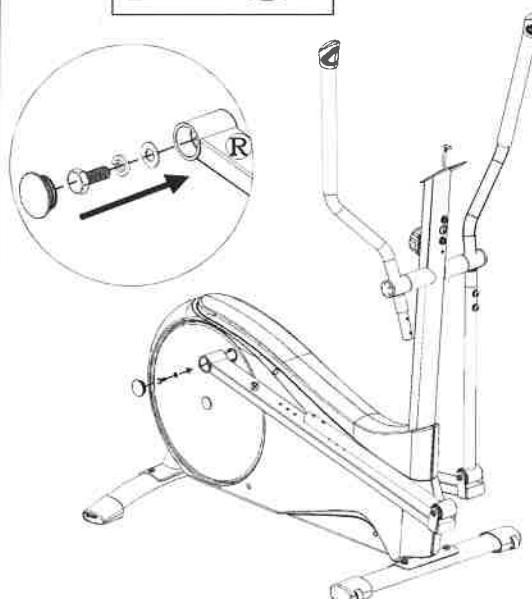
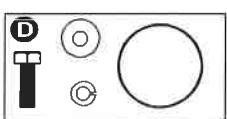


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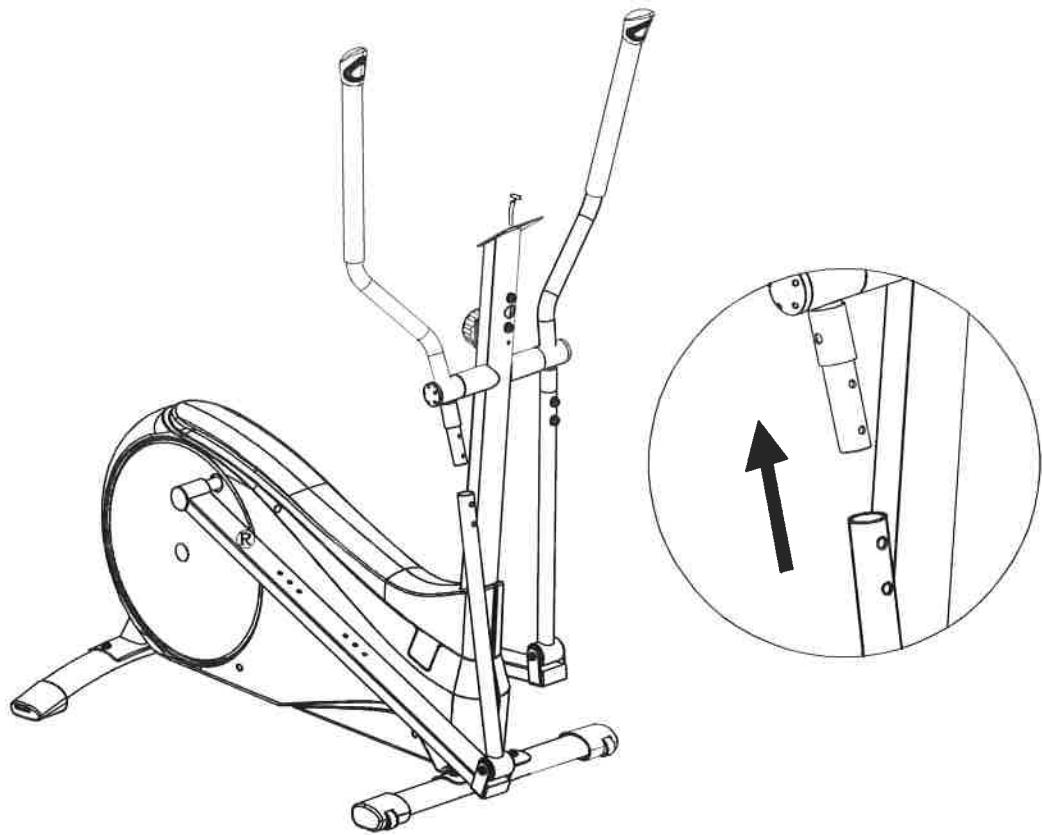


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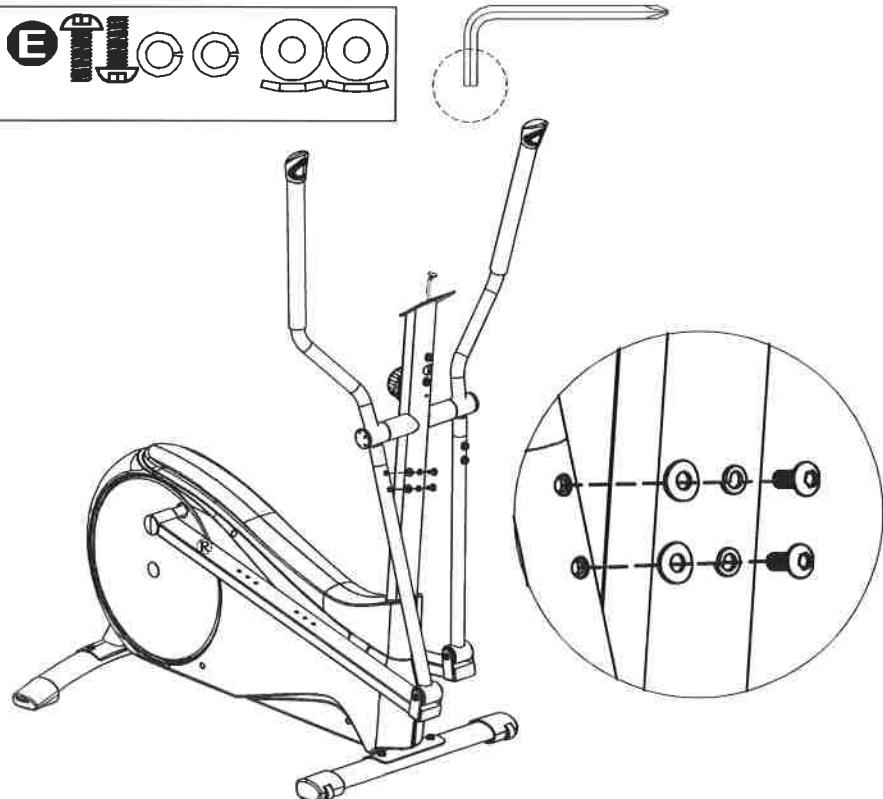
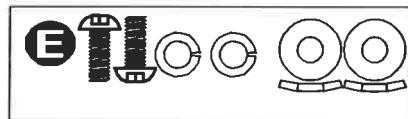
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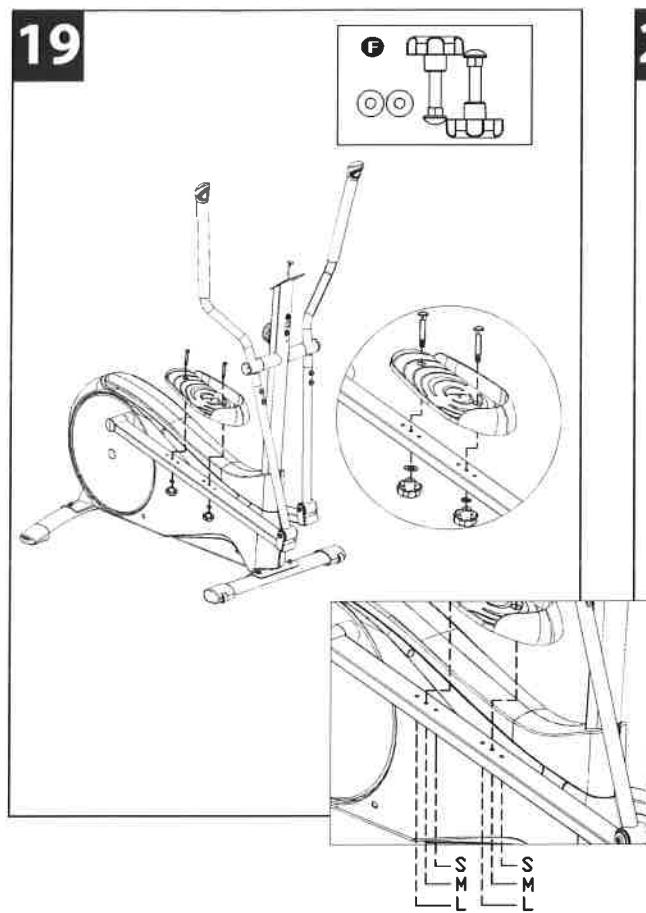
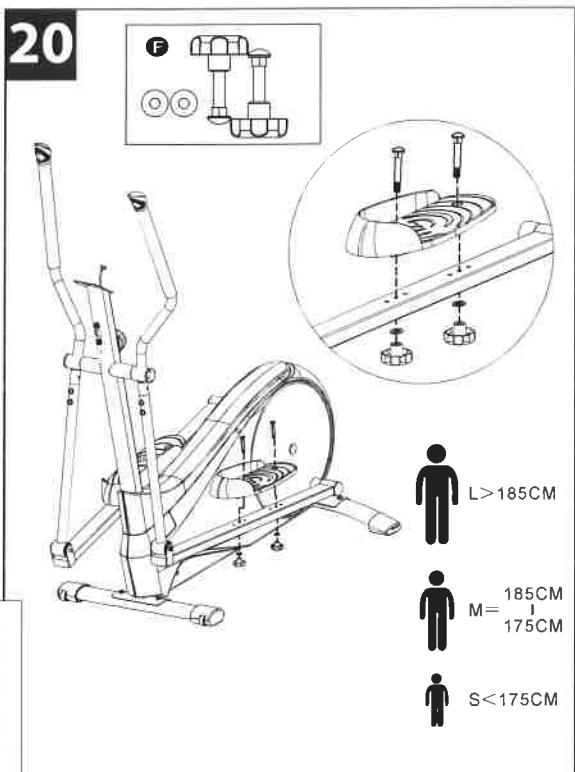
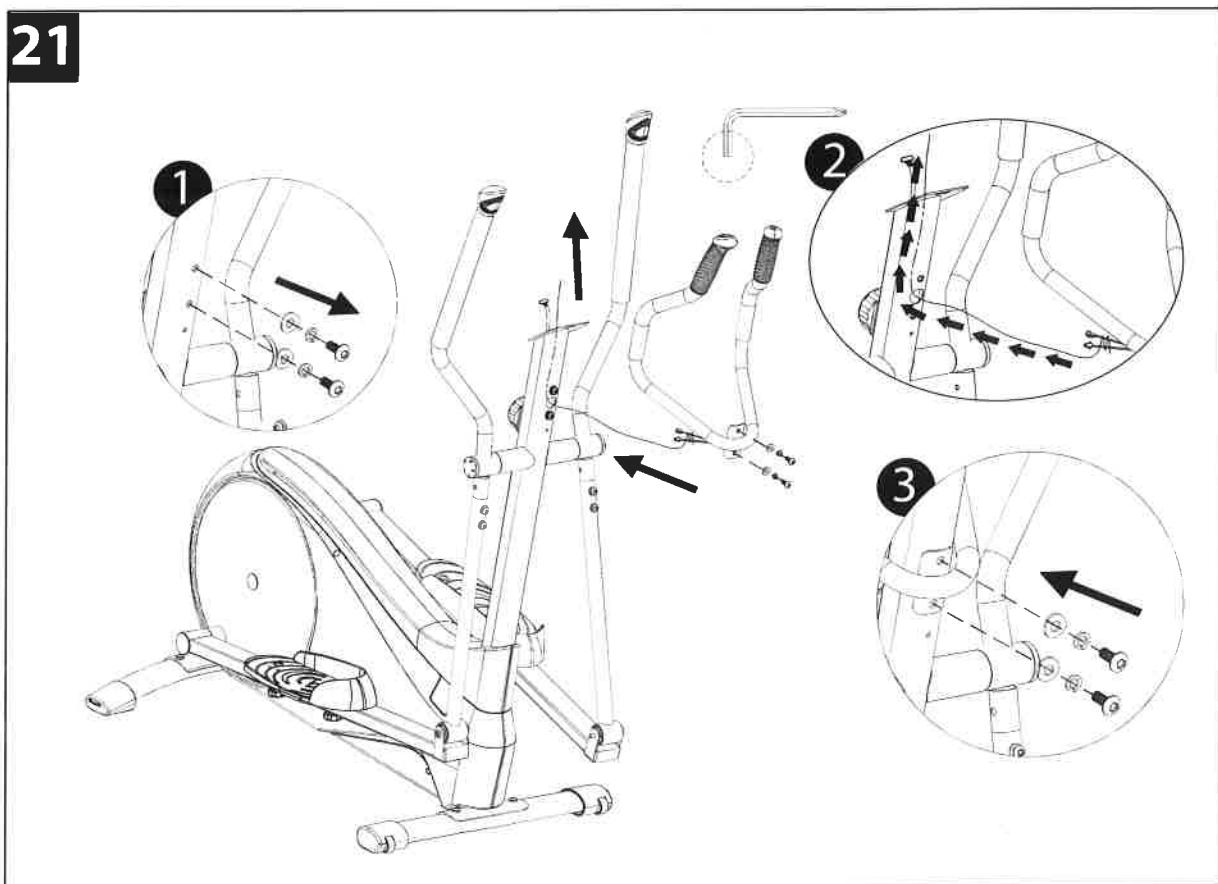
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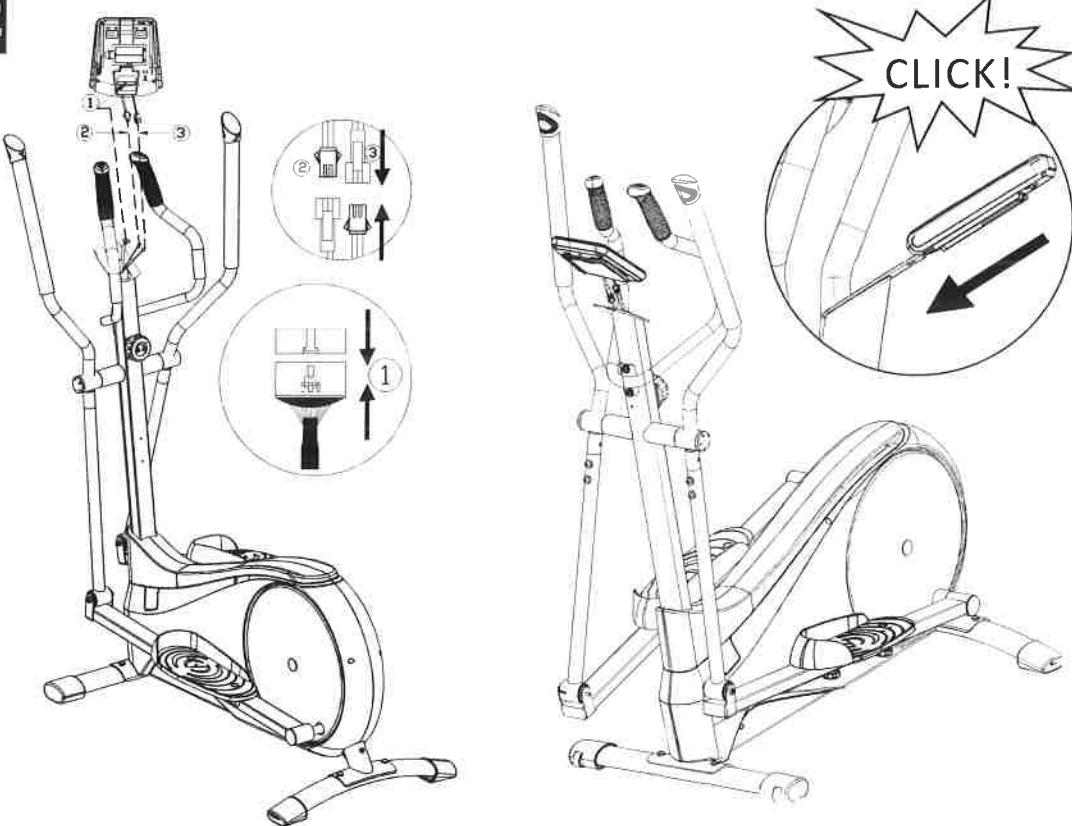


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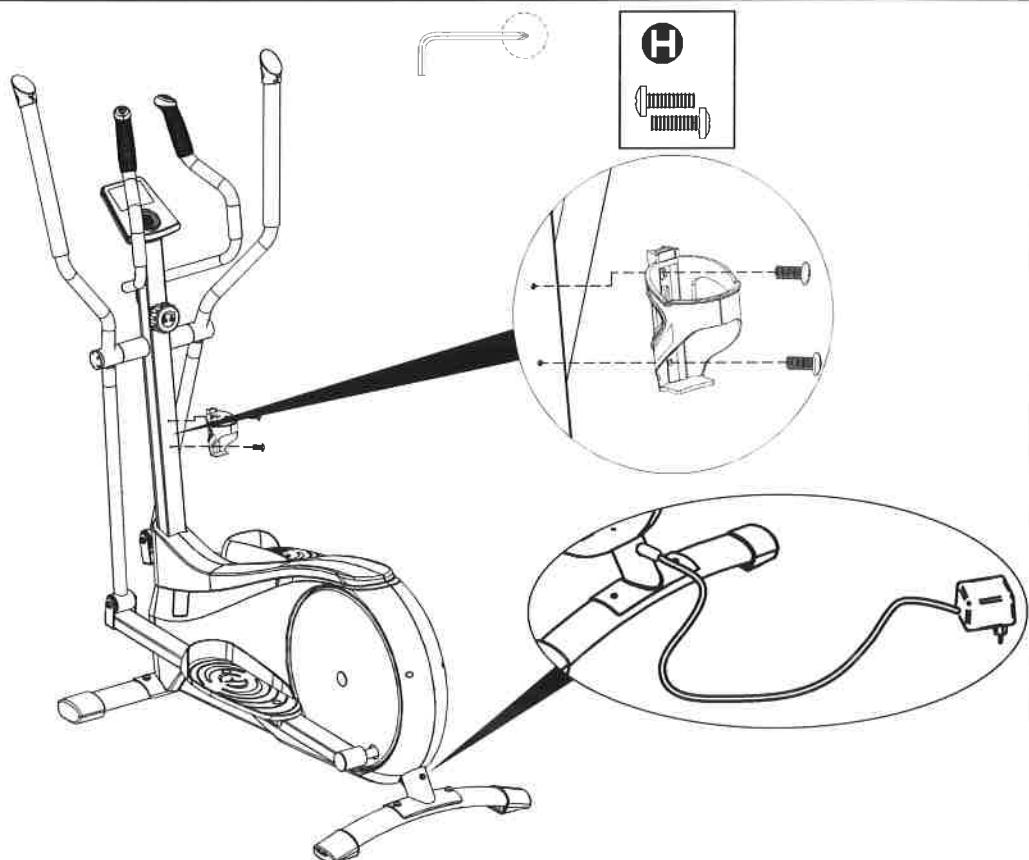


19**20****21**

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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.

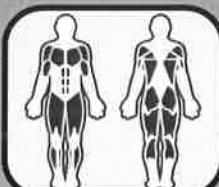
PRESENTATION

Cross training is an excellent type of cardio-training that enables you to increase cardio-vascular and breathing capacity whilst toning your entire body: buttocks, quadriceps, calves, the back, pectorals, biceps and core abdominals.

Pedalling backwards increases work of buttocks and back of legs.

Endurance training enables you to burn more calories (ideal to lose weight, when associated with a balanced diet).

PARTS OF THE BODY WORKED



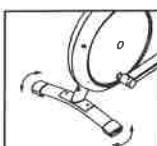
WARNING

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.

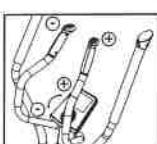
ADJUSTMENTS



1. LEVELLING THE BICYCLE

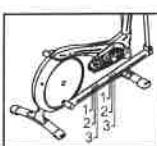
WARNING : you must get off the elliptical bike to adjust the level of the product.

In the event that the bike becomes unstable during use, turn one or both of the level adjusters until the bike is stable.



2. ADJUSTING THE RESISTANCE

According to the EN (European Norm) definition, this product is an item of "pedal crank training equipment". You can adjust the braking torque not only with your pedalling speed but also by manually choosing your resistance level (turn the knob at the centre of your console or press the adjustment buttons at the end of the fixed handlebars) However, if you retain the same level of resistance, the braking torque will increase/decrease as your pedalling speed increases and decreases.



3. ADJUSTING THE POSITION OF THE PEDALS

You can adjust the position of the pedals during assembly. You have three adjustment positions: Forward: closest to the handlebar. Centre. Rear: furthest from the handlebar. The optimal set position is the central position. However, in order to boost performance and best adapt to your body shape, this setting will optimise your position on the elliptical bike. The forward position will perfectly suit people under 175cm in height and the rear position will particularly suit people over 185cm in height.



4. SAFE ACCESS

Locking knob for arms and pedals to get on and off the product safely.

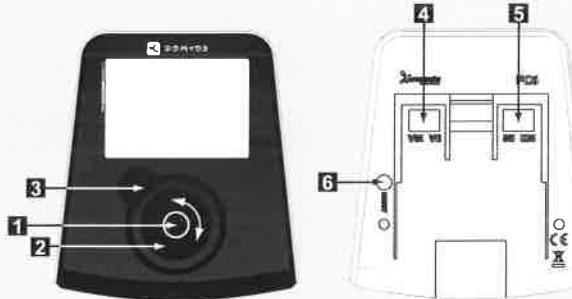
MOVING THE PRODUCT

WARNING : You must get off the elliptical bike to move it in any way.

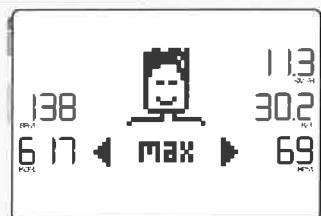
Standing on the floor in front of your product, hold the handlebars and pull the bike towards you. The product is then resting on the castors and you can move it. When you have finished moving it, move down to the floor with the rear legs.

FC6 Console

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

PRESSENTATION

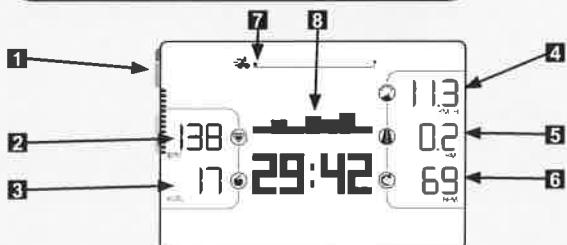
- 1 Central button: Press on the button in the centre to start the console, select the menus, validate your choices, start your session or pause.
- 2 Scroll knob: Turn the knob to scroll through the menus or set pedalling difficulty.
- 3 Return button: Press the return button to return to the previous 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

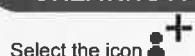
The first screen that appears when you switch on the console. It enables you to view the performance summary of the last profile from its creation .

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 ⁽¹⁾ |
| 2- Name | 5- Weight | 8- Minimum heart rate ⁽²⁾ |
| 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.

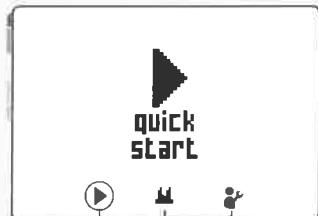
The figure that is displayed by default is an average and approximate value.

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.

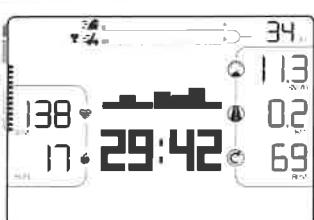
To stop the training session before the end, press the return button and confirm your choice.

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.

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



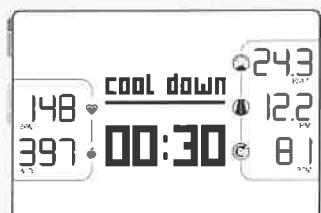
The  CHALLENGE enables you to compare yourself to past performances.

You must have already saved at least one training session before taking the challenge. The summary of your performance from your last session is displayed and the challenge can begin!

You can check your position and distance from the competitor at the top of the screen.

The first to arrive will take the gold medal!

PERFORMANCE SUMMARY



The summary of your performances will be automatically displayed at the end of your session during the 1 minute recovery period.

You can see:

- your average heart rate
 - Estimate of the number of calories burned
 - Average speed
 - The distance travelled
 - Your average pedalling speed

To see the summary of all your training sessions from the creation of your profile, go to the profile start screen using the return button.

HEART RATE COACHING

This function requires you to wear the heart rate monitor strap provided.

The colour scale on the left of the screen enables you to place yourself in one of the 5 exercise zones depending on your heart rate:

EXERCISE INTENSITY

ZONE	DESCRIPTION	HR RANGE (% Max HR)
RED ZONE	High performance zone reserved for experts	FC > 90% Max HR
ORANGE ZONE	Performance improvement zone	FC = 80-90% Max HR
YELLOW ZONE	Endurance training zone	FC = 70-80% Max HR
GREEN ZONE	Moderate effort zone for gentle exercise and weight loss	FC = 60-70% Max HR
BLUE ZONE	Zone to use when warming up and recovering.	FC < 60% % Max HR

HEART RATE (in beats per minute)

% Max HR

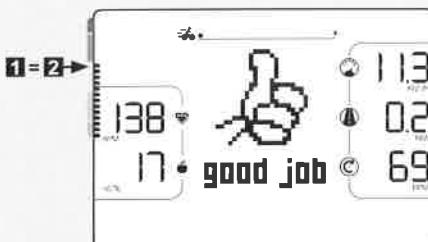
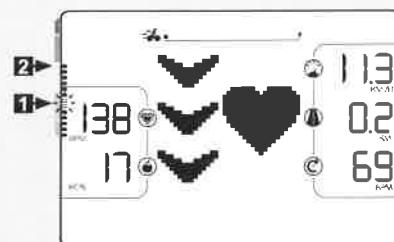
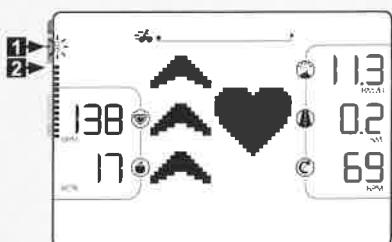
Age

Zone	20	25	30	35	40	45	50	55	60	65
Red Zone	197	194	191	187	184	181	178	174	171	168
Orange Zone	177	175	172	168	166	163	160	157	154	151
Yellow Zone	158	155	153	150	147	145	142	139	137	134
Green Zone	138	136	134	131	129	127	125	122	120	118
Blue Zone	118	116	115	112	110	109	107	104	103	101

HR= heart rate
Max HR = $210 - (0.65 \times \text{your age})$

In **PROGRAM** mode, 2 flashing dashes will indicate the intensity level to reach and encouraging messages will guide your effort.

- 1 Intensity level to reach
 - 2 Your level at a given moment



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 (See Step 5 in assembly instructions).
 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.

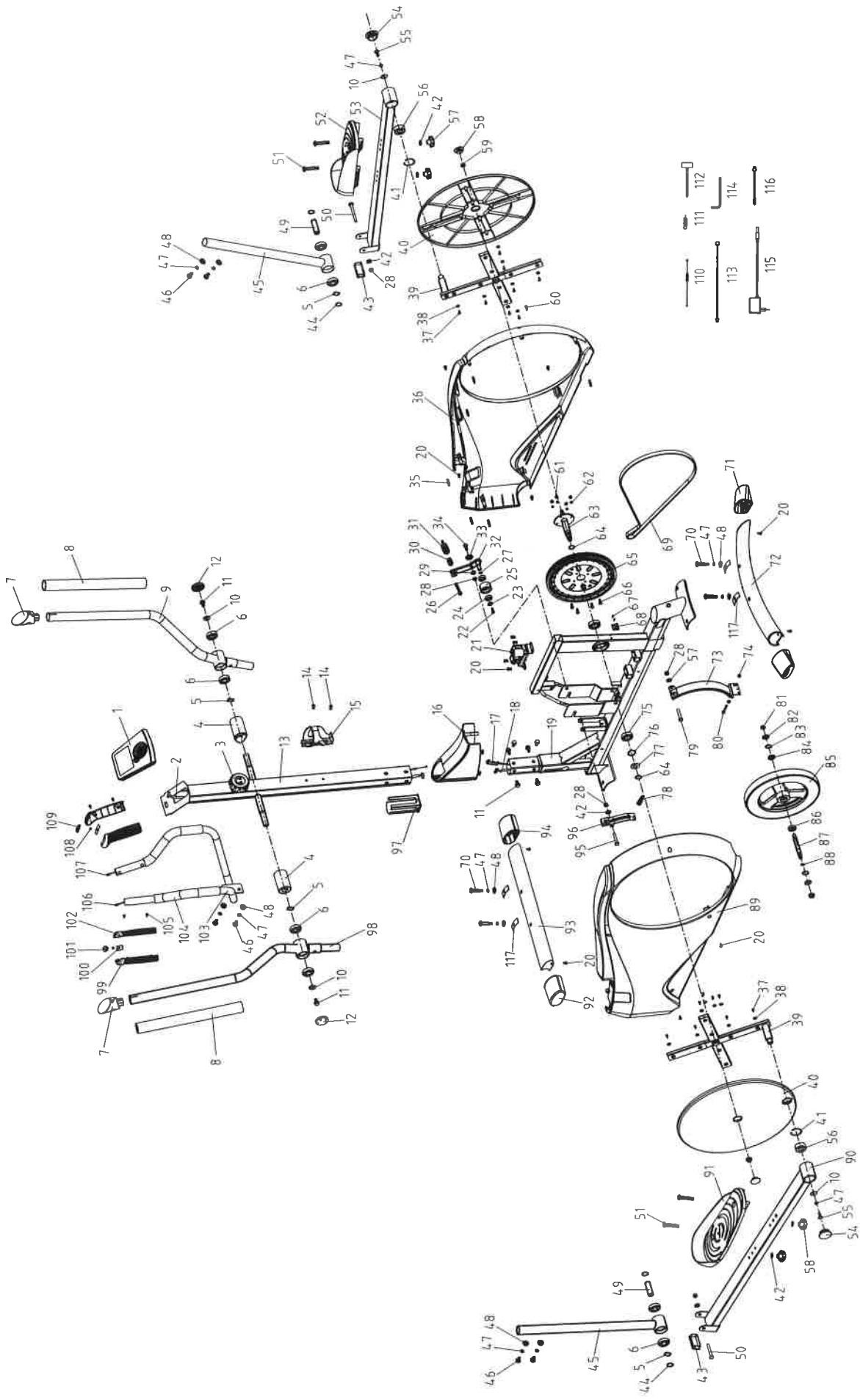
DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

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 warranty, consult the table at the end of the user's guide.



**AFTER-SALES SERVICE • SERVICE APRÈS-VENTE • SERVICIO POSVENTA • KUNDENDIENST
 • SERVIZIO ASSISTENZA POST-VENDITA • AFTERSALESAFDELING • ASSISTÊNCIA
 PÓS-VENDA • SERWIS PO SPRZEDAŻY • ÜGYFÉLSZOLGÁLAT • СЕРВИСНАЯ СЛУЖБА •
 SERVICIU POST-VÂNZARE • POPREDAJNÝ SERVIS • PRODEJNÍ SERVIS •
 EFTERMARKNAD • СЛЕДПРОДАЖБЕН СЕРВИЗ • SATIŞ SONRASI SERVİSİ •
 售后服务 • 售後服務**

FRANCE

Besoin d'assistance ?
 Retrouvez-nous sur le site internet www.domyos.com (coût d'une connexion internet) ou contactez le centre de relation clientèle, muni d'un justificatif d'achat, au 0800 71 00 71 (appel gratuit depuis un poste fixe en France métropolitaine).

ESPAÑA

¿Necesita asistencia?
 Nos puede encontrar en el sitio web www.domyos.com (coste de conexión de internet) o contacte con el centro de atención al cliente, con el ticket de compra, a 914843981 para ayudarle a abrir un dossier spv (servicio de post venta, llamada gratuita desde un teléfono fijo desde España).

ITALIA

Hai bisogno di assistenza?
 Ci trovi sul sito www.domyos.com (costo di una connessione internet) o chiama il Servizio Assistenza Clienti, munito dello scontrino fiscale, al 199 122 326 (11,88 cent/euro al min + IVA).

BELGIQUE

Besoin d'assistance ?
 Retrouvez le service après vente sur le site internet www.domyos.com (coût d'une connexion internet) qui vous permet d'effectuer une demande d'assistance si besoin.

BELGIË

Bijstand nodig?
 U vindt de dienst na verkoop terug op de website www.domyos.com (kost van internetverbinding). Hier kan u een bijstandsaanvraag indienen indien nodig.

OTHER COUNTRIES

Need help?
 Find us on our website www.domyos.com (cost of an internet connection) or go to the front desk of one of the stores where you bought the product, with proof of purchase.

AUTRES PAYS

Besoin d'assistance ?
 Retrouvez-nous sur le site internet www.domyos.com (coût d'une connexion internet) ou présentez-vous à l'accueil d'un magasin de l'enseigne où vous avez acheté votre produit, muni d'un justificatif d'achat.

OTROS PAÍSES

¿Necesita asistencia?
 Nos puede encontrar en el sitio web www.domyos.com (coste de conexión de internet) o preséntese con el justificante de compra en la recepción de la tienda de la marca donde haya comprado el producto.

ANDERE LÄNDER

Brauchen Sie Hilfe?
 Besuchen Sie unsere Internet-Site www.domyos.com (Kosten des Internetanschlusses) oder wenden Sie sich an die Empfangsstelle des Geschäfts der Marke, in welchem Sie Ihr Produkt gekauft haben. Legen Sie bitte Ihren Kaufnachweis vor.

ALTRI PAESI

Bisogno di assistenza?
 Ci potete trovare sul sito Internet www.domyos.com (costo di una connessione Internet) o potete recarvi all'accoglienza di un negozio del marchio in cui avete comprato il prodotto, muniti di un giustificativo di acquisto.

OVERIGE LANDEN

Nog vragen?
 Raadpleeg onze internetsite www.domyos.com (kosten internetverbinding) of ga naar de ontvangstbalie van de winkel waarin u het product heeft gekocht. Neem het aankoopbewijs mee.

OUTROS PAÍSES

Precisa de assistência?
 Contacte-nos através do site da Internet www.domyos.com (custo de uma ligação à Internet) ou dirija-se à recepção da loja da marca onde adquiriu o seu produto, com o respetivo comprovativo de compra.

INNE KRAJE

Potrzebujesz pomocy?
 Znajdź nas na stronie internetowej www.domyos.com (koszt jednego połączenia internetowego) lub wraz z dowodem zakupu zgłoś się do punktu obsługi sklepu firmowego lub tam, gdzie dokonaleś zakupu produktu.

MÁS ORSZÁGOK

Segítségre van szüksége?
 Keressük meg minket internethonlapunkon www.domyos.com (internetsatlakozás ára), vagy forduljunk személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonyallal.

ДРУГИ ДЪРЖАВИ

Имате нужда от помощ?
 Моля, посетете нашия сайт: www.domyos.com (цената на интернет връзка) или отидете в отдел «Обслужване на клиенти» на магазина, където сте купили продукта, като носите със себе си документ, доказващ направената покупка.

DİĞER ÜLKELER

Yardıma mı ihtiyacınız var?
www.domyos.com internet sitesinden bize ulaşabilirsiniz (bir internet bağlantı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığınız mağazanın danışma şöbəümüne başvurabilirsiniz.

دول أخرى

هل تحتاج إلى مساعدة؟
 انصل على عبر موقعنا الإلكتروني www.domyos.com (تكلفة اتصال بالإنترنت) أو توجه إلى المحل الذي اشتريت منه المنتج والذي يوجد به علامة الشركة، واحرص على تقديم ثبات الشراء.

其他国家

需要帮助?
 请登陆 www.domyos.com 与我们联系（普通上网费用）或携带购物发票至您购买产品的商店信息咨询处咨询。

其他國家

需要幫助?
 請登陸 www.domyos.com 與我們聯繫（普通上網費用）或攜帶購物發票至您購買產品的商店的信息諮詢處諮詢。

VE 730

**Original instructions to be kept
Notice originale à conserver
Conserve estas instrucciones originales
Originalanleitung für Ihre Unterlagen
Istruzioni originali da conservare
De oorspronkelijke handleiding dient bewaard te worden
Manual original a guardar
Instrukcja obsługi do zachowania na przyszłość
Tegye el az eredeti használati utasítást.
Сохраните оригинальную инструкцию
Informații originale care trebuie păstrate
Originál návod uchovať
Originální návod uschovějte
Originalbipacksedel att spara
Запазете оригиналното упътване
Muhabaza edilecek orijinal kullanım kılavuzu
دلیل اصلی یحتفظ به
请保留说明书
請保留原始說明書**



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59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE

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TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti, Forum İstanbul AVM, Kocatepe Mah. G Blok No: 1, Bayrampaşa 34235 İstanbul, TURKEY
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) 2471-3612

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