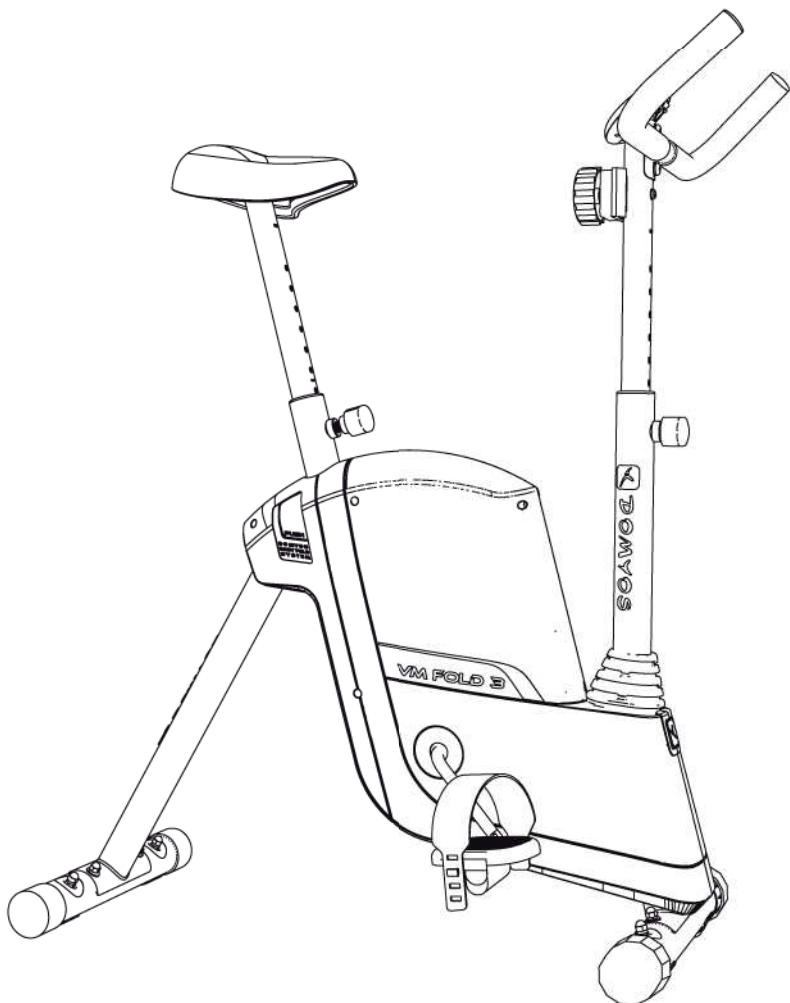


# VM FOLD 3



**VM FOLD 3**  
28 kg / 62 lbs  
107 x 47 x 130 cm  
42 x 19 x 51 in

**MAXI**  
110 kg  
242 lbs



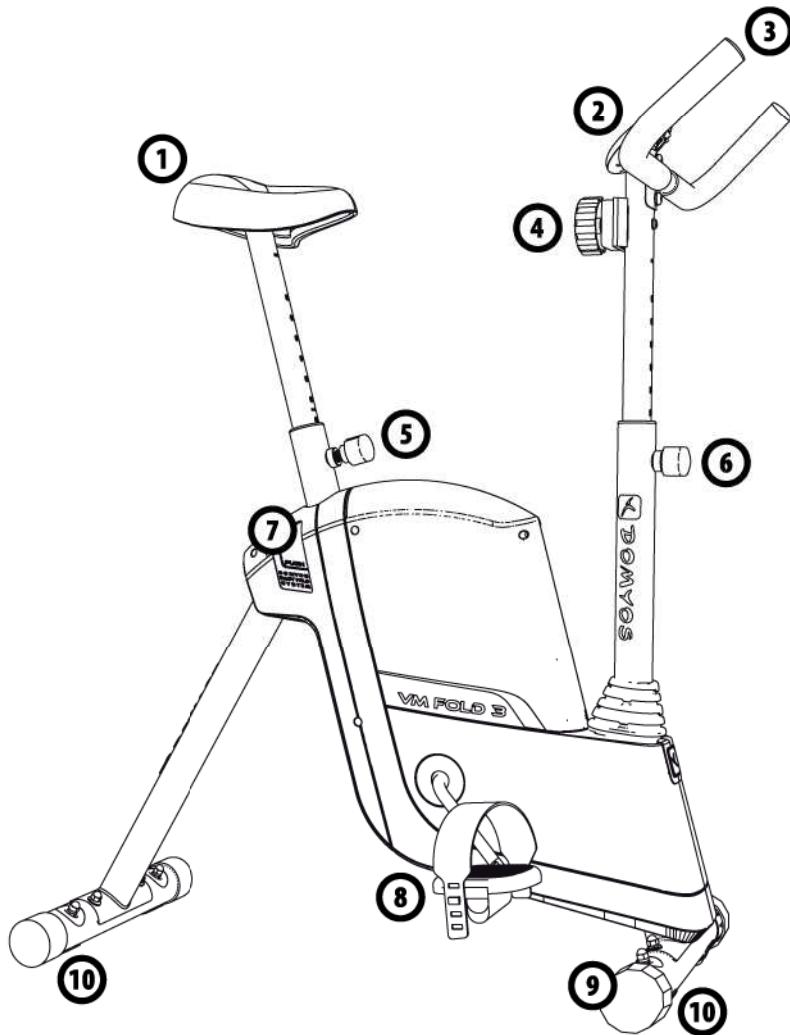
**20 min**



<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Saddle	Console	Handlebars	Resistance adjustment knob
Selle	Console	Guidon	Molette de réglage de la résistance
Sillín	Consola	Manillar	Rueda de ajuste de la resistencia
Sattel	Konsole	Lenker	Widerstands-Stellschraube
Sella	Console	Manubrio	Rotella di regolazione della resistenza
Zadel	Console	Stuur	Instelknop weerstand
Selim	Consola	Guiador	Bloqueio de regulação da resistência
Siodełko	Konsola	Kierownica	Pokrętło regulacji oporu
Nyereg	Konzol	Kormány	Ellenállást beállító csavar
Седло	Консоль	Руль	Ручка регулировки сопротивления
Şa	Consolă	Ghidon	Buton de reglare a rezistenței
Sedlo	Konzola	Riadidlá	Nastavovacie koliesko odporu
Sedlo	konzole	Madlo	Kolečko pro nastavení odporu
Sadel	Konsol	Styre	Låshjul för motstånd
Се далка	Конзола	Корми ло	Кръгла ръчка за регулиране на съпротивлението
Sele	Konsol	Gidon	Direnç ayar düğmesi
معد	لوحة التحكم	مقدور	صاملولة ضبط المقاومة
车座	控制面板	车把	阻尼调节转轮
車座	控制面板	車把	阻尼調節轉輪

**7**

Fold-up button  
 Bouton de pliage  
 Botón de plegado  
 Klappknopf  
 Tasto di chiusura  
 Knop voor uitklappen  
 Botão de dobragem  
 Przycisk składania  
 Összehajtó gomb  
 Кнопка складывания  
 Buton de pliere  
 Tlačítka pre skladanie  
 Tlačítka pro skládání  
 Fällknapp  
 Бутон за прибиране на ключа  
 Katlama düğmesi  
 زر الضبط  
 折叠按钮  
 折叠按鈕



5

Release lever to adjust the saddle

Molette de réglage de la selle

Rueda de ajuste del sillín

Einstellräddchen des Sattels

Rotella di regolazione della sella

Instelknop zadel

Botão de regulação do selim

Pokrętło regulacji siodełka

Nyereg állítócsavar

Ручка регулировки седла

Buton de reglare a şei

Nastavovacie koliesko sedla

Kolečko pro nastavení sedla

Reglagehjul till sadel

Кръгла ръчка за регулиране на седалката

Sele ayar düğmesi

صاملة ضبط المقد

车座调节转轮

車座調節轉輪

6

Release lever to adjust the handlebars

Molette de réglage du guidon

Rueda de ajuste del manillar

Einstellräddchen des Lenkers

Rotella di regolazione del manubrio

Instelknop stuur

Botão de regulação do guiador

Pokrętło regulacji kierownicy

Kormány állítócsavar

Ручка регулировки руля

Buton de reglare a ghidonului

Nastavovacie koliesko riadiidle

Kolečko pro nastavení madla

Reglagehjul till styre

Кръгла ръчка за регулиране на кормилото

Gidon ayar düğmesi

صاملة ضبط المقد

车把调节转轮

車把調節轉輪

8

Pedal

Pédale

Pedal

Pedal

Pedale

Pedaal

Pedal

Pedał

Pedál

Педаль

Pedală

Pedál

Pedál

Pedál

Pedál

Педал

Pedal

پدال

脚踏板

腳踏板

9

Levelling feet

Compensateurs de niveau

Compensadores de nivel

Niveaueausgleicher

Compensatori di livello

Niveauregelaars

Compensadores de nível

Kompensatory poziomu

Szintkiegyenlíítők

Компенсаторы уровня

Compensatori de nivel

Kompenzátorý úrovne

Vyrovnávací podložky

Nivákompensatorer

Компенсатори на нивото

Yükseklik ayar tertibatları

ماعواضات المستوى

平衡补偿器

平衡補償器

10

Multi directional casters

Billes de déplacement

Bola de desplazamiento

Transportrollen

Sfere di spostamento

Transportkogeltjes

Esferas de deslocação

Kółka transportowe

Mozgató görgők

Транспортировочные ролики

Rotițe de deplasare

Premiestňovacie guličky

Přemístovací kuličky

Transportkular

Колелца за преместване

Hareket bilyaları

رولمان بلي للنقل

滑轮

滑輪

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

**ADVERTENCIA**

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

**sostituirla.**

- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

**WAARSCHUWING**

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

**ADVERTÊNCIA**

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

**UWAGA**

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

**FIGYELMEZTETÉS**

- A szereket helytelen használata súlyos sérelmekhez vezethet.
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztést, illetve használati útmutatót.
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek.
- Cserélje ki a címkkét, ha sérült, olvashatatlan vagy hiányzik.
- Tartsa távol a kezeket, lábakat, a hájat a mozgó alka wtryszkeltől.

**ПРЕДУПРЕЖДЕНИЕ**

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения.
- Перед использованием внимательно прочитайте инструкцию по эксплуатации.
- Соблюдайте все предосторожности и рекомендации, которые содержат этот документ.
- Не позволяйте детям использовать эту машину. Не допускайте детей

**близко к аппарату.**

- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить.

**ATENȚIE**

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răniri 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.
- Dacă autocollantul este deteriorat, îlizibil sau lipsește, este indicat să înlocujiți.
- Nu vă apropiati mâinile, picioarele și părul de piesele în mișcare.

**UPOZORNENIE**

- Akekolvek nevhodné použitie tohto výrobku môže vyvolať väzne poranenia.
- Pred akymkolvek použitím výrobku si starostlivo prečítajte navod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré su tu uvedene.
- Nedovolte detom, aby tento prístroj používali a priblížovali sa k nemu.
- V prípade, že je samolepiaci štítek poškodený, nečitateľný alebo štítok chyba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

**UPOZORNENÍ**

- Jakékoliv nevhodné použití tohto výrobku môže způsobit vázná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě pročtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabraňte dětem, aby tento přístroj používaly a priblížovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepribližujte ruce, nohy a vlasy k pohybujícím se součástkám.

**VARNING**

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

**ПРЕДУПРЕЖДЕНИЕ**

- Всяко неправилно използване на този продукт може да доведе до сериозни наранявания.
- Преди да използвате продукта, моля прочетете внимателно

начина на употреба и спазвайте всички предупреждения и инструкции, които той съдържа.

- Не позволявате 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.

**UYARI**

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımından önce, kullanım yönümleri dikkatle okumanız ve içindeki tüm uyarı ve talimatlara uymaz gereklidir.
- Çocukların bu makineyi kullanmalarına izin vermeyin ve onları bu makineden uzak tutun.
- Yapışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırın.

**تحذير**

- عد استخدام هذا المنتج بشكل شكل سليم قد يسبب في إصابة خطيرة.
- قبل الاستخدام احرص على قراءة دليل الاستخدام بعناية مع الاهتمام الخاص بجميع التحذيرات والتعليمات التي يتضمنها.
- يمنع استخدامه من قبل الأطفال وبخطب بعيدا عنهم.
- يجب استبدال اللاصقة إذا ثقلت أو تشوهد أو فترت.
- يمنع تقويب البينين والقدمين والشعر من جميع الأجزاء المتحركة.

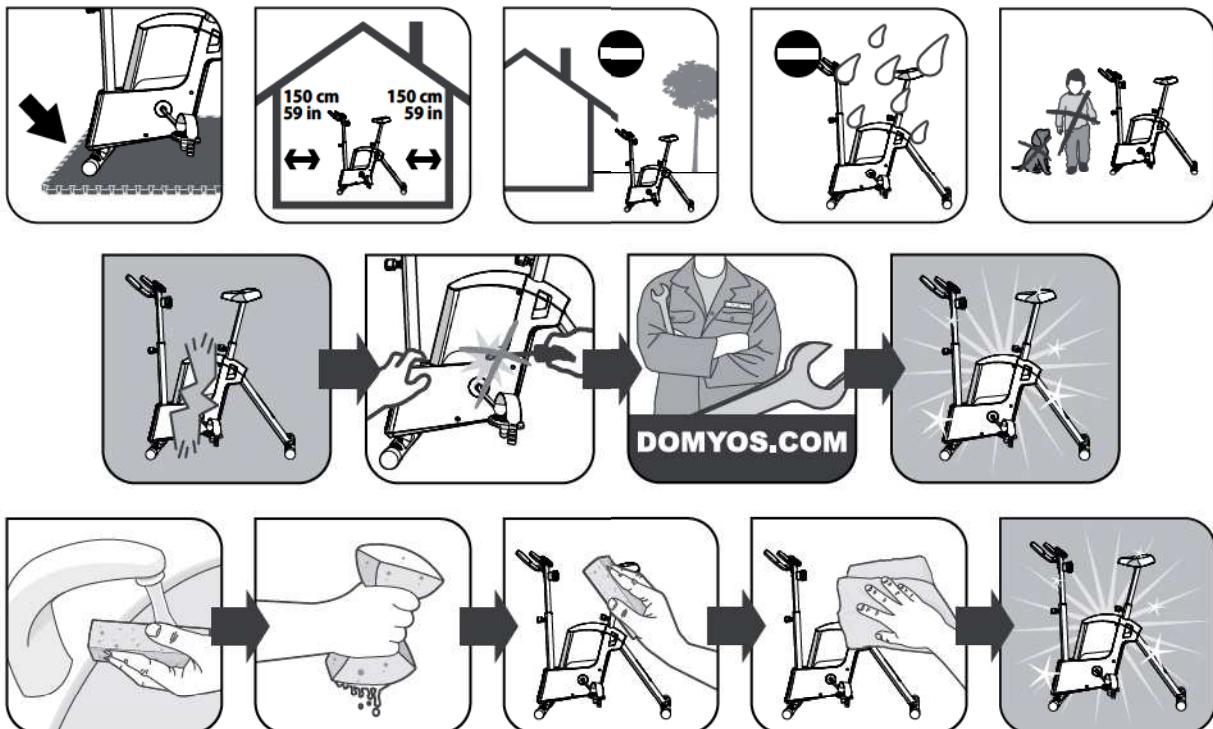
**注意**

- 滥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**

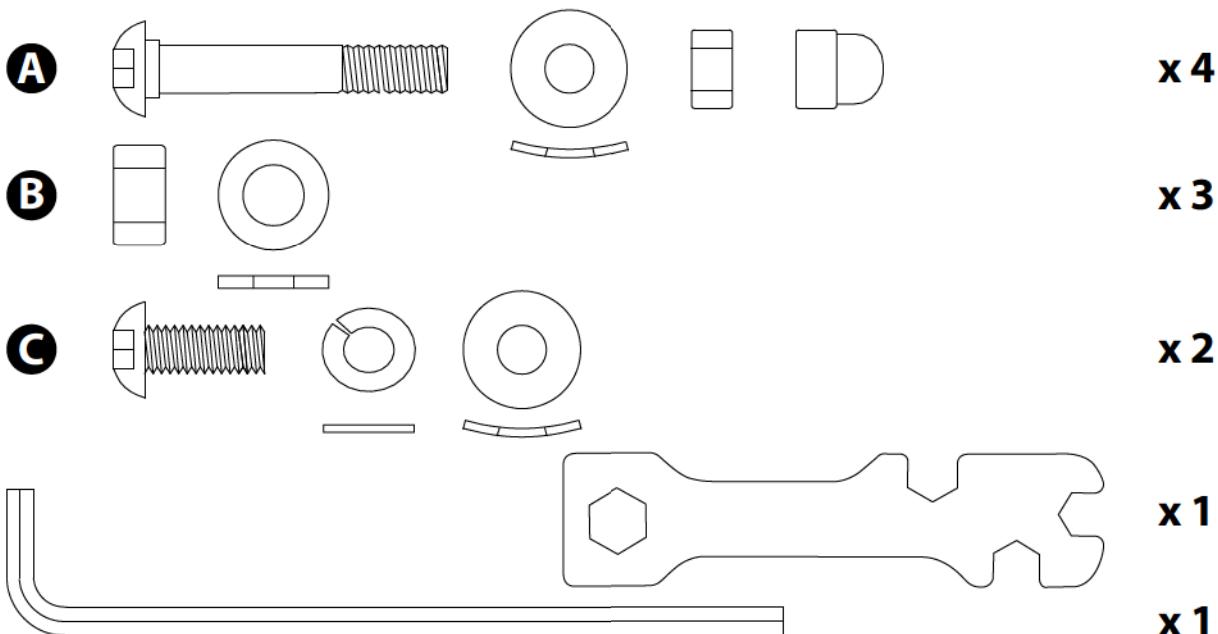
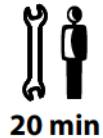
- 對產品的不當使用將導致嚴重受傷。
- 使用本產品之前請閱讀本手冊上的全部說明，并遵照注意事項進行使用。
- 不可讓兒童接近或使用該器材。
- 如產品上的貼標損壞，模糊或缺失，請將其更換。
- 不可將雙手，雙腳或頭髮靠近運動中的部件。

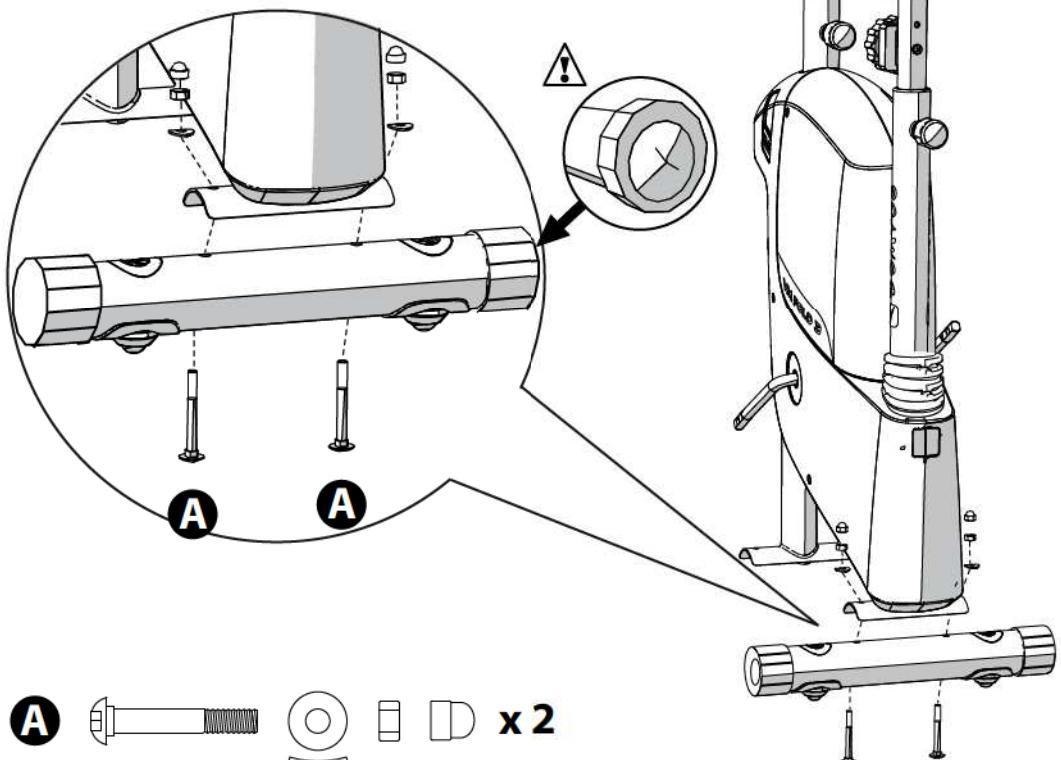
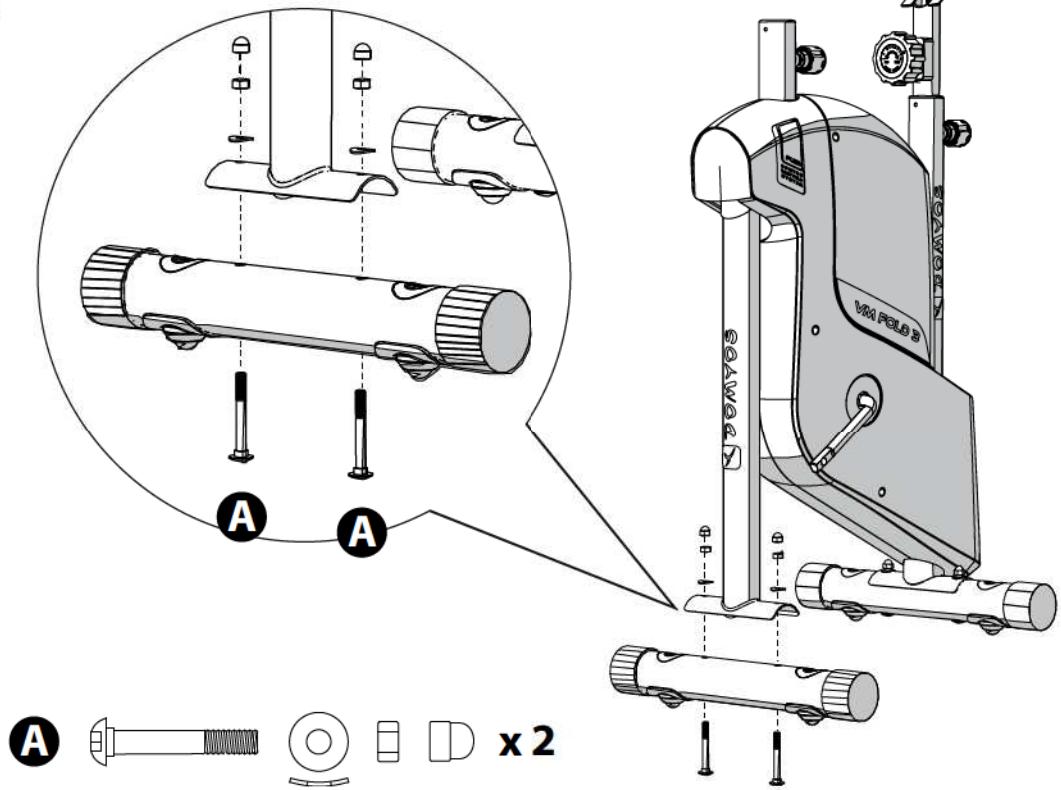
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 SEGURANÇA • BEZPIECZEŃSTWO • BIZTONSÁG • МЕРЫ БЕЗОПАСНОСТИ • SIGURANȚĂ  
 • BEZPEČNOSTЬ • BEZPEČNOSTЬ • SÄKERHETSANVÄNINGAR • БЕЗОПАСНОСТЬ • GÜVENLİK  
 • احتیاطات آمنیة • 安全 • 安全**

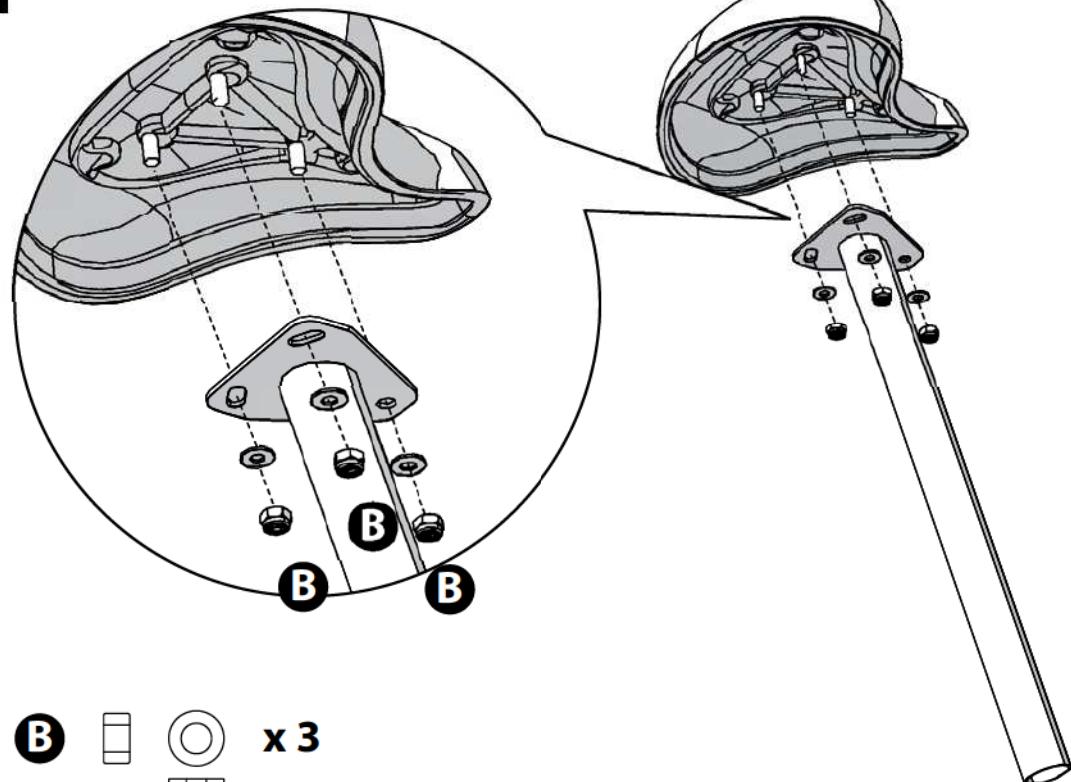
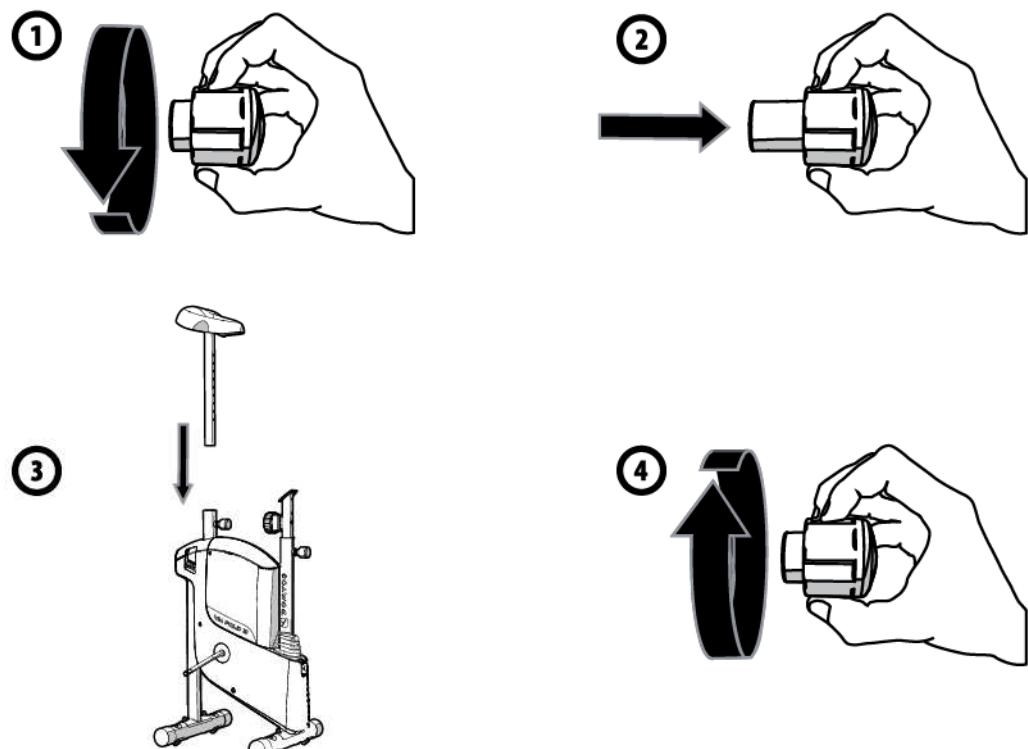


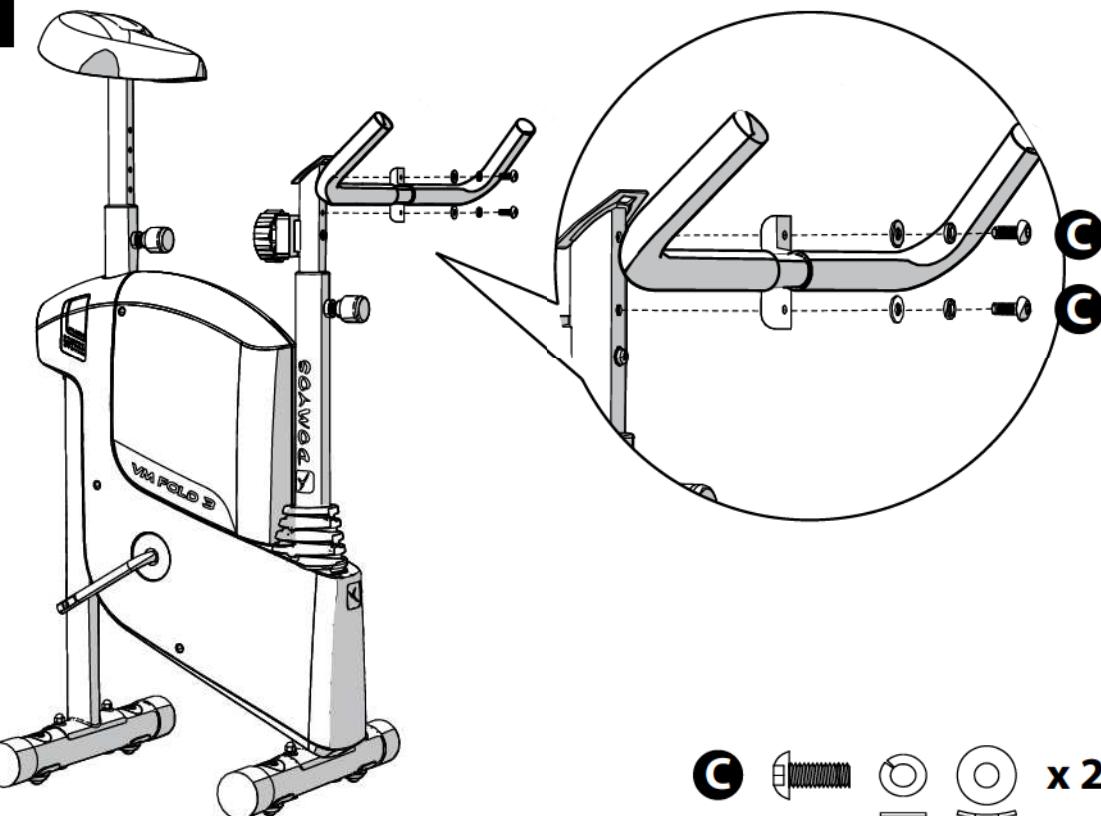
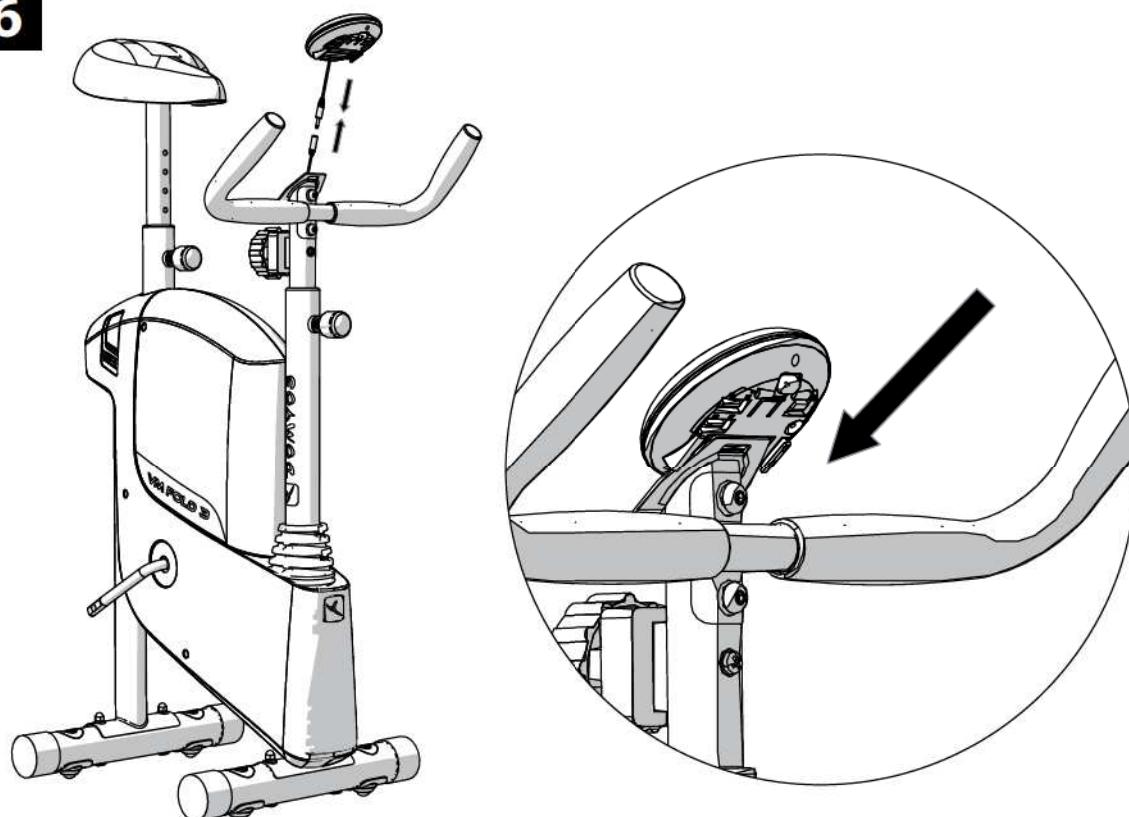
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 安装**

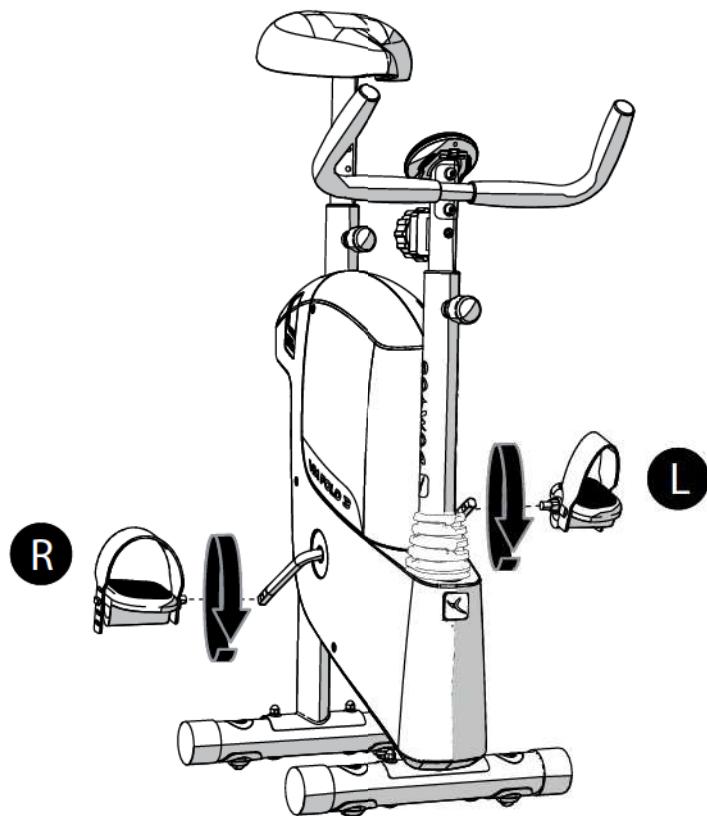


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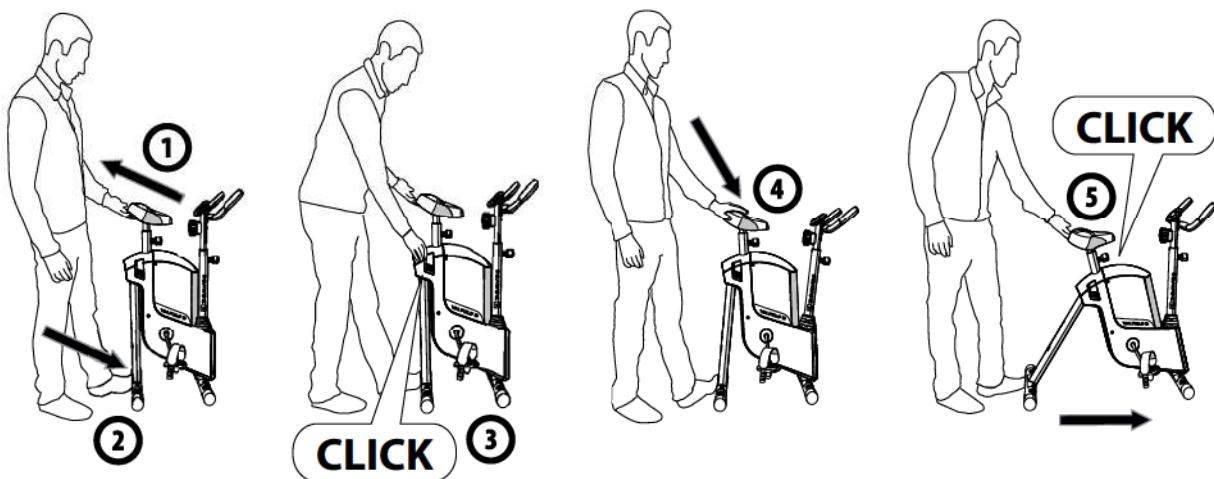
**3****4**

**5****6**

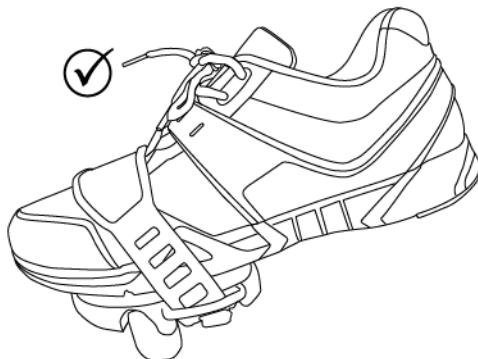
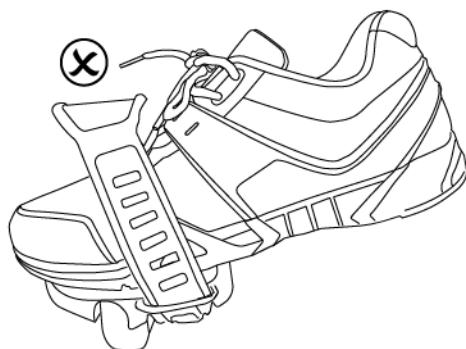
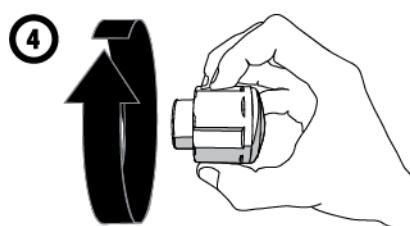
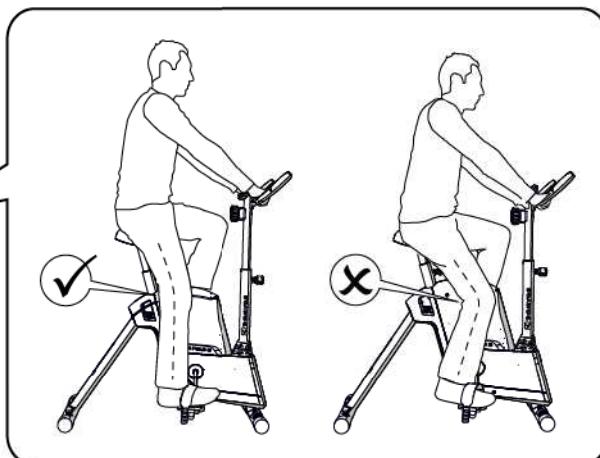
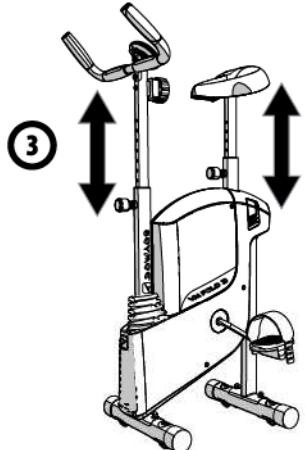
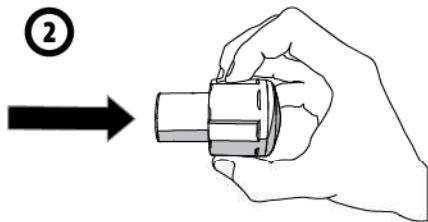
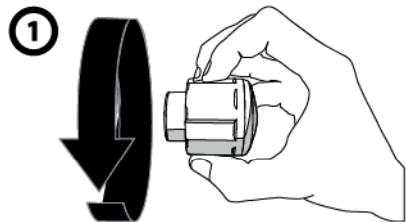
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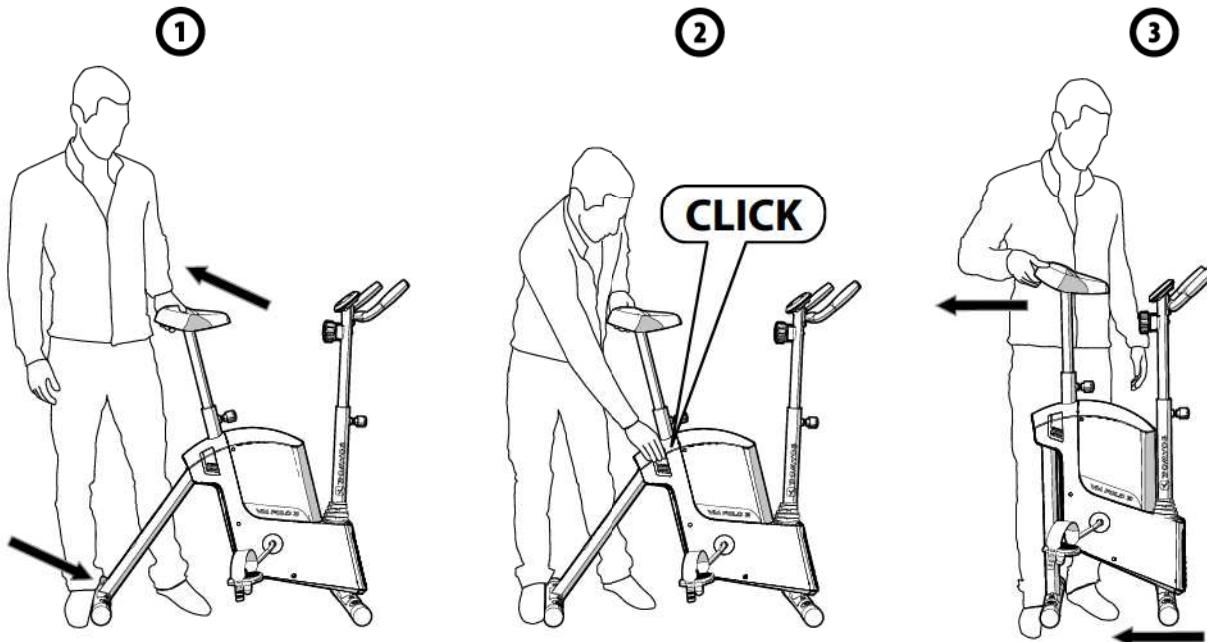
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• DESDOBRAGEM • ROZKŁADANIE • KIHÁJTÁS • РАСКЛАДЫВАНИЕ • DEPLIERE •  
ROZKŁADANIE • ROZKLÁDÁNÍ • UPPFÄLLNING • РАЗГЪВАНЕ • AÇMA • الفرد • 展开 • 展開**



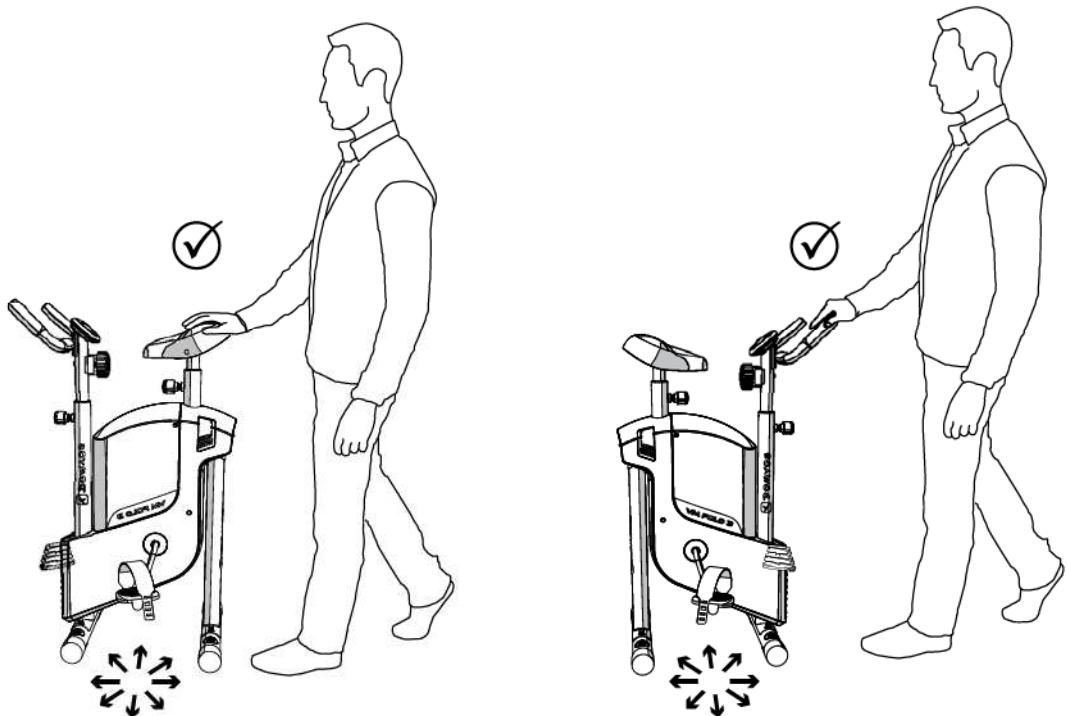
SETTINGS • RÉGLAGES • AJUSTES • EINSTELLUNGEN • REGOLAZIONI • INSTELLINGEN •  
DEFINIÇÕES • REGULACJE • BEÁLLÍTÁSOK • РЕГУЛИРОВКИ • REGLAJE • NASTAVENIA •  
NASTAVENÍ • REGLAGE • РЕГУЛИРАНЕ • AYARLAR • الضبط • 调节 • 調節



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MOVING • DÉPLACEMENT • DESPLAZAMIENTO • TRANSPORT • SPOSTAMENTO  
 • VERPLAATSEN • DESLOCAÇÃO • TRANSPORT • MOZGATÁS • ПЕРЕМЕЩЕНИЕ.  
 DEPLASARE • PREMIESTNENIE • PŘEMÍSTĚNÍ • TRANSPORT • ПРЕМЕСТВАНЕ • HAREKET  
 ETME • التقل • 移动 • 移動



**USE • UTILISATION • UTILIZACIÓN • VERWENDUNG • UTILIZZO • GEBRUIK • UTILIZAÇÃO  
• SPOSÓB UŻYCIA • HASZNÁLAT • ИСПОЛЬЗОВАНИЕ • UTILIZARE • POUŽITIE • POUŽITÍ  
• ANVÄNDNING • НАЧИН НА УПОТРЕБА • KULLANIM • • 使用 • 使用**

Our operating tips are all on the product record on our website.

Retrouvez tous nos conseils d'utilisation sur la fiche produit présente sur notre site internet.

Todos nuestros consejos de uso en la ficha de producto de nuestra página de Internet.

Sie finden alle unsere Verwendungsratschläge auf dem Produktmerkblatt in unserer Internetsite.

Ritrovate i nostri consigli per l'uso nella scheda prodotto reperibile sul nostro sito internet.

U vindt onze adviezen omtrent het gebruik terug bij de productgegevens op onze website.

Consulte todos os nossos conselhos de utilização na ficha do produto presente no nosso site da Internet.

Wszystkie wskazówki dotyczące użycia znajdują się w zakładce produktu na naszej stronie internetowej.

A használatra vonatkozó minden tanácsunkat megtalálja az internetes honlapunkon lévő termékleírásban.

Все рекомендации по использованию этого продукта можно найти на нашем веб-сайте.

Regăsiți toate recomandările noastre de utilizare în fișa tehnică a produsului care figurează pe site-ul nostru de internet.

Všetky naše rady týkajúce sa použitia nájdete v karte výrobku na našej webovej stránke.

Veškeré naše návody k použití nájdete u popisu výrobku, ktorý je dostupný na naší internetové stránce.

Alla våra bruksanvisningar finns på produktens informationssida på vår webbplats.

На нашия сайт можете да намерите описание на продукта, включващо съвети за употреба.

Bütün kullanım önerilerimizi, internet sitemizde bulunan ürün fişinde bulabilirsiniz.

بحث في كل ما نقدمه من نصائح بشأن استخدام هذا المنتج على موقعنا.

请登陆我们的官方网站以查看产品说明书中的全部使用建议。

請登錄我們的官方網站以查看產品說明書中的全部使用建議。

**www.domyos.com**

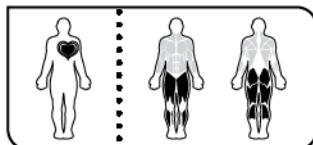


Thank you for choosing a DOMYOS product and for the trust this demonstrates.

Whether you are a beginner or a high level athlete, DOMYOS is there to help you stay fit or increase your fitness. Our teams are always pushing themselves to create the best possible products for you to use. However if you have any comments, suggestions or questions, you can voice them on our website: DOMYOS.COM. On the website you will also find training advice and support.

We wish you all the best for your training and hope that this DOMYOS product will meet all your needs.

## ■ PRESENTATION



The VM FOLD 3 is an innovative fitness bike that guarantees:

- Great comfort of use (ergonomic position, smooth and silent pedaling).
- Easy to store thanks to the exclusive DOMYOS folding, compact and transport systems.

## ■ GENERAL RECOMMENDATIONS

1. Fitness must be developed carefully. Before starting any exercise programme, consult your doctor. It is particularly important for people over 35 years old or who have had health problems before, or if you haven't practiced sport for several 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 originating from 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 if necessary tighten all parts before using the product.
6. Any assembly or disassembly of the product should be carried out with care.
7. Wear sports shoes to protect your feet while exercising. DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewellery. Put your hair up so that it does not get in the way during exercise.
8. To exercise efficiently, carefully adjust the saddle height and tighten the pedal straps.
9. Because of the way the product folds, the handlebars may move backwards and forwards. This movement is normal and isn't a risk when in use.

## ■ SETTINGS



### STABILISING THE BIKE

If the product is unstable when in use, turn one or two of the level compensators until it is stable.

### SETTING RESISTANCE

The product is a product with independent speed control. You can adjust the braking torque not just by the pedaling frequency but also by manually selecting the level of resistance (by turning the torque control button on non-motorised products, or by pushing the +/- buttons on motorised products). However, if you keep the same resistance level, the braking torque will increase/decrease as your pedal rate increases/decreases.

## ■ USING THE CONSOLE



### Speed display (kph or mph)

This function displays estimated speed, in kph (kilometres per hour) or mph (miles per hour), select using the switch on the back of the product.



### Display distance covered (km or miles)

This function shows estimated distance since the start of the exercise. It is displayed in km (kilometres) or mi (miles), select using the switch at the back of the product.



### Display calories expended (kcal)

This function displays an estimate of calories expended since the start of the exercise.



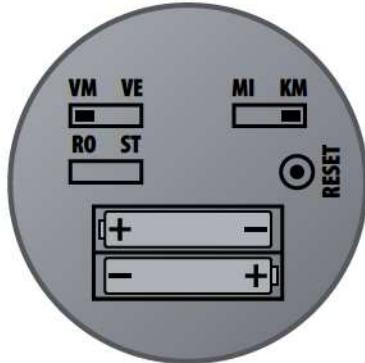
### Display training time (min)

This function displays the time spent since the start of the exercise, in Minutes : Seconds (MM : SS).

Your console will switch on automatically when you start pedaling.

When the console switches on, it will automatically be in AUTOSCAN mode. This mode displays the 4 pieces of information above every 5 seconds.

Press the **MODE** button to select the information that you wish to display continuously and remove AUTOSCAN mode.



#### SETTINGS AT THE BACK OF THE CONSOLE:

- VM / VE**  
Select the type of equipment the console is used on  
VM (exercise bike) / VE (cross trainer)
- MI / KM**  
Select the distance unit  
MI (miles)/ KM (kilometres)

#### RESETTING THE PRODUCT:

- The product will switch to standby mode after five minutes of inactivity.
- The indicators return to zero on going into standby mode (data is not saved).
- Pressing the RESET button at the back of the console.

#### FITTING BATTERIES:

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

\* WARNING: Your console isn't designed for a battery compartment lid.



#### RECYCLING:

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.

## ■ DIAGNOSING ERRORS

#### If you notice abnormal distances and speeds:

- Check that the switch at the back of the console is on the EB for Exercise bike / CT for cross trainer.
- Press RESET to change mode.

Please note: On exercise bikes, each turn of the pedals is equivalent to a distance of 4 m, on cross trainers 1 turn of the pedals is equivalent to a distance of 1.6 m (these are equivalent to average distances by bike or walking).

#### If you notice that your console doesn't show the right units for distance measurements:

- Check the switch at the back of the console is on MI to display miles and KM to display kilometres.
- Press RESET to change mode.

#### If your console doesn't switch on:

- If you are using the batteries, check their polarity.
- If the problem persists, start again using new batteries.
- Check the connection of the cables at the back of the console and the assembly between the stem and the main frame of the bike.
- If the problem persists, return your product to your nearest DECATHON store.

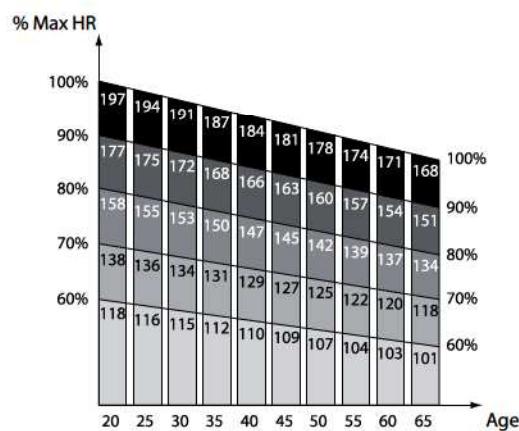
If you hear a noise coming from inside the chain guard, and if you cannot adjust the intensity level when you are in manual mode, don't try to repair it. Return the product to your nearest DECATHON store.

Only use the product with the adaptor provided.

## ■ INFORMATION ON EXERCISE ZONES AND HEART RATE

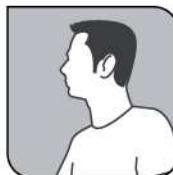
HR = Heart Rate (in beats per minute)  
Max HR =  $210 - (0.65 \times \text{your age})$

- HR > 90% max HR**  
High performance zone reserved for experts
- HR = 80-90% max HR**  
Performance improvement zone
- HR = 70-80% max HR**  
Endurance improvement zone
- HR = 60-70% max HR**  
Moderate effort zone for gentle exercise and weight loss
- HR < 60% max HR**  
Best zone for warming up and recovery



## ■ USE

If you are a beginner, start by training for several days on low resistance, don't force, and rest if necessary. Gradually increase the number and duration of sessions. When training, remember to air the room in which you use the bike.



### Stretching/warming up: Progressive effort from 10 minutes

To maintain physical condition or reeducation, you can train everyday for ten minutes. This type of exercise will awaken your muscles and joints, and can be used to warm up before exercise.

To tone legs, increase resistance and exercise duration. Of course, you can change pedaling resistance during the exercise session.



### Aerobic work to increase fitness: Moderate effort for a fairly long time (35 minutes to 1 hour)

If you want to lose weight, this type of exercise combined with a diet is the only way to increase the quantity of energy expended by the organism. For this, there is no need to go over your limits. Regularly training enables better results. Choose low pedaling speed and exercise at your own rhythm, for at least 30 minutes. You should break a light sweat but should not be out of breath. Your body will get its energy from fat reserves if you exercise for a long time at a slow pace, so long as you exercise for over thirty minutes, three times a week minimum.



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

This type of training aims to significantly strengthen the heart and improve breathing. Resistance and/or pedaling speed are increased to increase breathing during exercise. Effort is more sustained than when working on fitness. As you train more, you will be able to sustain this effort for longer, at a better rhythm. You can train a minimum of three times a week like this. Training at a more forced rhythm (anaerobic and in the red zone) is for athletes only and requires adapted preparation. After each training session, spend a few minutes calming down and gradually bring the body back to a resting state, reducing your pedaling speed.

#### Calming down:

Corresponds to low intensity exercise. A calming down period ensures your cardio-vascular system, breathing, blood flow and muscles go back to normal (to reduce counter effects such as lactic acid accumulation which is the main cause of muscle pain, cramps and stiffness).

#### Stretching:

Stretching follows the quieting down stage. Stretching after exercise reduces muscle stiffness caused by lactic acid accumulation and stimulates blood circulation.

## ■ COMMERCIAL GUARANTEE

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

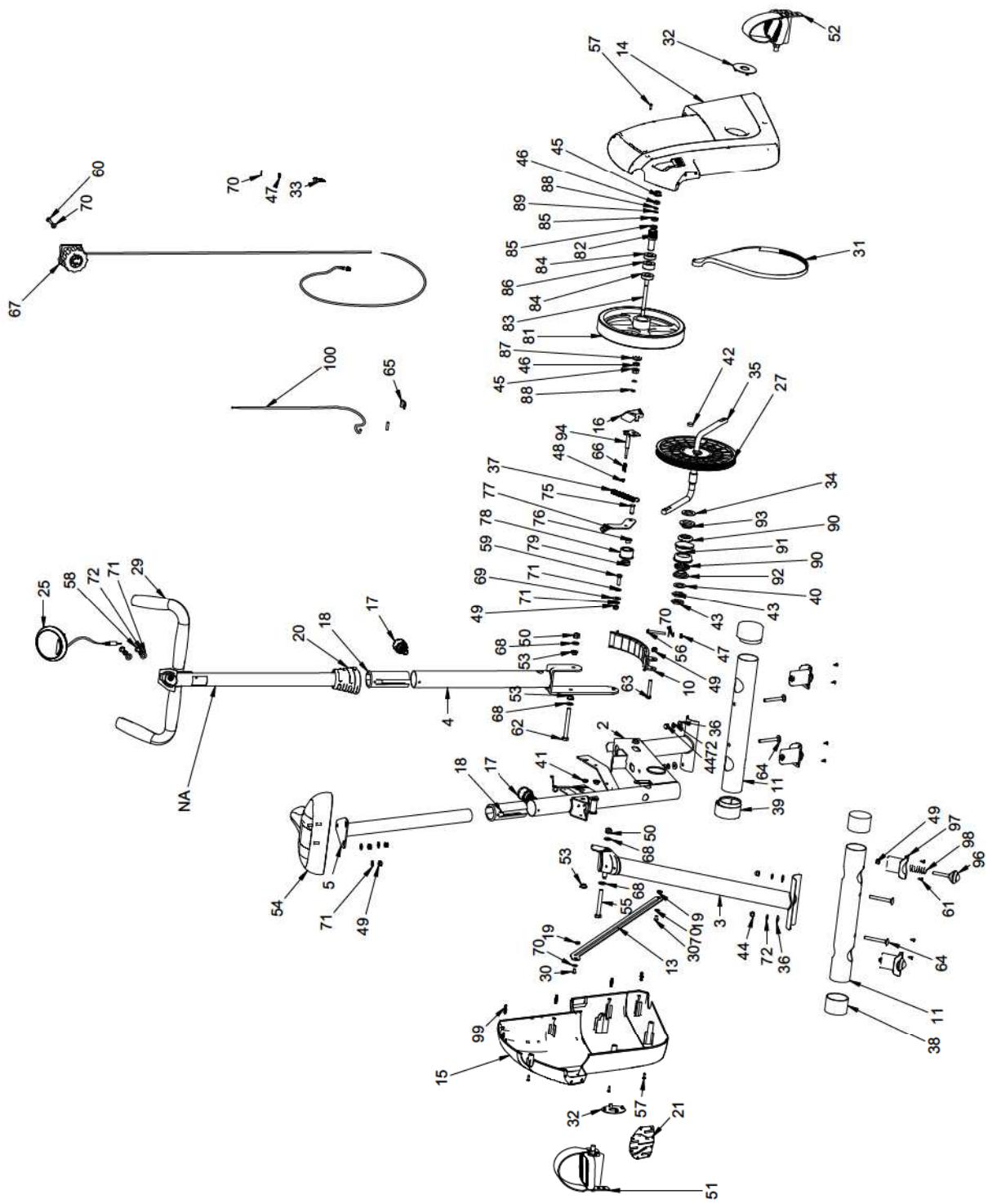
DOMYOS'S obligation with regards to this guarantee is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This guarantee doesn't apply in cases of:

- Damage caused during transportation
- Use and/or storage outside it in a damp environment (excluding trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use in a non-domestic setting

This guarantee does not cancel the legal guarantee applicable in the country of purchase.

To take advantage of your product's guarantee, 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 •  
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 [www.domyos.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.domyos.com) (coste de conexión de internet) o presentese 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](http://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](http://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](http://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](http://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 respectivo comprovativo de compra.

**INNE KRAJE**

Potrzebujesz pomocy?  
Znajdź nas na stronie internetowej [www.domyos.com](http://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?  
Keressen meg minket internethonlapunkon [www.domyos.com](http://www.domyos.com) (internetsatlakozás ára), vagy forduljon személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonyallattal.

**ДРУГИЕ СТРАНЫ**

Нужна поддержка?  
Обратитесь к нам через наш интернет-сайт [www.domyos.com](http://www.domyos.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 ȚARI**

Aveți nevoie de asistență?  
Nu puteți găsi pe site-ul [www.domyos.com](http://www.domyos.com) (pretul unei conectări la internet) sau să puteți prezenta la serviciul de relații cu clienții al magazinului firmei de la care ați achiziționat produsul, având asupra dumneavoastră dovada cumpărării.

**OSTATNÉ KRAJINY**

Potrebuje asistenciu?  
Nájdite si nás na internetových stránkach [www.domyos.com](http://www.domyos.com) ( cena internetového pripojenia), alebo sa obrátte na oddelenie styku so zákazníkom v obchode, kde ste svôj výrobok zakúpili a popri tom nezabudnite predložiť doklad o kúpe.

**OSTATNÍ ZEMĚ**

Potřebujete pomoc?  
Kontaktejte nás na našich internetových stránkách [www.domyos.com](http://www.domyos.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 [www.domyos.com](http://www.domyos.com) (kostnad för internet-anslutning tillkommer) eller gå till kundtjänsten i butiken där du köpte produkten, med ditt inköpsbevis.

**ДРУГИ ДЪРЖАВИ**

Имате нужда от помощ?  
Моля, посетете нашия сайт: [www.domyos.com](http://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](http://www.domyos.com) internet sitesinden bize ulaşabilirsiniz (bir internet bağlantı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığıınız mağazanın danışma bölümünde başvurabilirsiniz.

هل أخرى  
هل تحتاج إلى مساعدة؟  
اتصل على غير مواعدها الإلكتروني  
[www.domyos.com](http://www.domyos.com)  
(كلفة الحصول على الانترنت) أو توجه إلى محل  
الذي اشتريت منه المنتج والذي يوجد به علامة  
الشركة، واحرص على تقديم إثبات الشراء.

**其他国家**

需要帮助？  
请登陆 [www.domyos.com](http://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](http://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。

# VM FOLD 3

**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 оригиналную инструкцию**  
**Informații originale care trebuie păstrate**  
**Originál návod uchováť**  
**Originální návod uschovějte**  
**Originalbipacksedel att spara**  
**Запазете оригиналното упътване**  
**Muhafaza edilecek orijinal kullanım kılavuzu**  
**يرجى الاحتفاظ بهذه النشر**  
**请保留说明书**  
**請保留原始說明書**



4 boulevard de Mons, BP 299  
59 665 VILLENEUVE D'ASCO 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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