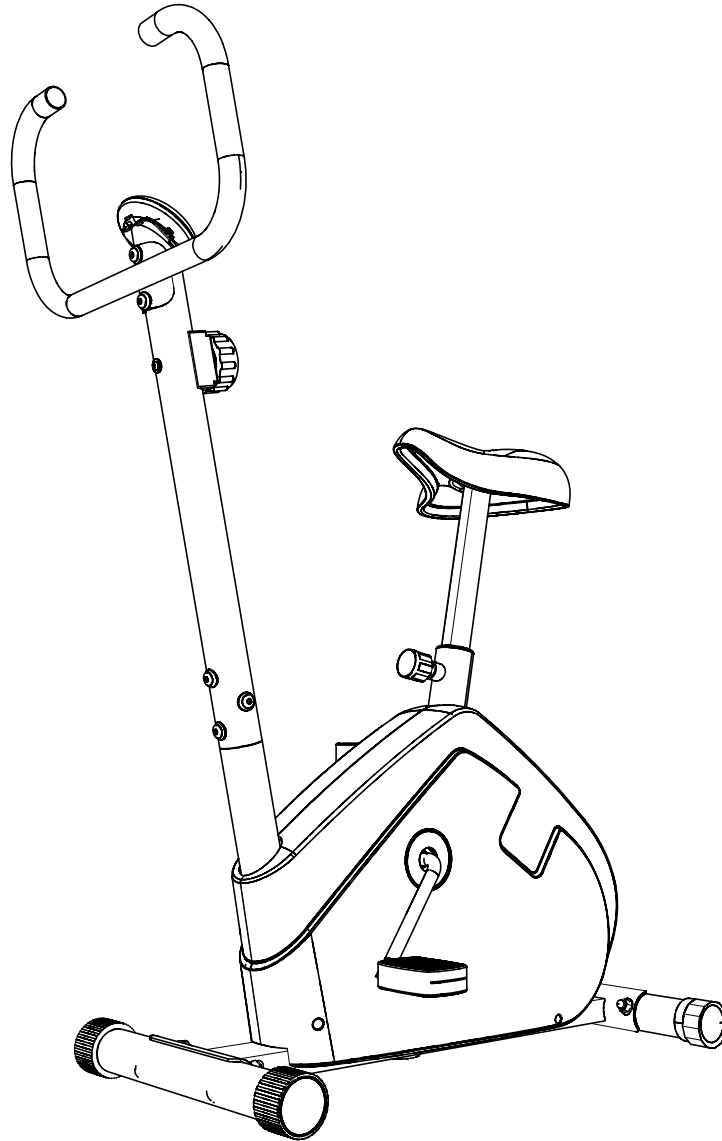


VM 120



VM 120

20 kg / 44 lbs
87 x 48 x 121 cm
34 x 19 x 48 in

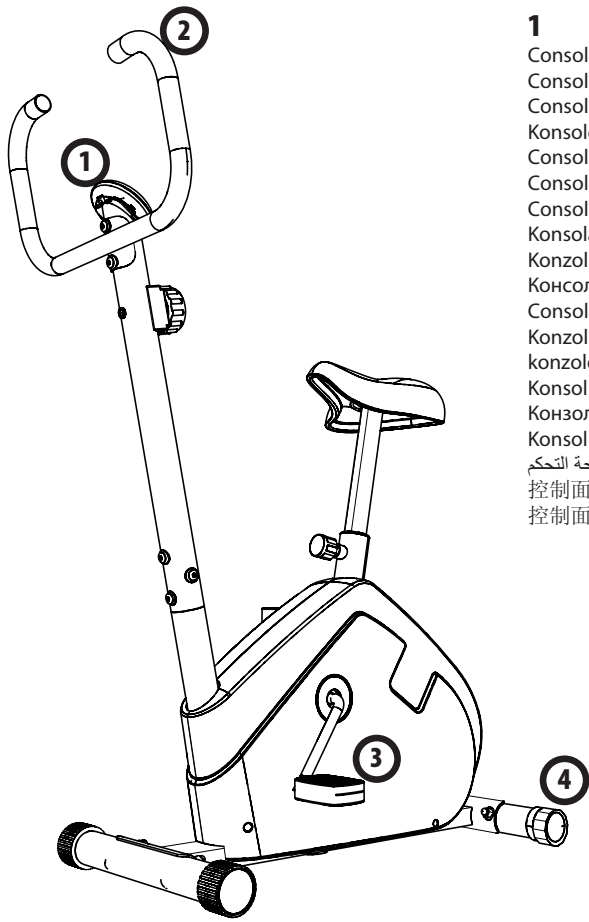
Maxi
110 kg
242 lbs



30 min



DOMYOS



1

Console
Console
Consola
Konsole
Console
Console
Consola
Konsola
Konzol
Консоль
Consolă
Konzola
konzole
Konzol
Конзола
Konzol
لوحة التحكم
控制面板
控制面板

2

Handlebars
Guidon
Manillar
Lenker
Manubrio
Stuur
Guiador
Kierownica
kormány
Руль
Ghidon
Riadidlá
Madlo
Styre
Корми ло
Gidon
مقود
车把
車把

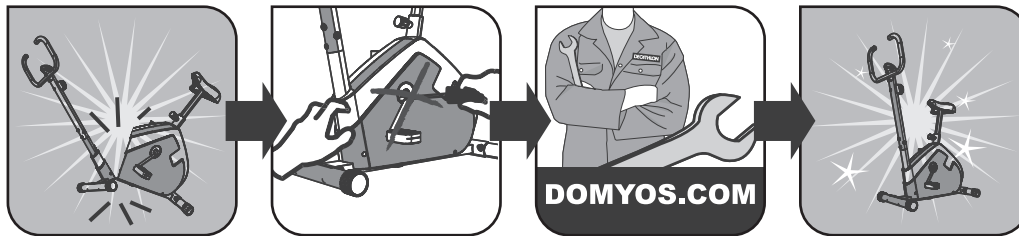
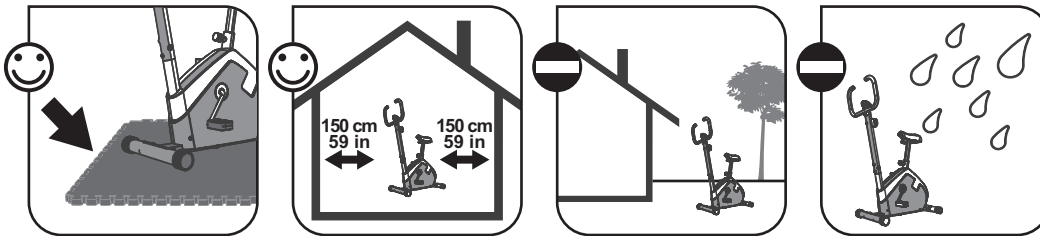
3

Pedal
Pédale
Pedal
Pedal
Pedale
Pedaal
Pedal
Pedał
Pedál
Педаль
Pedală
Pedále
Šlapky
Pedal
Педал
Pedal
البدال
踏板
踏板

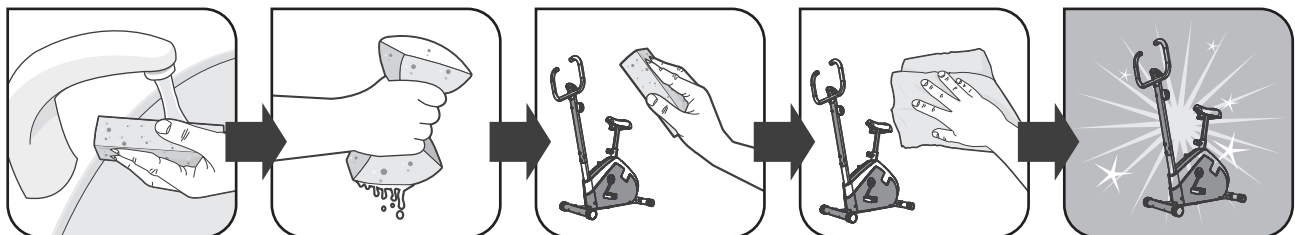
4

Level adjuster
Compensateur de niveau
Compensador de nivel
Niveauausgleicher
Compensatore di livello
Stelschroef niveau
Compensador de nivel
Regulacja poziomu
Szintbe állítás
Компенсатор неровности пола
Compensator de nivel
Kompenzátor úrovne
Kompenzátor úrovne
Nivåkompensator
Компенсатор на нивото
Seviye denkleştirici
معدل المستوى
水平补偿器
水平補償器

**SAFETY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID • SEGURANÇA
• BEZPIECZEŃSTWO • BIZTONSÁG • МЕРЫ БЕЗОПАСНОСТИ • SIGURANȚĂ • BEZPEČNOST
• BEZPEČNOST • SÄKERHETSANVISNINGAR • БЕЗОПАСНОСТ • GÜVENLİK • احتياطات أمنية •
安全 • 安全**

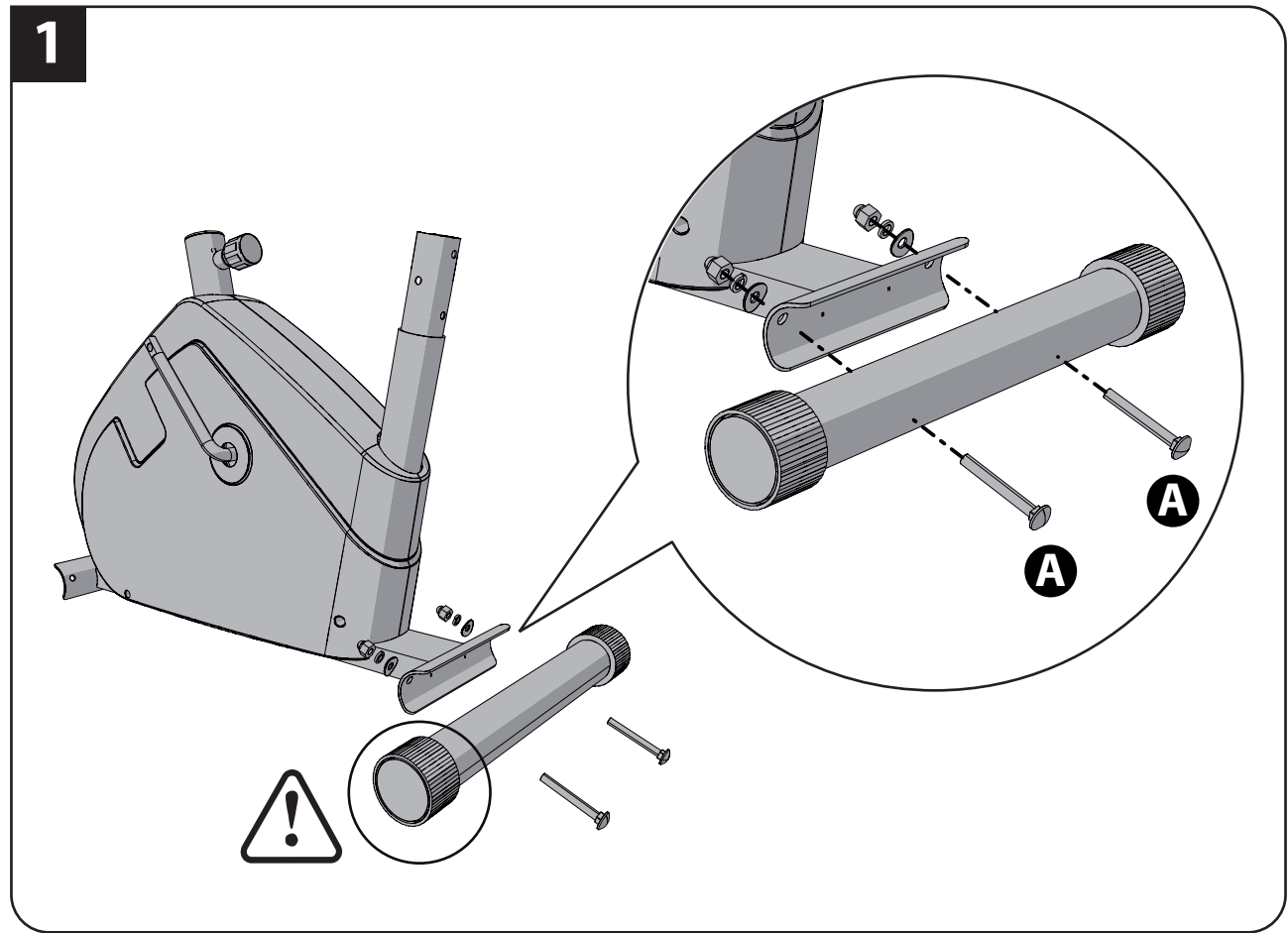
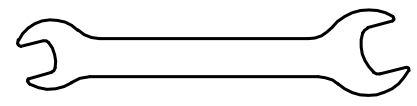
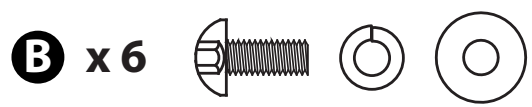
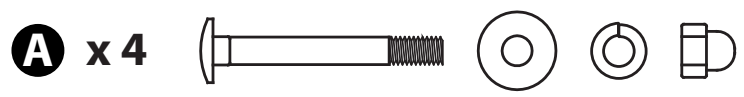


DOMYOS.COM

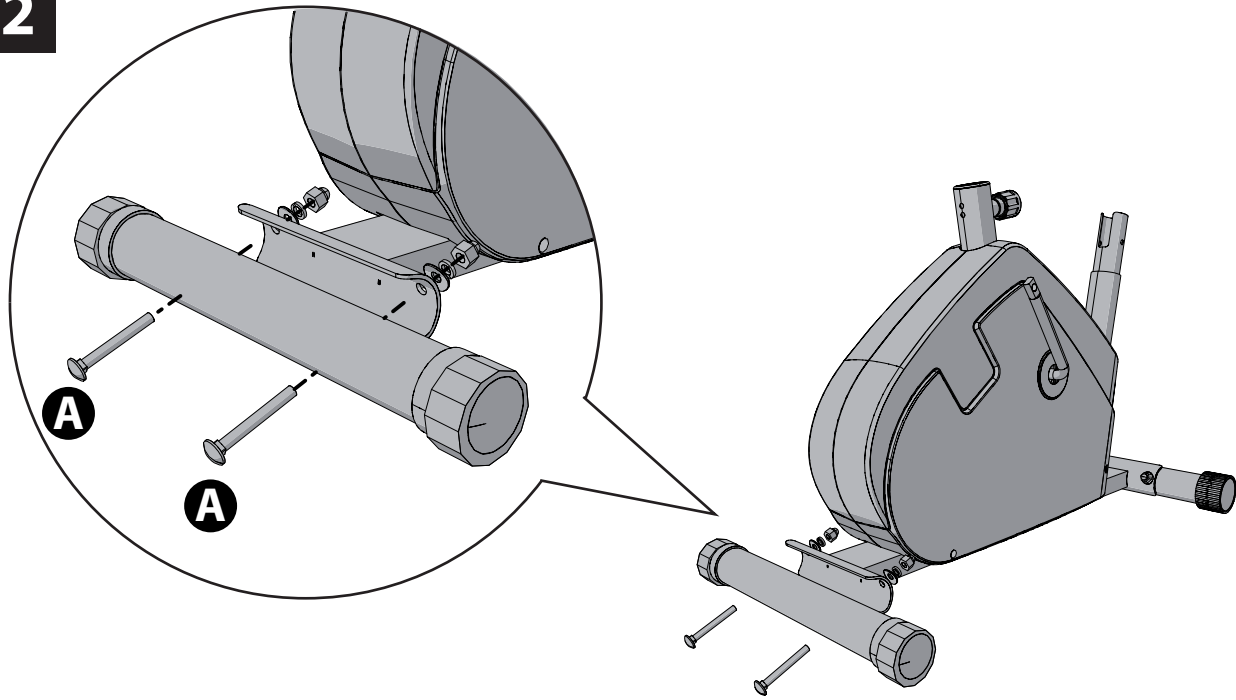


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO •
AFWERKING • MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE •
MONTÁŽ • MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • التركيب •
安装 • 安装

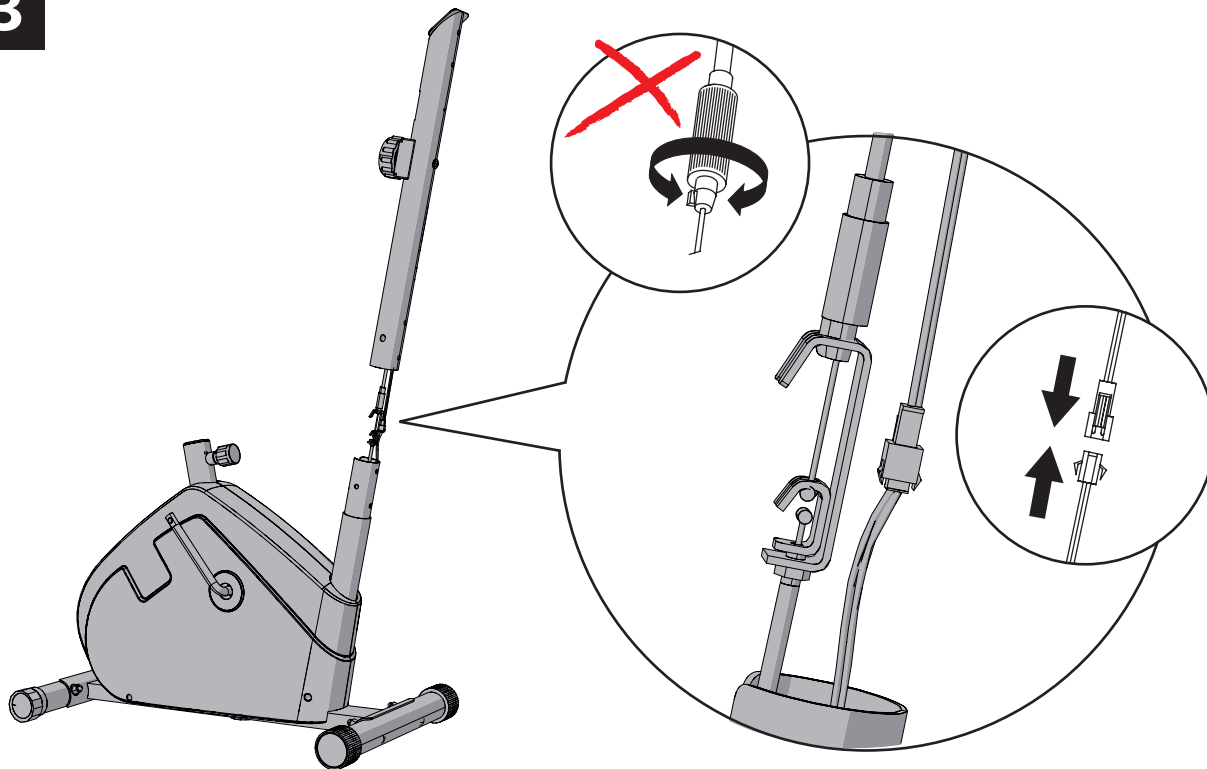

30 min



2



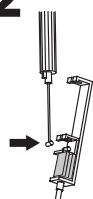
3



1



2



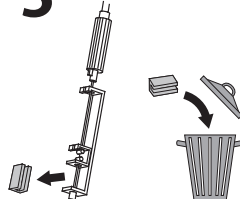
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4



5



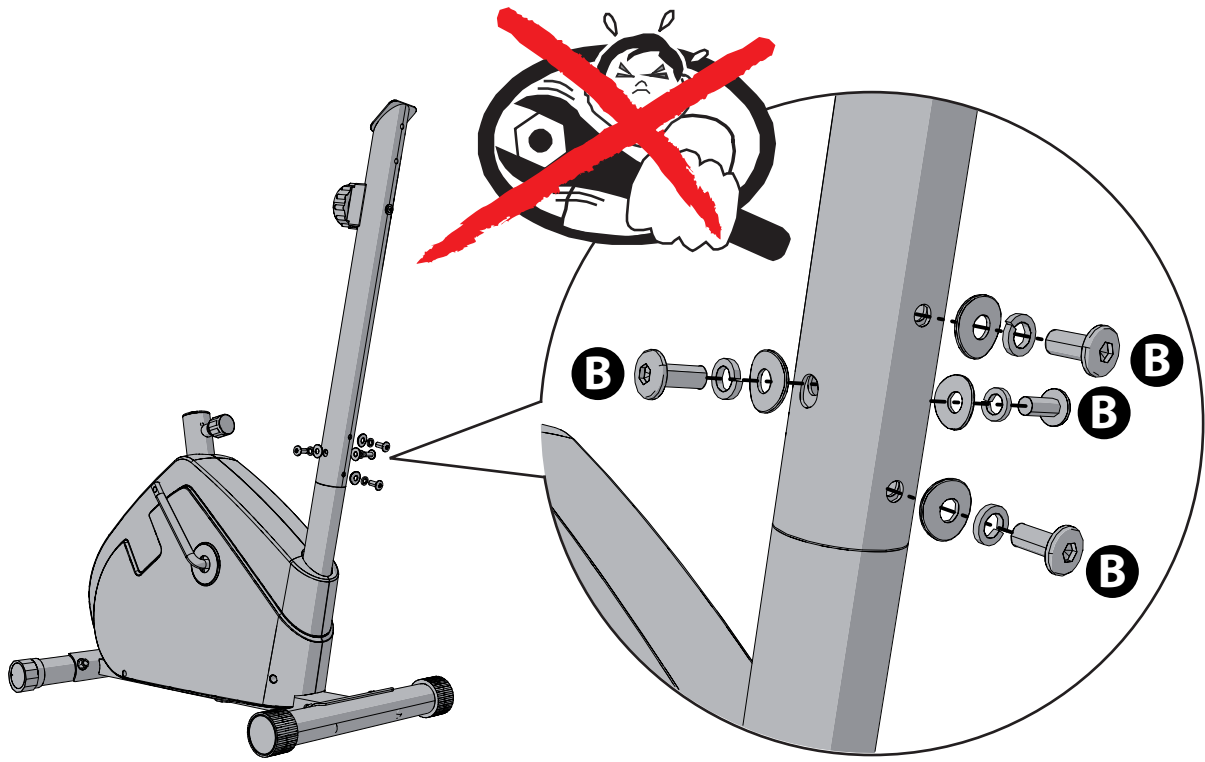
6



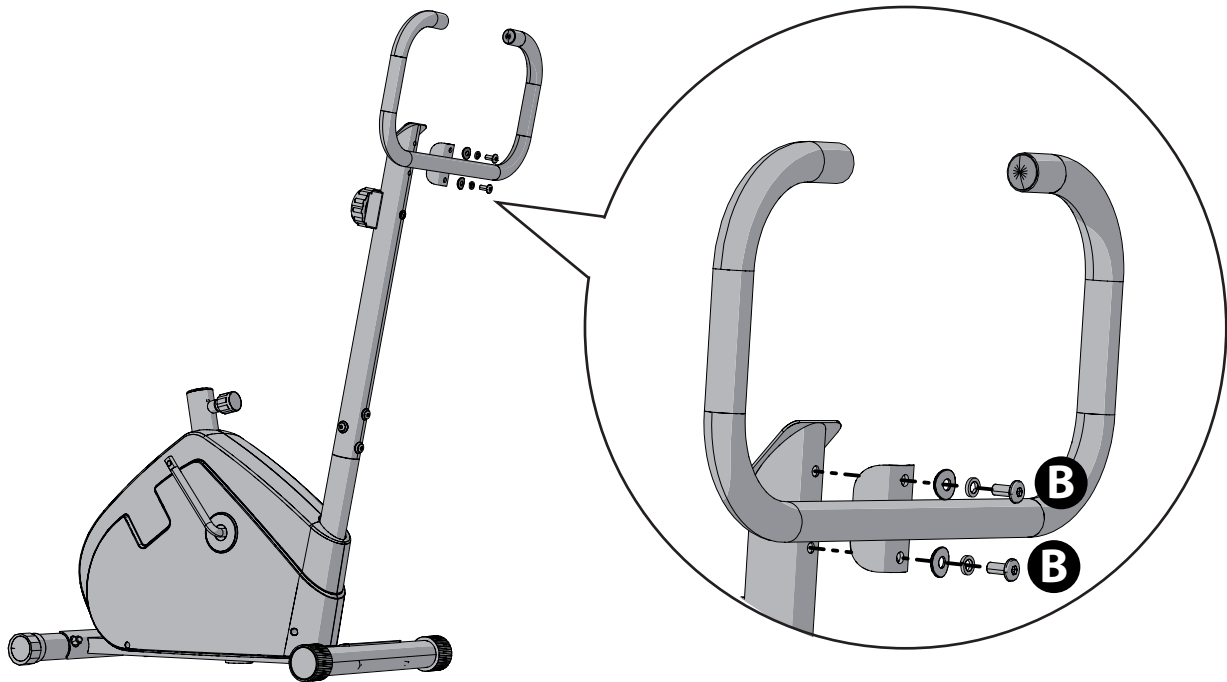
OK



4

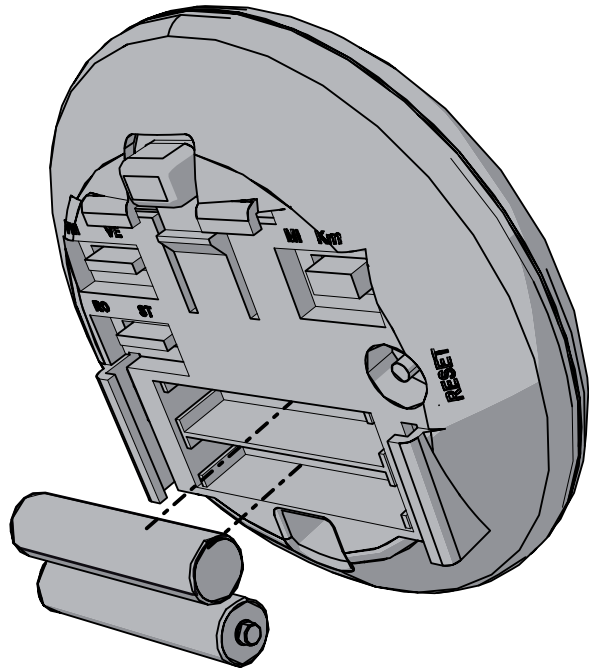


5

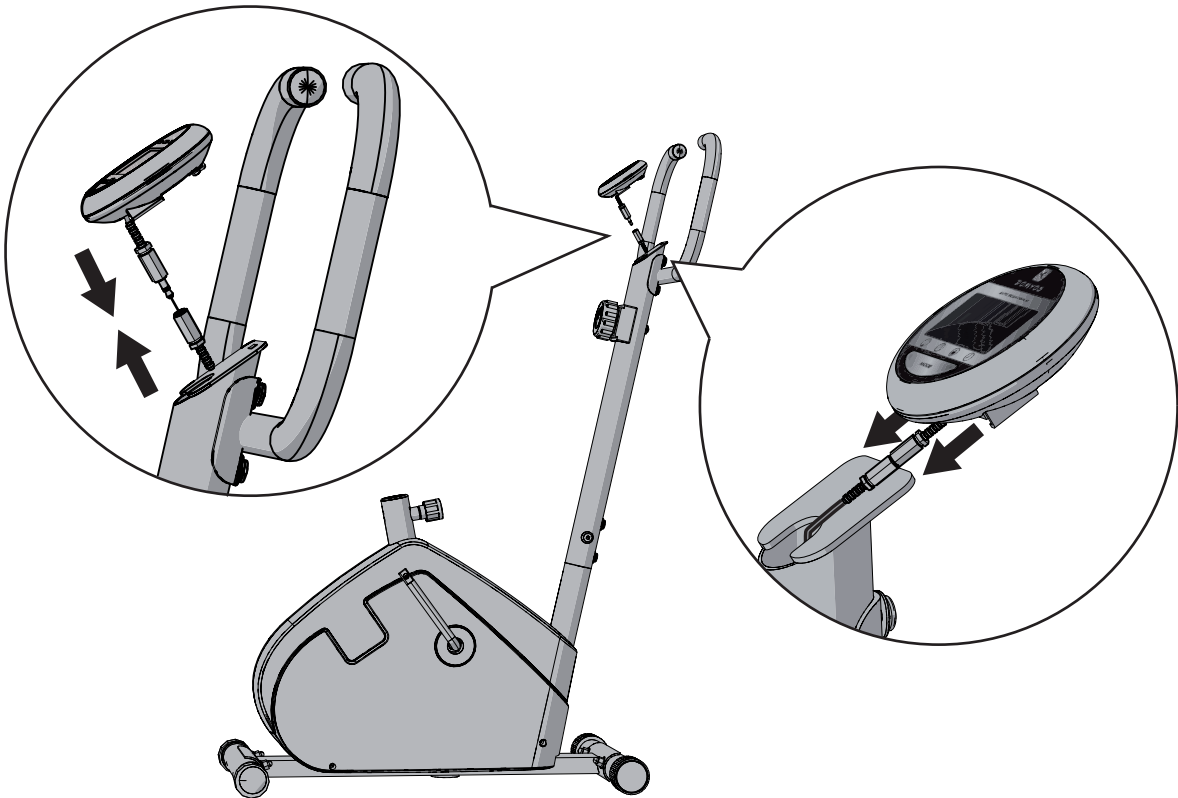


6

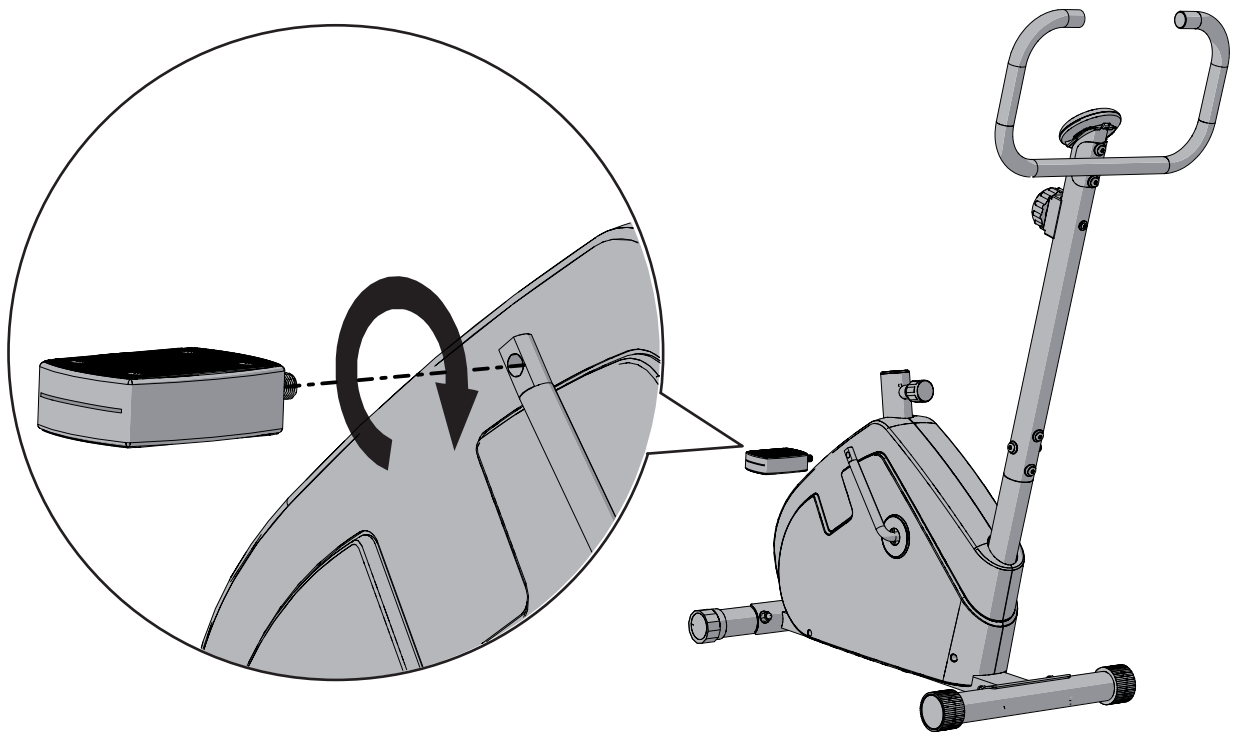
2 x AAA
1,5V



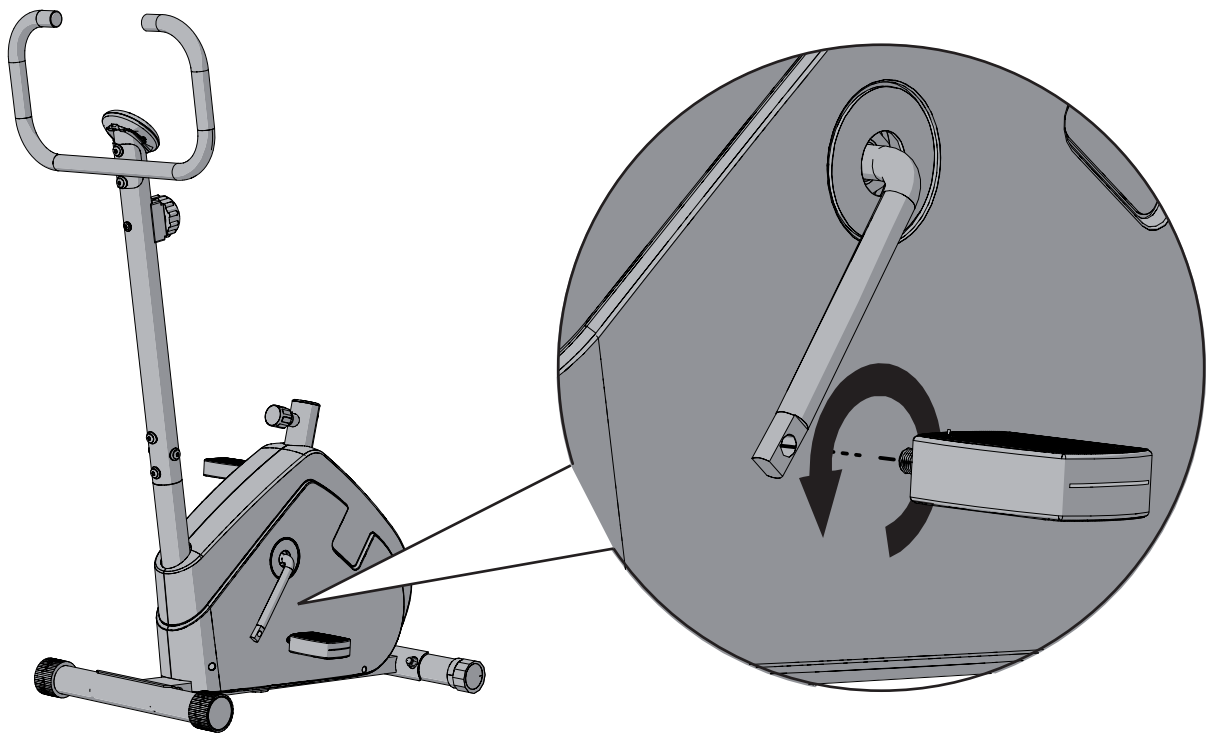
7



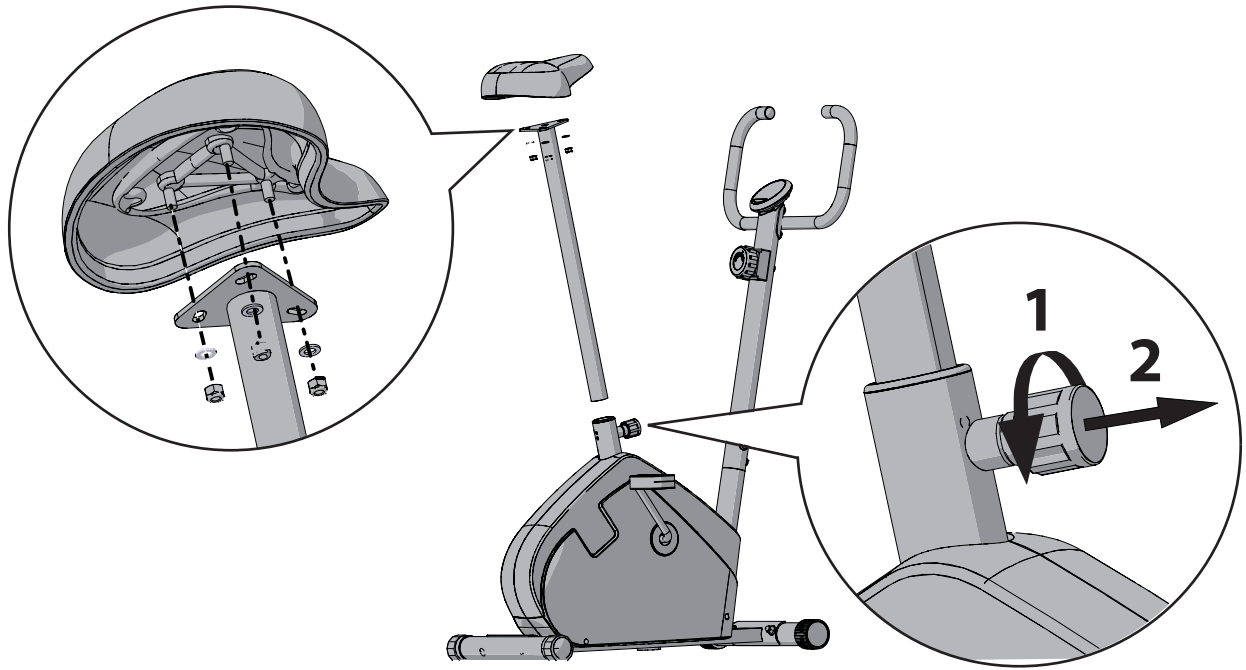
8



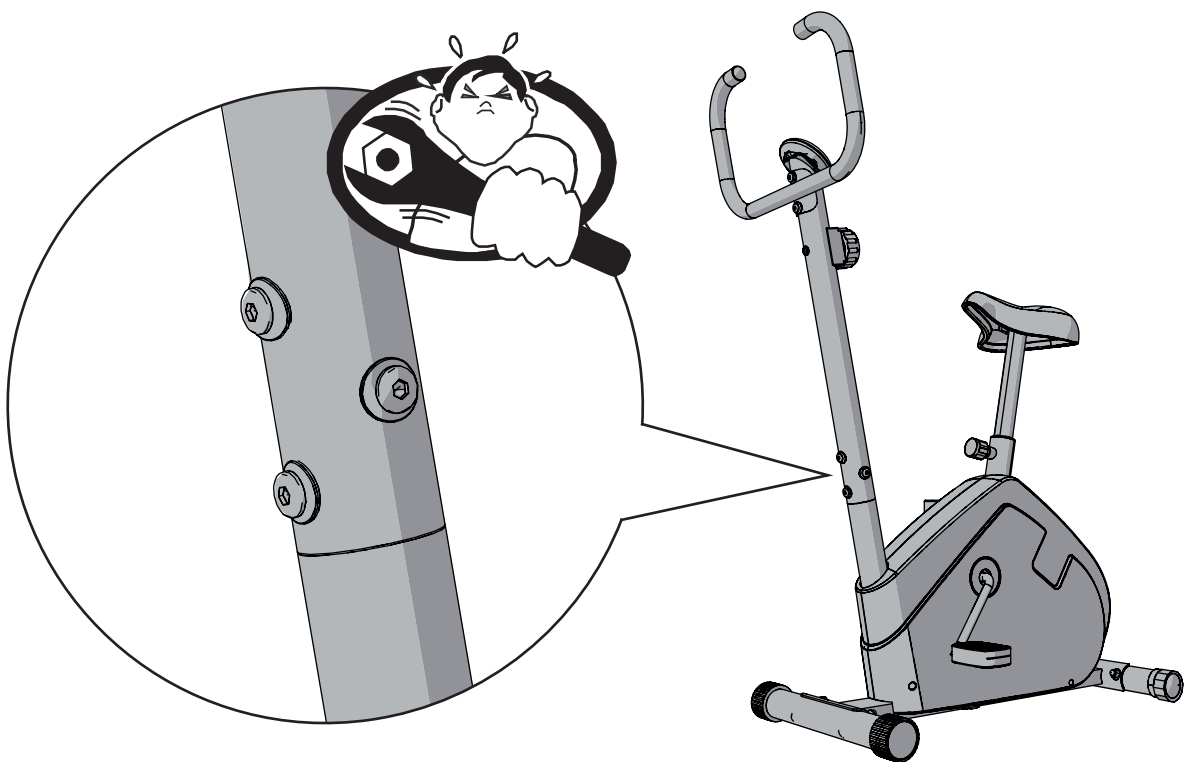
9



10



11

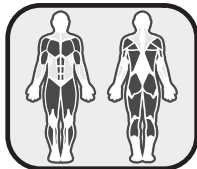


Thank you for choosing a DOMYOS product and for placing your trust in us.

Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, DOMYOS.COM. On the website you will also find training advice and support in case you need it.

We wish you the best of success with your training and hope that this DOMYOS product will meet your expectations.

PRESENTATION



The exercise bike VM120 is a new-generation fitness bicycle. The bike automatically places you in an anatomic position with back upright and arms in a resting position. This product is equipped with a magnetic transmission system for optimal and smooth pedaling comfort.

GENERAL RECOMMENDATIONS

1. Fitness must be achieved in a controlled environment. Before starting an exercise plan, consult your doctor. This is especially important for people aged over 35 or with previous health problems, and those who have not done any sport for a number of years. Read all instructions before use.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property caused by the use or misuse of this product by the purchaser or by any other person.
4. Do not use this product in a commercial, rental, or institutional setting.
5. It is the user's responsibility to inspect and tighten up all parts as necessary each time before using the product.
6. Any assembly or disassembly of the product should be carried out with care.
7. Wear athletic shoes to protect your feet while exercising. Do not wear loose-fitting clothing or chains which risk getting caught in the machine. Take off your jewellery. Tie your hair back so that it does not get in the way during exercise.
8. WARNING! Heart rate monitors are sometimes inaccurate. Over-exercising may lead to a serious injury or even death. You must immediately stop training if you feel any pain or illness.

ADJUSTMENTS

1- LEVELLING THE BIKE

Warning: You need to get off the bike before levelling it.

If the product becomes unstable during use, turn one of the level correctors until it is stable again.

2- ADJUSTING THE SEAT POSITION

For an effective workout, the seat must be at the correct height. When pedaling, your knees should be slightly bent when the pedals are at the lowest position. To adjust the seat, hold it tightly and unscrew the knob in the seat post. Align one of the holes in the seat post with the seat adjustment knob. Replace the knob and tighten it.

NB:

- Ensure you replace the knob in the seat post and tighten it completely.
- Never exceed the maximum seat height.

3- ADJUSTING THE RESISTANCE

This is a «speed independent product.» You can adjust the brake torque by changing the pedal rate but also by manually adjusting the resistance level (by turning the torque control button on non-motorised machines or pressing the +/- buttons on motorised machines). However, if you maintain the same level of resistance, the brake torque will increase/decrease as pedal rate increases/decreases.

4- MOVING THE BIKE

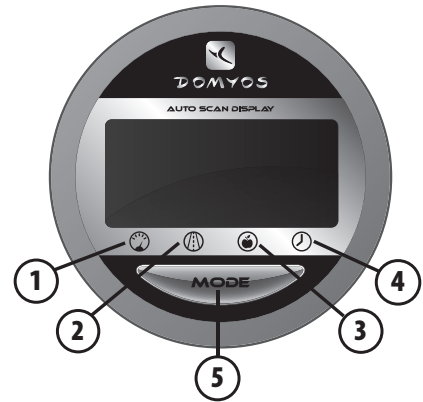
Warning: You need to get off the elliptical bike before moving it.

Stand on the ground, facing the front of the bike, hold the handlebar and pull the bike towards you. Your bike now rests on the castors and you can move it. When you have finished moving it, hold on to it until the back feet are back on the ground.

CONSOLE FUNCTIONS

DISPLAY and BUTTON:

- 1- Speed display (km/h or or mph)
- 2- Distance display (km/h or mph)
- 3- Calories expended display (Kcal)
- 4- Time elapsed display (mins)
- 5- MODE button



Functions:

- Speed: This function indicates estimated speed, either in km/h or mph, depending on the position of the switch at the rear of the product.
- DISTANCE: This function indicates estimated distance covered since beginning of exercise session. This can be in km (kilometres) or m (miles) depending on the position of the switch at the rear of the product.
- TIME: This function indicates how much time has elapsed since the beginning of the exercise session; this is given in minutes and seconds (MM:SS).
- CALORIES: This function displays an estimate of calories expended since the beginning of the session.

Your console will automatically light up as soon as you start pedaling.

When the console lights up, it will automatically be in AUTOSCAN mode.

In this mode, the 4 types of information listed below, are displayed in succession every 5 seconds.

Press the MODE button to select the information you want to display and remove the AUTOSCAN mode.

Adjustment switches are at the back of the console:

- Switch 1: Selection of type of apparatus that you are using with the console : VM (magnetic bike) ---- VE (elliptical bike)
- Switch 2: Selection of unit of measurement for DISTANCE. MI (Miles) ---- KM (Kilometres)
- Switch 3: position switch on middle notch.

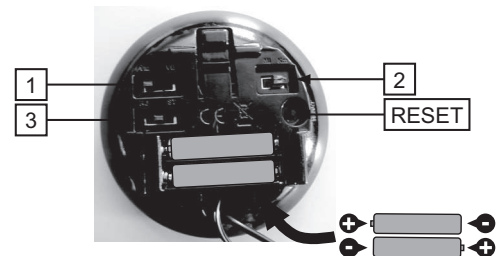
Resetting the product to zero:

- The product goes into standby mode after about 10 minutes of inactivity.
- The indicators return to zero when in sleep mode (data is not saved).
- Press the RESET button at the back of the console.

Battery installation

- 1- Remove the console from stand and place 2 AAA (1.5V) batteries in the specially designated compartment at back of screen. *
- 2- Ensure that the batteries are inserted correctly and are in full contact with the springs.
- 3- If the display is unreadable or incomplete, remove the batteries, wait fifteen seconds and put them back.

* NB: the battery compartment on your console is not designed to have a cover.



Recycling:



The "crossed-out bin" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste. They must be separated and recycled specially. 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.

TROUBLESHOOTING

If you notice any abnormal distances or speeds:

- Check the switch on the back of the console is set to VM for exercise bike / VE for cross trainer.
- Press the RESET button to change it.

NB: On an exercise bike, each pedal turn corresponds to a distance of 4 metres, on a cross trainer it corresponds to a distance of 1m60 (these values correspond to average biking and walking values).

If you find that your counter does not indicate the correct units of measurement for distance:

- Check the switch on the back of the console is in the MI position for display in miles, KM for display in kilometres.
- Press the RESET button to change it.

If the counter does not turn on:

- If you are using the battery, check that the batteries are correctly positioned (+/-).
- If the problem persists, start again with new batteries.
- In both cases, check that the cables are correctly connected behind the console and where the bracket joins the main frame of the bicycle.
- If the problem persists, refer to the last page of the instructions.

If a noise emanates from inside the casing or you cannot adjust your intensity level when in manual mode, do not try to repair it. Refer to the last page of the instructions.

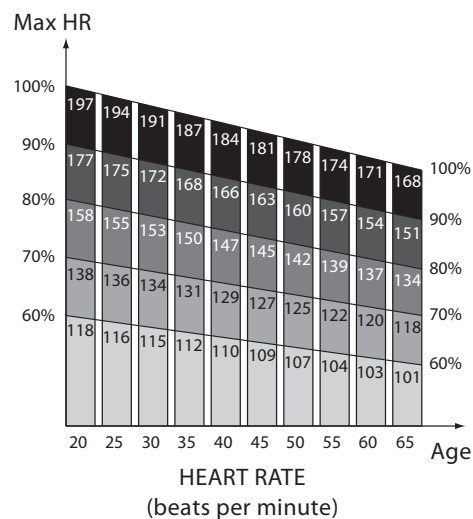
Only use your product with the supplied mains adapter.

EXERCISE ZONES

HR= heart rate

Max HR = 210 – (0.65 x your age)

- HR > 90% HR max
High performance zone for experts only
- HR = 80-90% HR max
Improving performance zone
- HR = 70-80% HR max
Endurance improvement zone
- HR = 60-70% HR max
Moderate effort zone for gentle recovery zone and weight loss
- HR < 60% HR max
Warm up and cool down zone

**USE**

If you are just starting out, begin by exercising for several days at a low speed, without pushing yourself and taking breaks if necessary. Gradually increase the number or duration of the sessions. Keep your back straight during your workout. During your workout, remember to ventilate the room in which you are using the bike.

**Keep fit/Warm-up: Gradual effort starting from 10 minutes**

For keeping fit and staying in shape or undertaking physiotherapy, you must exercise everyday for around ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity.

To improve leg toning, choose a stronger resistance and increase exercise time. Evidently you can vary pedalling resistance throughout your workout.

**Aerobic exercise for getting into shape: Moderate effort for a relatively long time (35 minutes to 1 hour)**

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do this, there is no point pushing past your limit. Regular training gets the best results. Choose a low pedalling resistance and exercise to your own pace but for at least 30 minutes. This exercise should produce a slight sweat, but should in no circumstances leave you breathless. You need to exercise more than 30 minutes a session, three times a week, for your body to draw on fat reserves.

**Aerobic training for endurance: Sustained effort for 20 to 40 minutes**

This type of training aims to strengthen the heart muscles significantly and improve respiratory functioning. Pedalling resistance and/or speed is increased which then increases breathing during exercise. This type of exercise is more sustained than when you are working out to get into shape. As you progress, you can exercise for longer and using faster paces. You can do this type of workout at least three times a week. Training at a faster pace (anaerobic exercise and exercise in the red zone) is for athletes only and requires suitable preparation. After each workout, set aside several minutes to cool down and let your body wind by gradually reducing pedalling speed.

Cool down:

Corresponds to light intensity training, to gradually wind down. Cool-down ensures a return to «normal» for the cardiovascular and respiratory system, blood flow and muscles (which eliminates side-effects, muscle pain in the form of cramps and stiffness, caused by accumulation of lactic acid).

Stretching:

You should stretch after cooling down. Stretching after exercise reduces muscle stiffness caused by the accumulation of lactic acid, and «stimulates» blood circulation.

COMMERCIAL WARRANTY

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

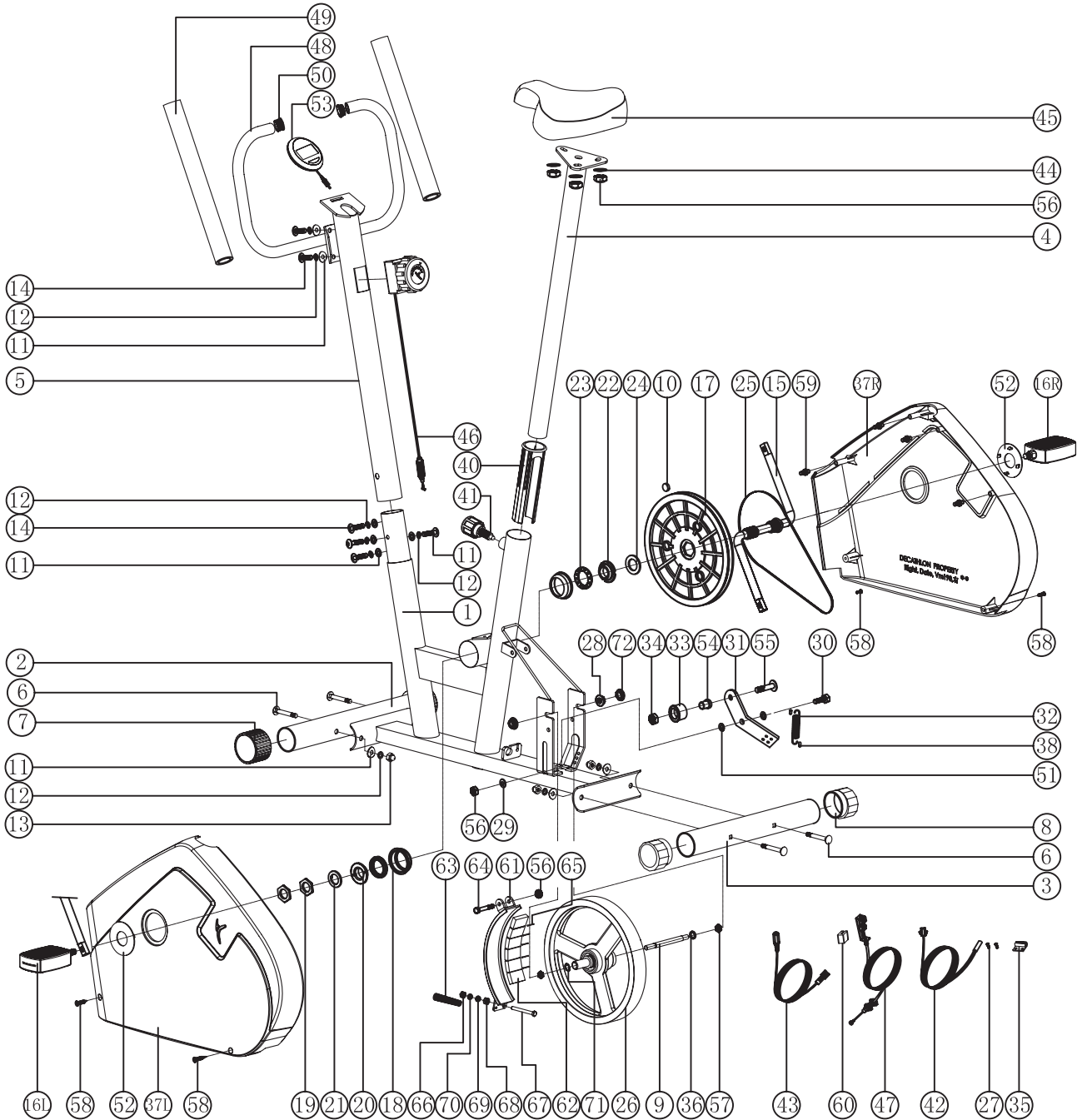
DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This warranty does not apply in case 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 cancel the legal warranty applicable in the country of purchase.

To take advantage of your product 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 • AFTERSALES AFDELING • ASSISTÊNCIA
PÓS-VENDA • SERWIS PO SPRZEDAŻY • ÜGYFÉLSZOLGÁLAT • СЕРВИСНАЯ СЛУЖБА •
SERVICIU POST-VÂNZARE • POPREDAJNÝ SERVIS • POPRODEJNÍ SERVIS •
EFTERMARKNAD • СЛЕДПРОДАЖБЕН СЕРВИЗ • SATIŞ SONRASI SERVİSİ • بعد خدمة البيع •
售后服务 • 售後服務**

FRANCE

Besoin d'assistance ?
Retrouvez-nous sur le site internet
<http://services.domyos-fitness.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
<http://services.domyos-fitness.com/>
(coste de conexión de internet) o
contacte con el centro de atención al
cliente, con el ticket de compra, a
902323336 para ayudarle a abrir un
dossier spv.

OTHER COUNTRIES

Need help?
Find us on our website
<http://services.domyos-fitness.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
<http://services.domyos-fitness.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
<http://services.domyos-fitness.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
<http://services.domyos-fitness.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
<http://services.domyos-fitness.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
<http://diensten.domyos-fitness.com/>
(kosten internetverbinding) of ga naar de ontvangstbalie
van de winkel waarin u het product
heeft gekocht. Neem het aankoop-
bewijs mee.

OUTROS PAÍSES

Precisa de assistência?
Contacte-nos através do site da
Internet <http://services.domyos-fitness.com/>
(custo de uma ligação à
Internet) ou dirija-se à recepção da
loja da marca onde adquiriu o seu
produto, com o respectivo
comprovativo de compra.

INNE KRAJE

Potrzebujesz pomocy?
Znajdź nas na stronie internetowej
<http://services.domyos-fitness.com/>
(koszt jednego połączenia
internetowego) lub wraz z dowodem
zakupu zgłoś się do punktu obsługi
sklepu firmowego lub tam, gdzie
dokonałeś zakupu produktu.

MÁS ORSZÁGOK

Segítségre van szüksége?
Keressen meg minket internetes
honlapunkon
<http://services.domyos-fitness.com/>
(internetcsatlakozás ára), vagy
forduljon személyesen egyik
üzletünk vevőszolgálatához, amely
üzletben vásárolta a terméket, a
vásárlási bizonylattal.

ДРУГИЕ СТРАНЫ

Нужна поддержка?
Обратитесь к нам через наш
интернет-сайт
<http://services.domyos-fitness.com/>
(стоимость подключения к
интернету) или подойдите в отдел
обслуживания клиентов в
магазине той сети, в которой вы
купили ваш продукт, с товарным
чеком.

ALTE ȚĂRI

Aveți nevoie de asistență?
Ne puteți găsi pe site-ul
<http://services.domyos-fitness.com/>
(prețul unei conexiuni la internet) sau
vă puteți prezenta la serviciul de
relații cu clienții al magazinului firmei
de la care ați achiziționat produsul,
având asupra dumneavoastră
dovada cumpărării.

OSTATNÉ KRAJINY

Potrebujeťte asistenciu?
Nájdite si nás na internetových
stránkach <http://services.domyos-fitness.com/>
(cena internetového
pripojenia), alebo sa obráťte na
oddelenie styku so zákazníkom v
obchode, kde ste svoj výrobok
zakúpili a popritom nezabudnite
predložiť doklad o kúpe.

OSTATNÍ ZEMĚ

Potřebujete pomoc?
Kontaktujte nás na našich interneto-
vých stránkách
<http://services.domyos-fitness.com/>
(cena za internetové připojení) nebo
přijďte na recepci jedné z prodejen
značky, kde jste koupili váš výrobek,
a předložte doklad o nákupu.

ANDRA LÄNDER

Behöver du hjälp?
Hitta oss på hemsidan
<http://services.domyos-fitness.com/>
(kostnad för internetanslutning
tillkommer) eller gå till kundtjänsten
i butiken där du köpte produkten,
med ditt inköpsbevis.

ДРУГИ ДЪРЖАВИ

Имате нужда от помощ?
Моля, посетете нашия сайт:
<http://services.domyos-fitness.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?
<http://services.domyos-fitness.com/>
internet sitesinden bize
ulaşabilirsiniz (bir internet bağlantı
ücreti karşılığında) veya bir satın
alma kanıtı ile birlikte, ürünü satın
aldığımız mağazanın danışma
bölümüne başvurabilirsiniz.

هل تحتاج إلى مساعدة؟
اتصل على عبر موقعنا الإلكتروني
<http://services.domyos-fitness.com/>
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VM 120

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 uschovejte
Originalbipacksedel att spara
Запазете оригиналното упътване
Muhafaza edilecek orijinal kullanım kılavuzu
دليل أصلي يحتفظ به
请保留说明书
請保留原始說明書

oxylane

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59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE

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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

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