

DOMYOS TC 5

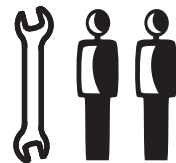


DOMYOS TC 5

65 kg / 143 lbs
168 x 81 x 140 cm
66 x 32 x 55 in

Maxi

130 kg
286 lbs



40 min



DOMYOS

1

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

2

Safety key
Clé de sécurité
Llave de seguridad
Sicherheitsschlüssel
Chiave di sicurezza
Veiligheidssleutel
Chave de segurança
Klucz zabezpieczający
Biztonsági kulcs
Ключ безопасности
Cheie de siguranță
Bezpečnostný klúč
Bezpečnostní klíč
Säkerhetsnyckel
Ключ за безопасност
Güvenlik anahtarı
مفتاح أمان
安全钥匙
安全鑰匙

3

Handrails
Barres de maintien
Barras de sujeción
Haltestangen
Barre di tenuta
Steunstangen
Barras de suporte
Uchwyty
Tartórúd
Поручни
Bare de susținere
Operné tyče
Madla
Stödstånger
Дрџки
Tutunma barları
قضبان تثبيت
橫向握杆
橫向握桿

4

Master switch
Interrupteur principal
Interruptor principal
Hauptschalter
Interruttore principale
Hoofdschakelaar
Interruptor principal
Wyłącznik główny
Főkapcsoló
Основной выключатель
Înterupător principal
Hlavný vypínač
Hlavní vypínač
Huvudbrytare
Основен бутон за включване/изключване
Ana kumanda anahtarı
قاطع رئيسي
主开关
主開關

5

Running belt
Bande de course
Cinta de correr
Lauffläche
Nastro di corsa
Loopband
Passadeira de corrida
Pas bieżny
Futófelület
Беговое полотно
Bandă de alergare
Bežecký pás
Běžící pás
Löpband
Бягаща лента
Koşu bandı
سير مشي
傳送帶
傳送帶

6

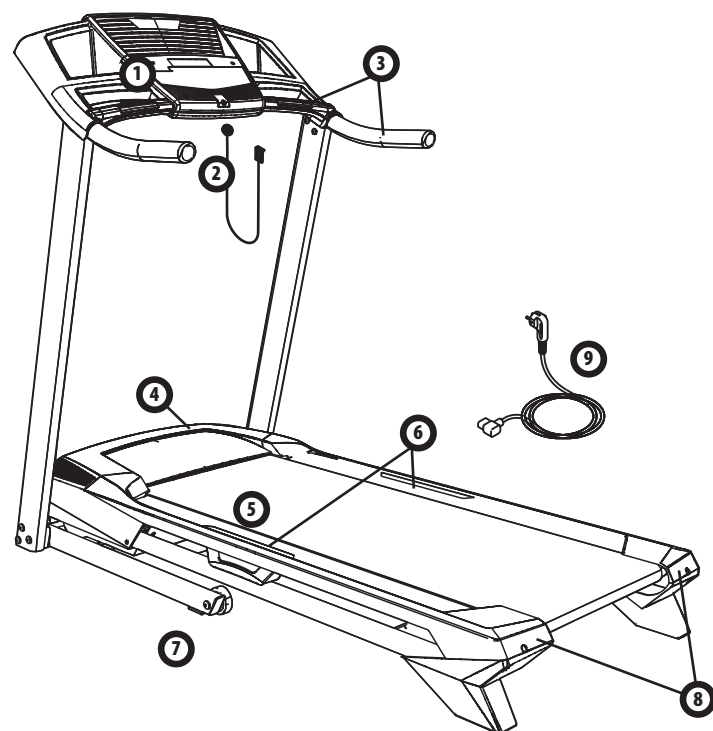
Footrests
Repose-pieds
Reposapiés
Fußraste
Poggiapiedi
Voetensteun
Descanso para pés
Oparcia stóp
Lábtartó
Подножки
Suport pentru picioare
Stúpačka
Stupačky
Fotstöd
Съпенка
Ayak dayama yeri
مسند القدمين
置脚处
置腳處

7

Castors
Roulettes de déplacement
Ruedas de desplazamiento
Transportrollen
Rotelle di spostamento
Transportwiel'tjes
Rodinhas de deslocação
Kółka do przemieszczania
Görgök a mozgatóshoz
Транспортировочные ролики
Rotițe de deplasare
Premiestňovacie kolieska
Přemístovací kolečka
Transporthjul
Колелца за преместване
Hareket makaraları
بكرات النقل
移动滑轮
移動滑輪

8


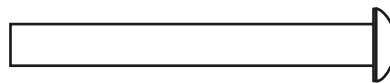

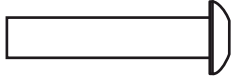

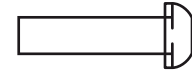


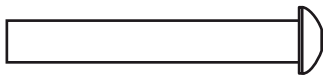

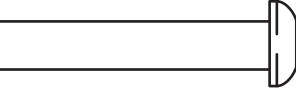

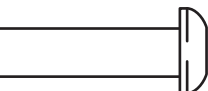

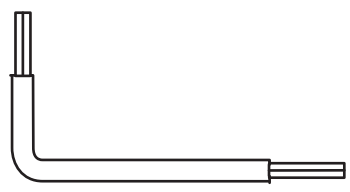
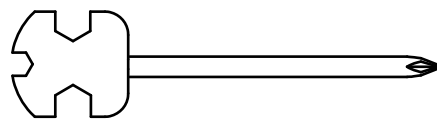
Adjusting screws for centring and tensioning the running belt
Vis de réglage pour le centrage et la tension de la bande de course
Tornillo de ajuste para el centrado y la tensión de la cinta de correr
Einstellschraube für das Zentrieren und die Spannung der Lauffläche.
Vite di regolazione per la centratura e la tensione del nastro di corsa
Regelschroef voor het centreren en het spannen van de loopband
Parafuso de ajuste para centragem e tensão da passadeira de corrida
Śruba regulacji wyśrodkowania i naprężenia pasa bieżnego
A futófelület központosítására és a szalag feszességének beállítására szolgáló csavar
Регулировочный болт для центрирования и натяжения бегового полотна
Șuruburi de reglare pentru centrarea și tensionarea benzii de alergare
Nastavovacia skrutka pre centrovanie a napínanie bežeckého pásu
Šroub pro nastavení centrování a napětí běžícího pásu
Justerskruv för centrering och spänning av löpbandet
Регулиращ винт за центриране и регулиране степента на обтягане на бягащата лента
Koşu bandı için ortalama ve gerginlik ayarı vidası
مسامير ملولية لضبط تمرکز المشاية وشد سير المشي
傳送帶對中及張緊度調節螺絲
傳送帶對中及張緊度調校螺絲

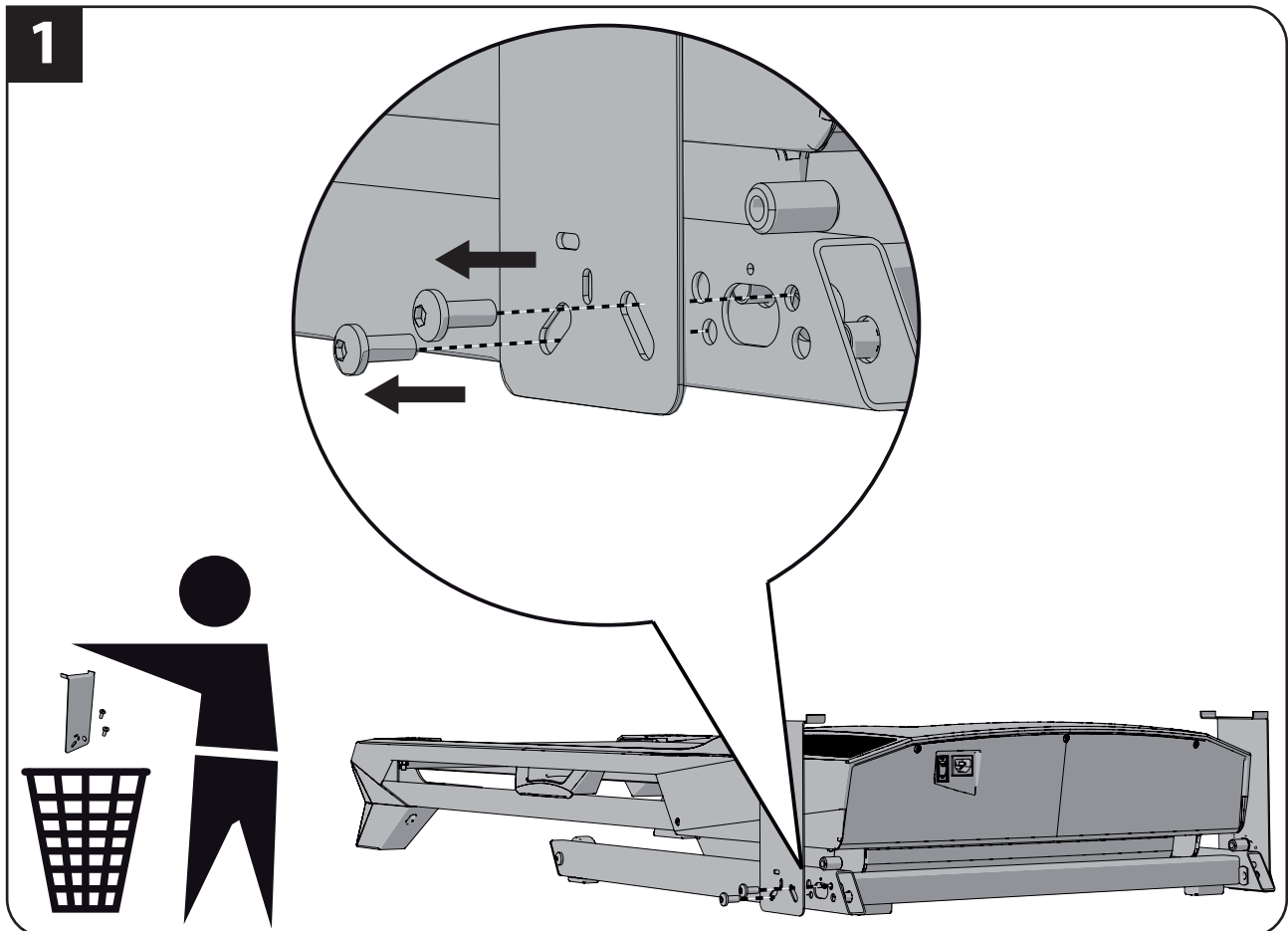
**9**

Power cord
Cordon d'alimentation
Stromkabel
Cavo d'alimentazione
Elektricitessnoer
Cabo de alimentação
Kabel zasilający
Tápkábel
Сетевой кабель
Cablu de alimentare
Napájací kábel
Napájecí kabel
Elsladd
Захранващ кабел
Güç kablosu
كبل الكهرباء
电源线
電源線

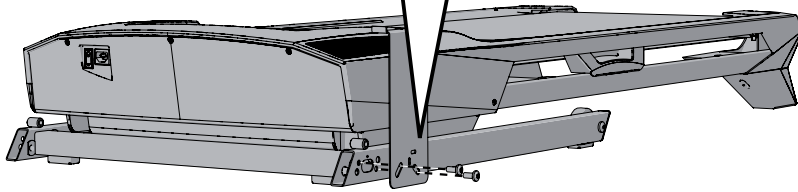
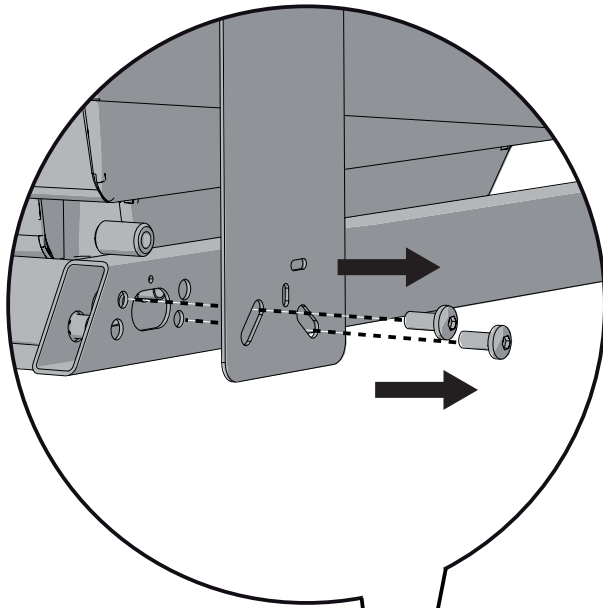
ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO •
 AFWERKING • MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE •
 MONTÁŽ • MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • التركيب •
 安装 • 安装


 40 min

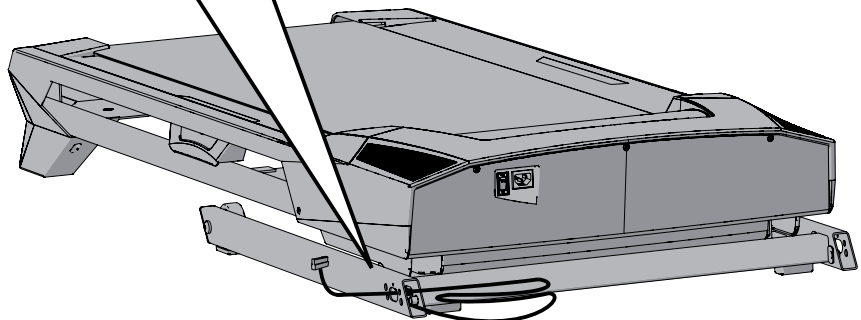
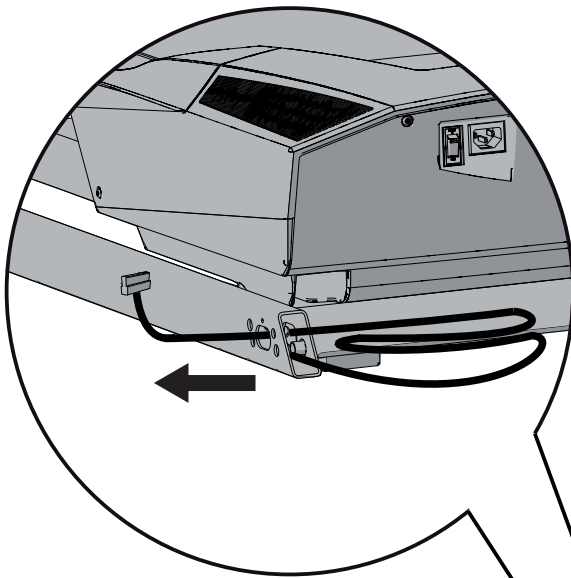
- A** x 6  
 - B** x 4  
 - C** x 2  
 - D** x 4 
 - E** x 4 
 - F** x 2 
 - G** x 1  
 - H** x 1  
 - I** x 2 
- 
- 



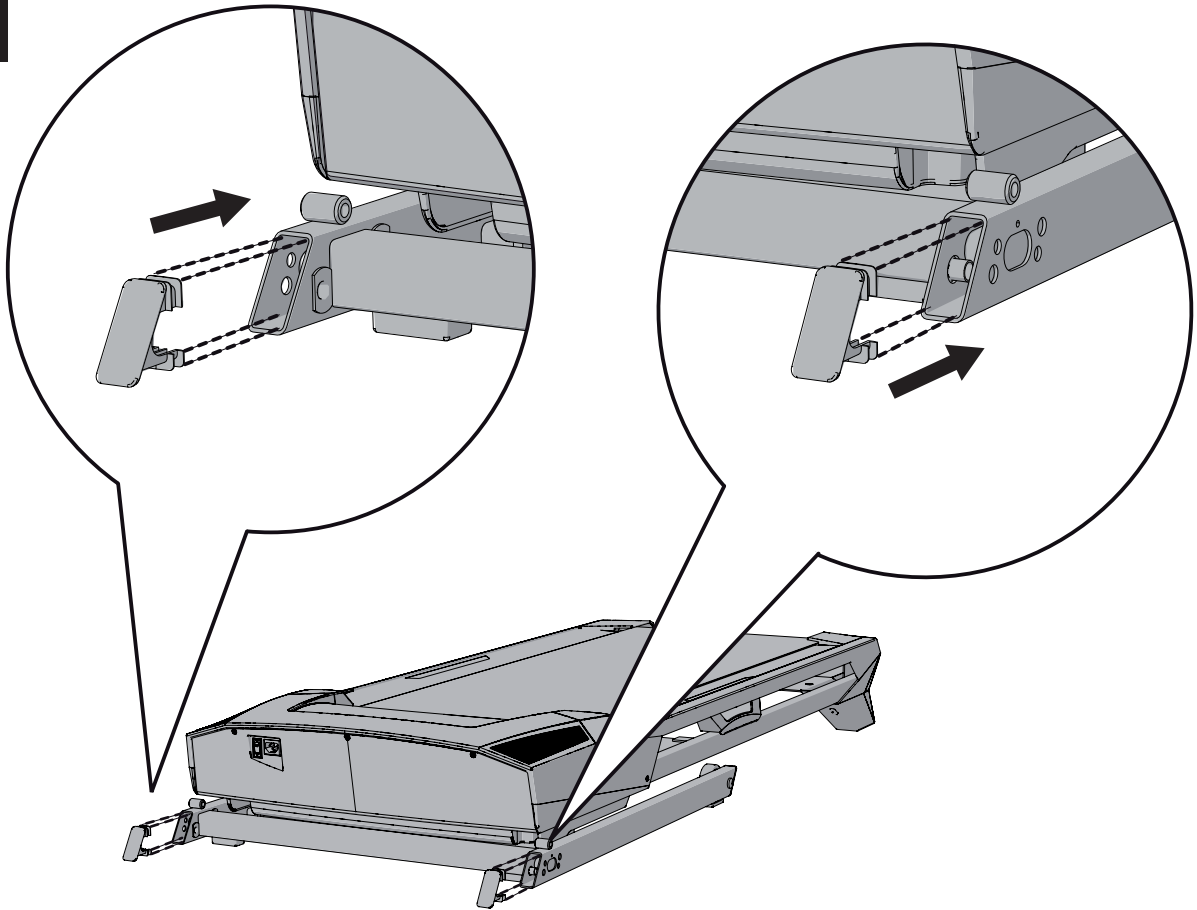
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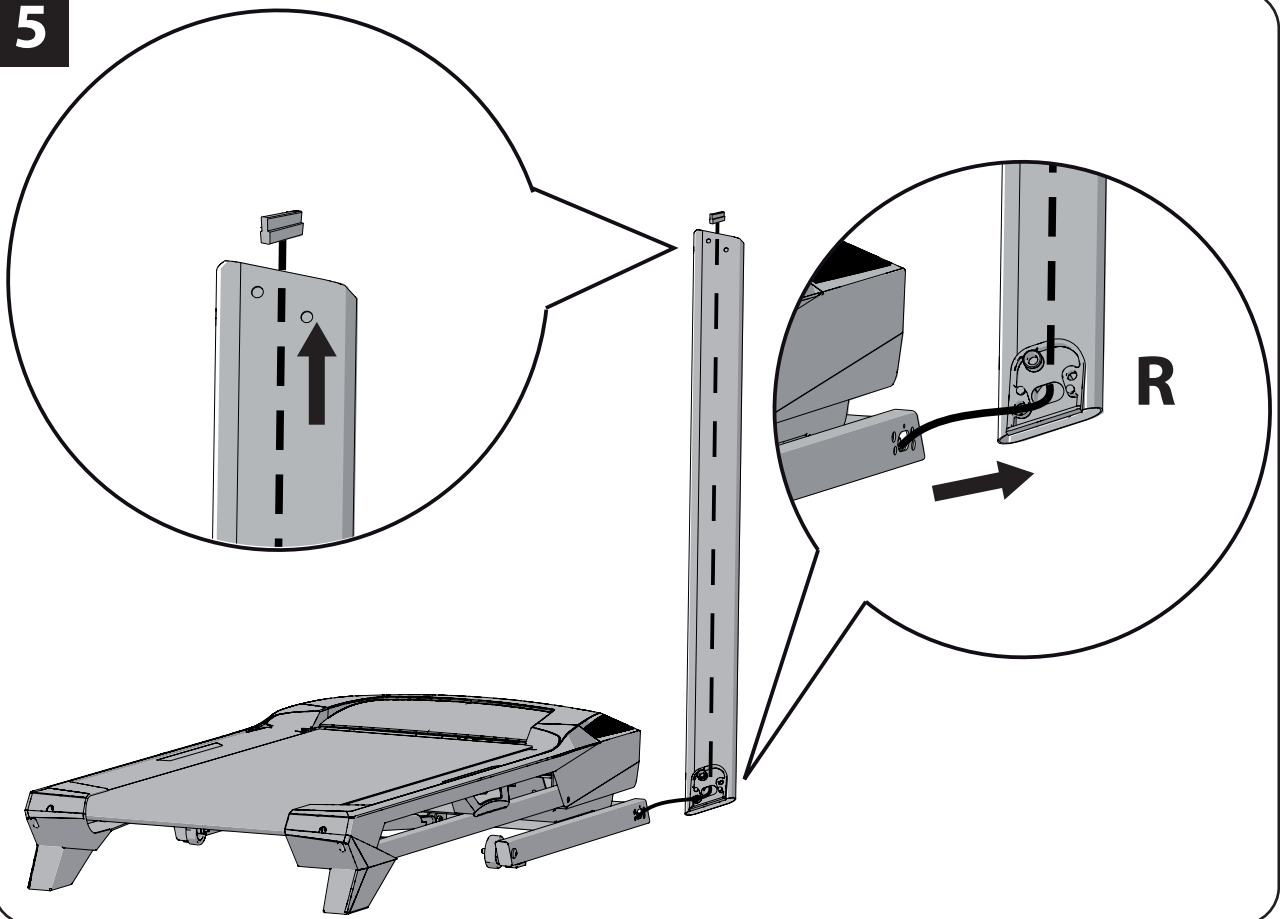
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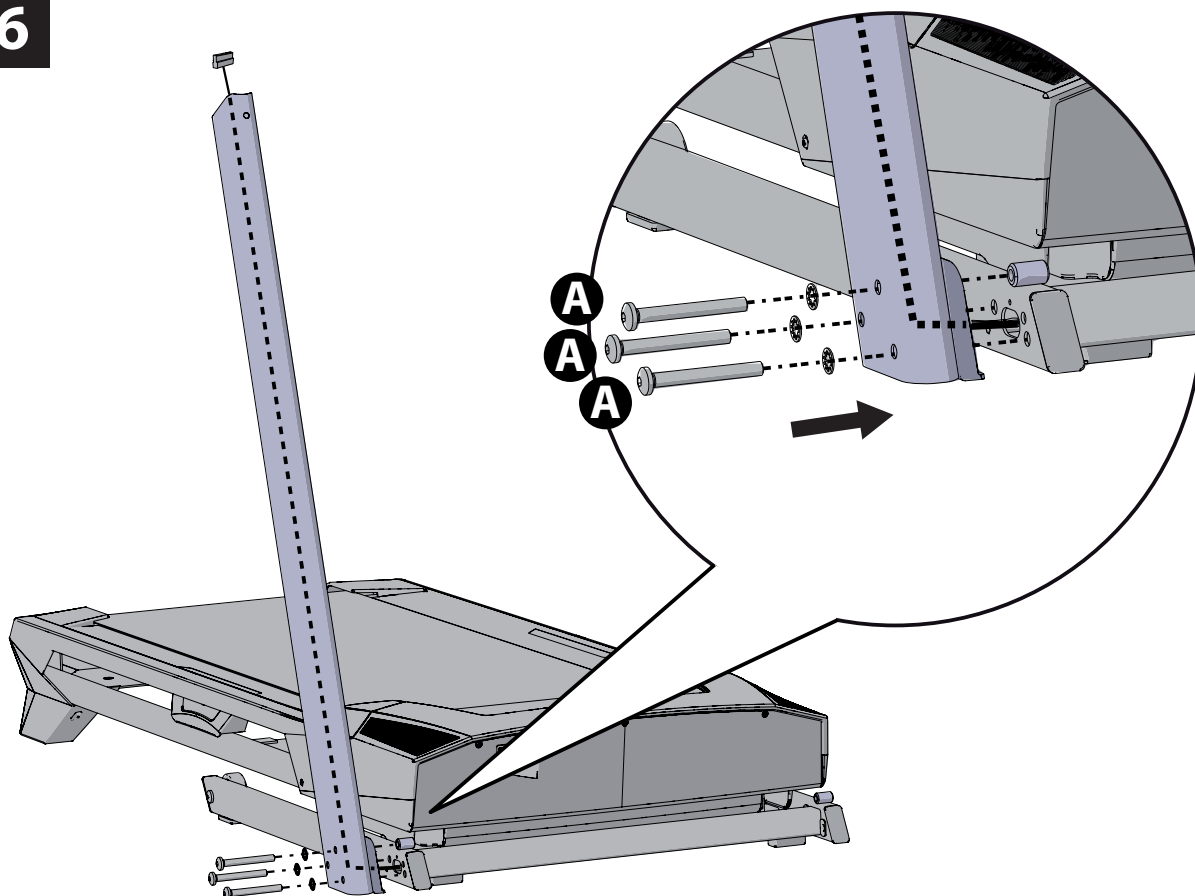
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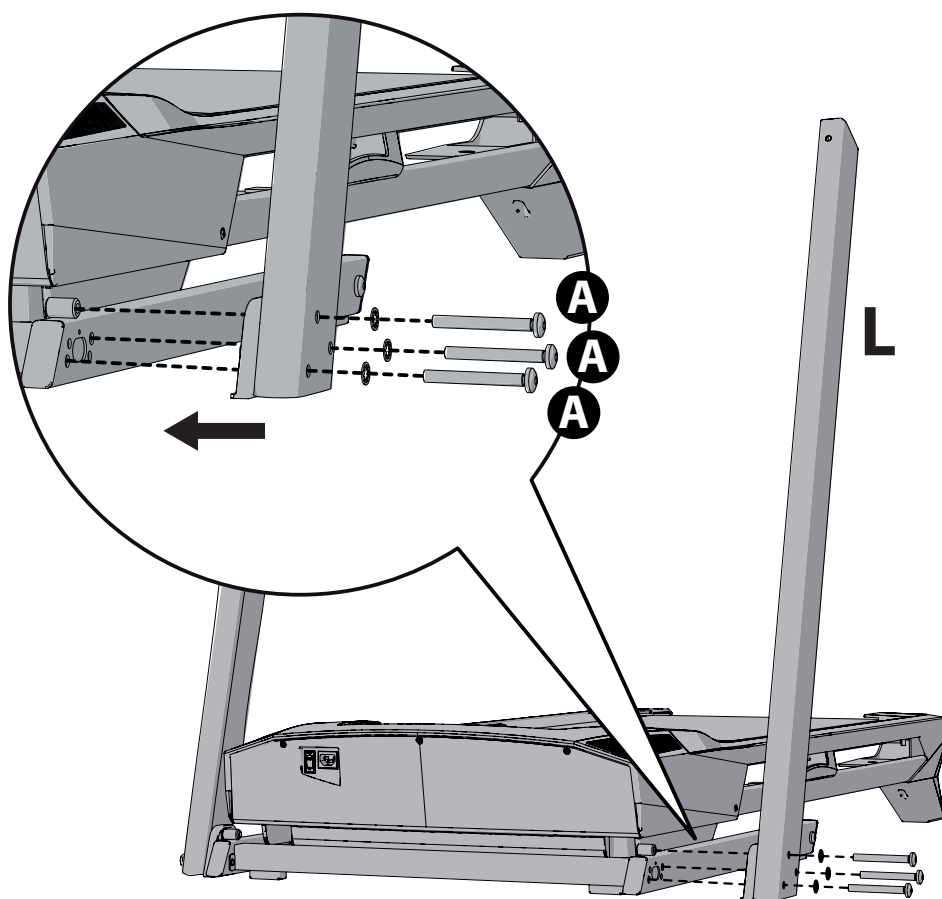
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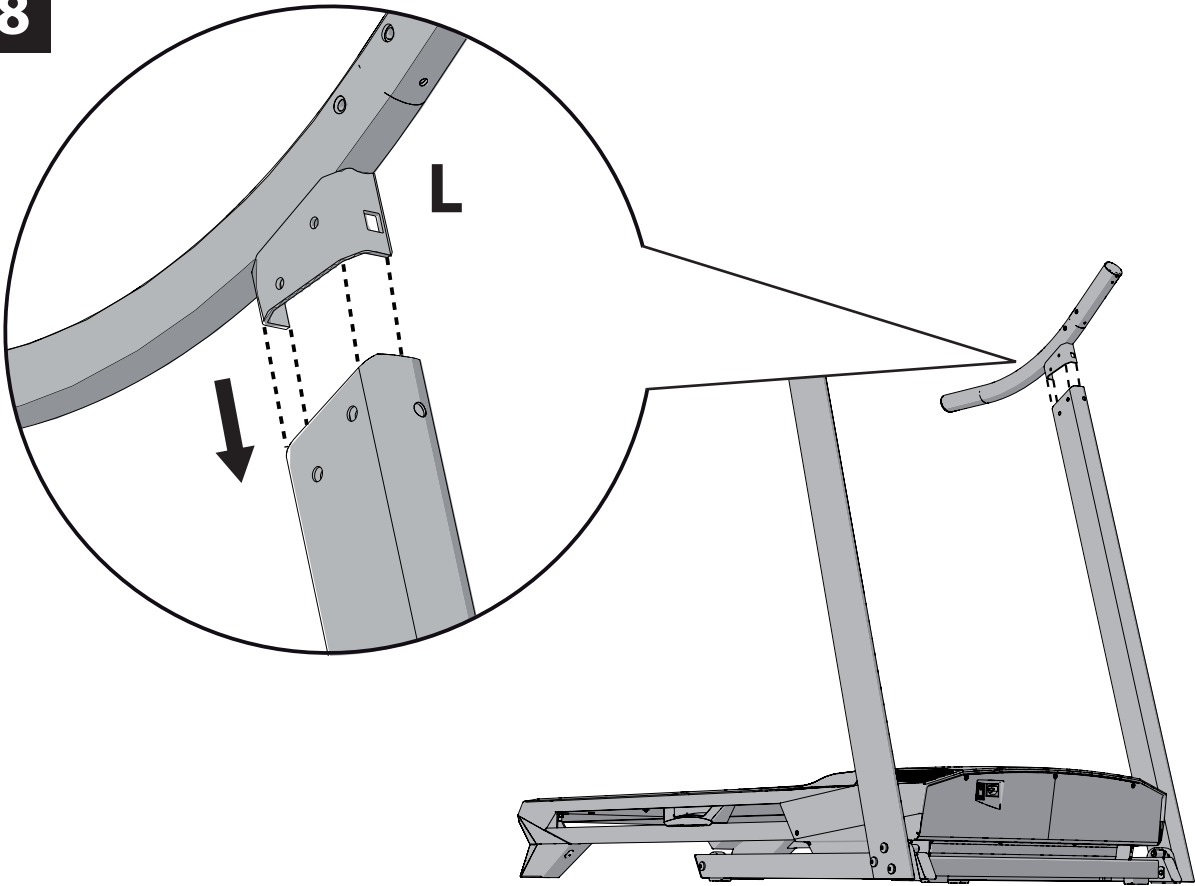
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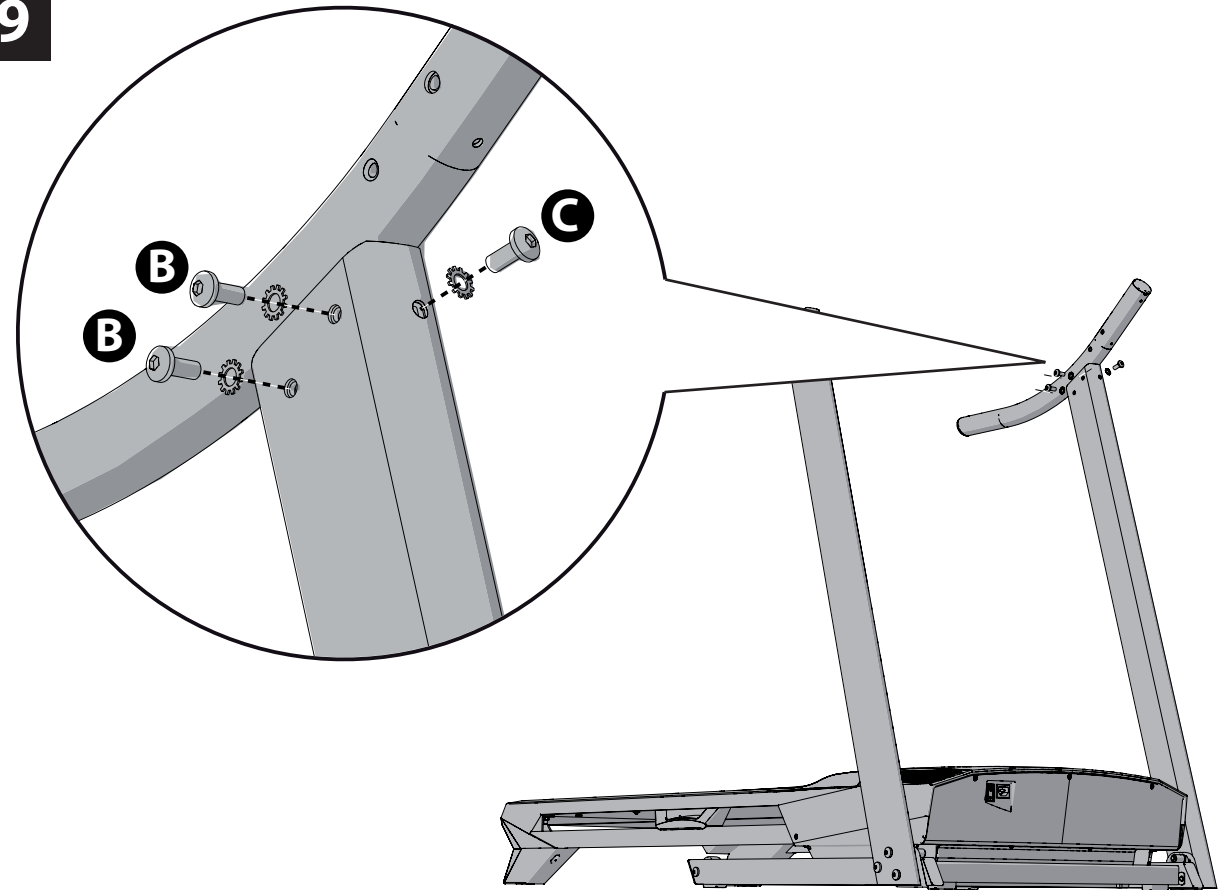
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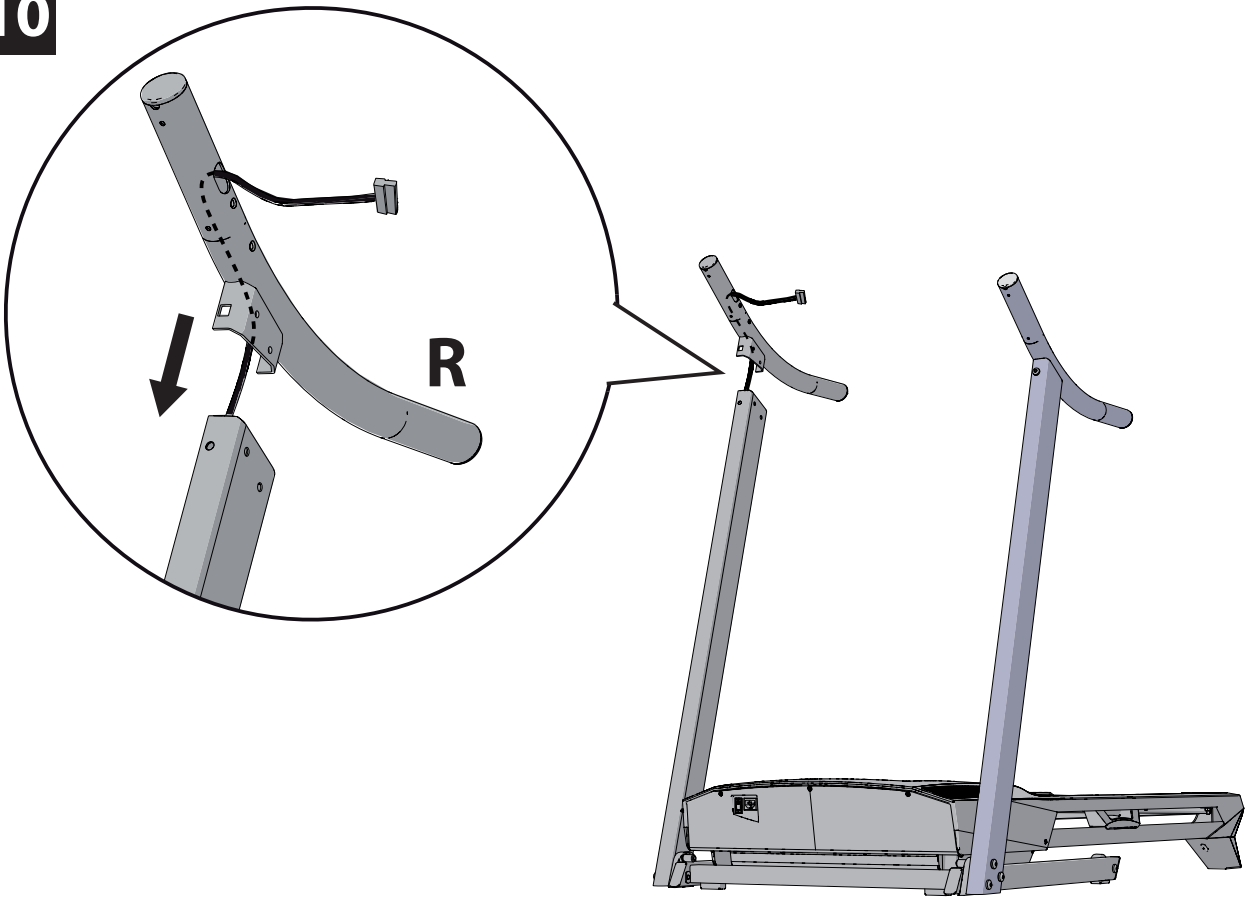
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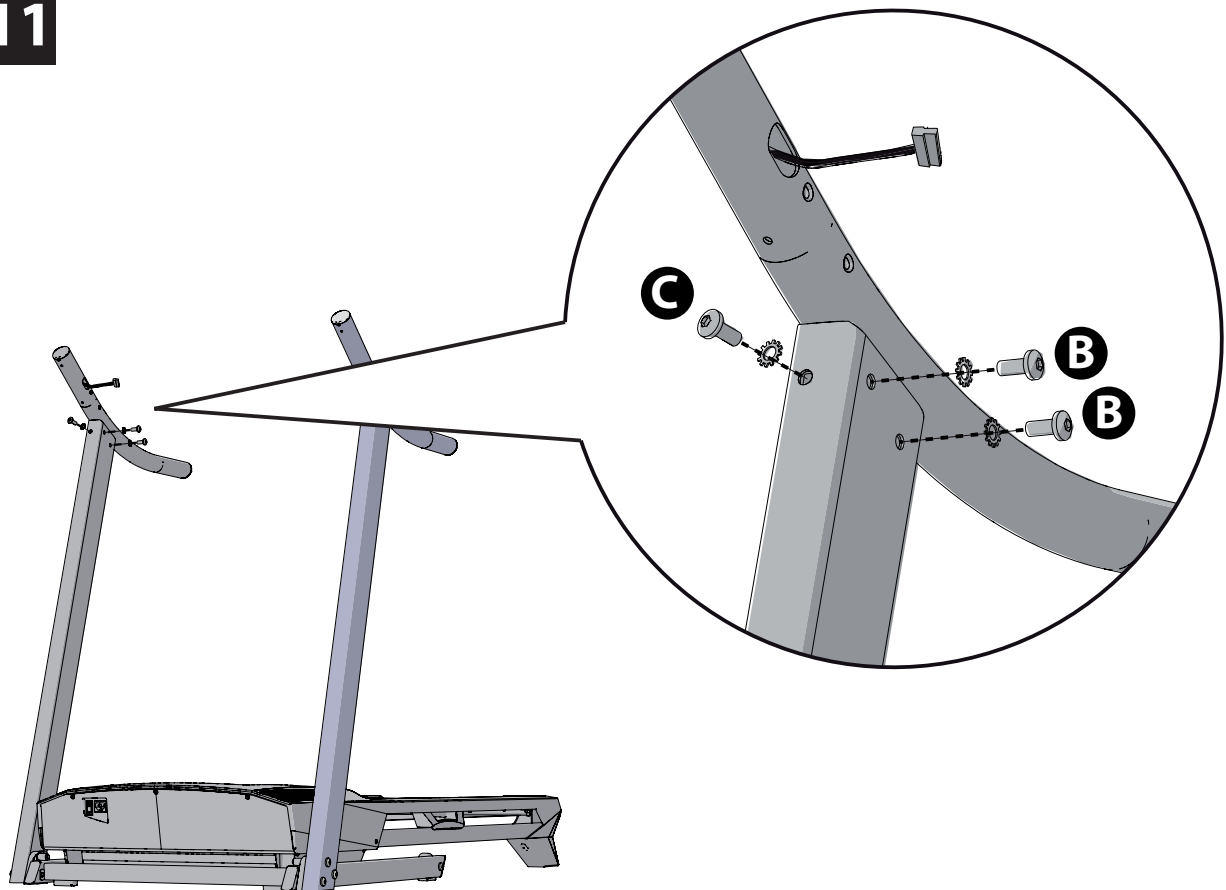
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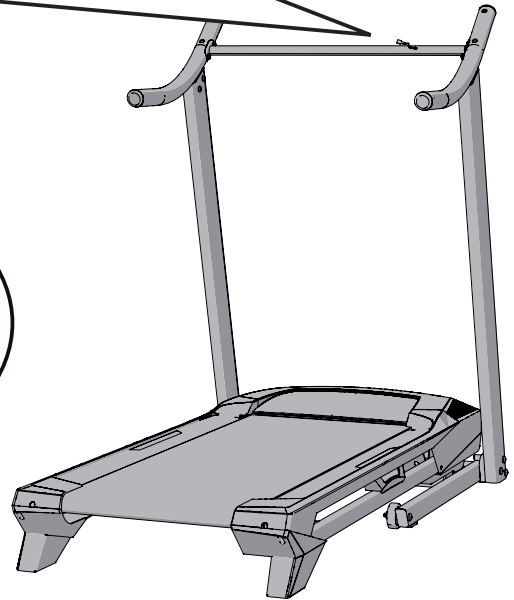
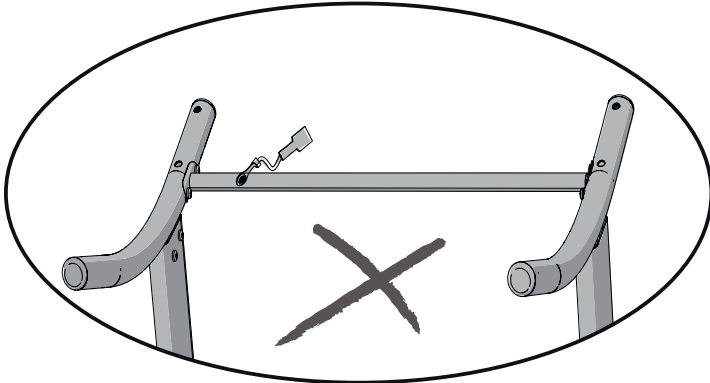
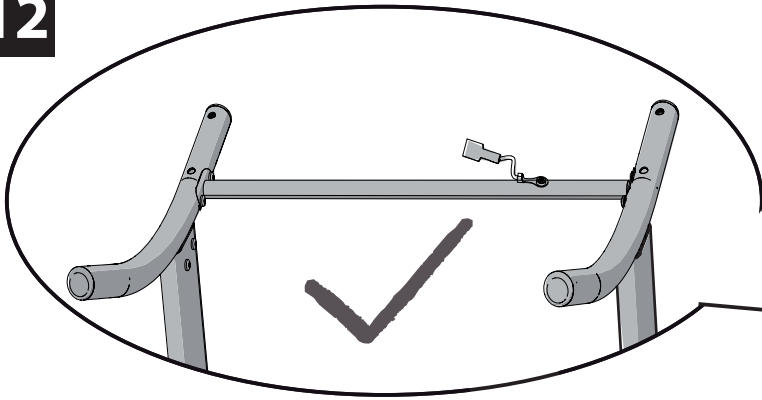
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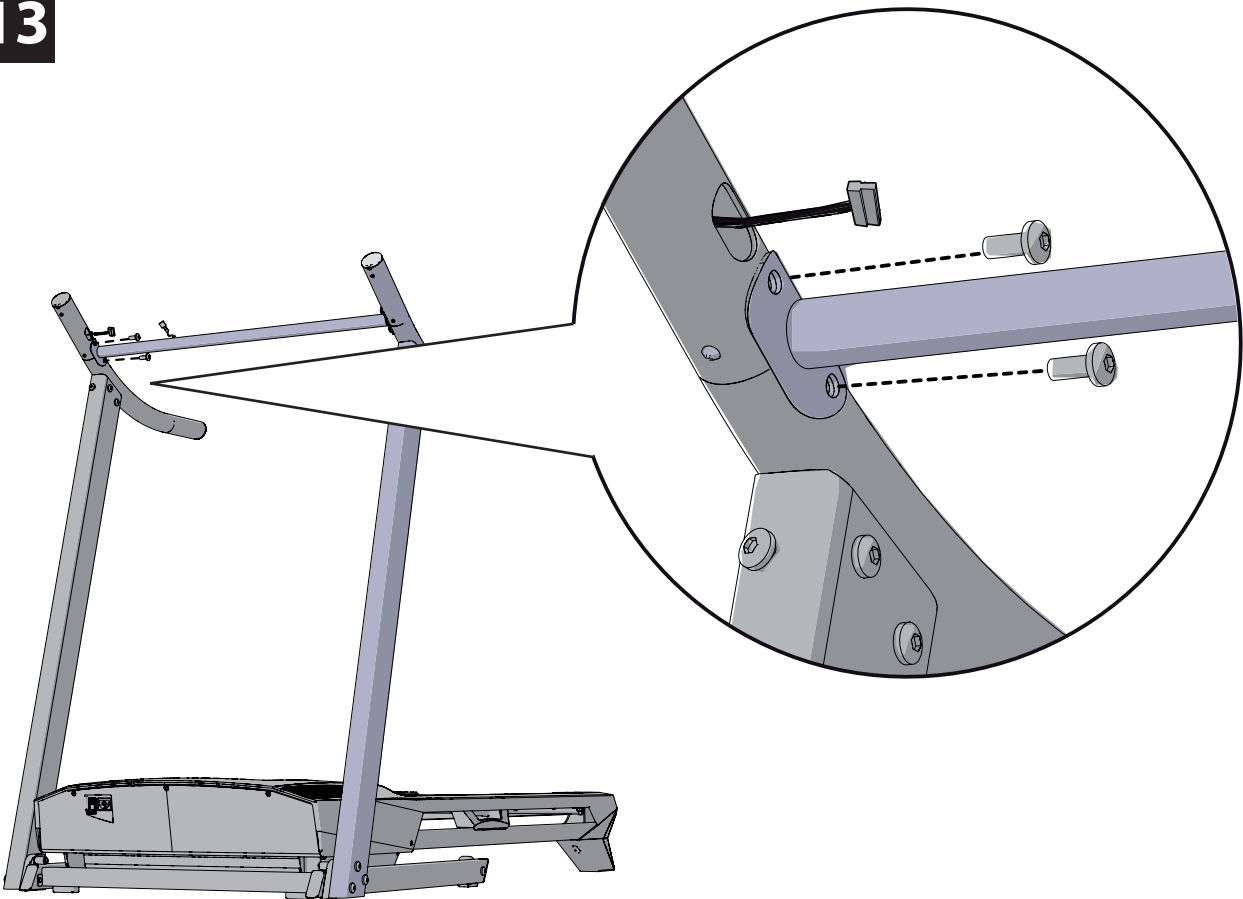
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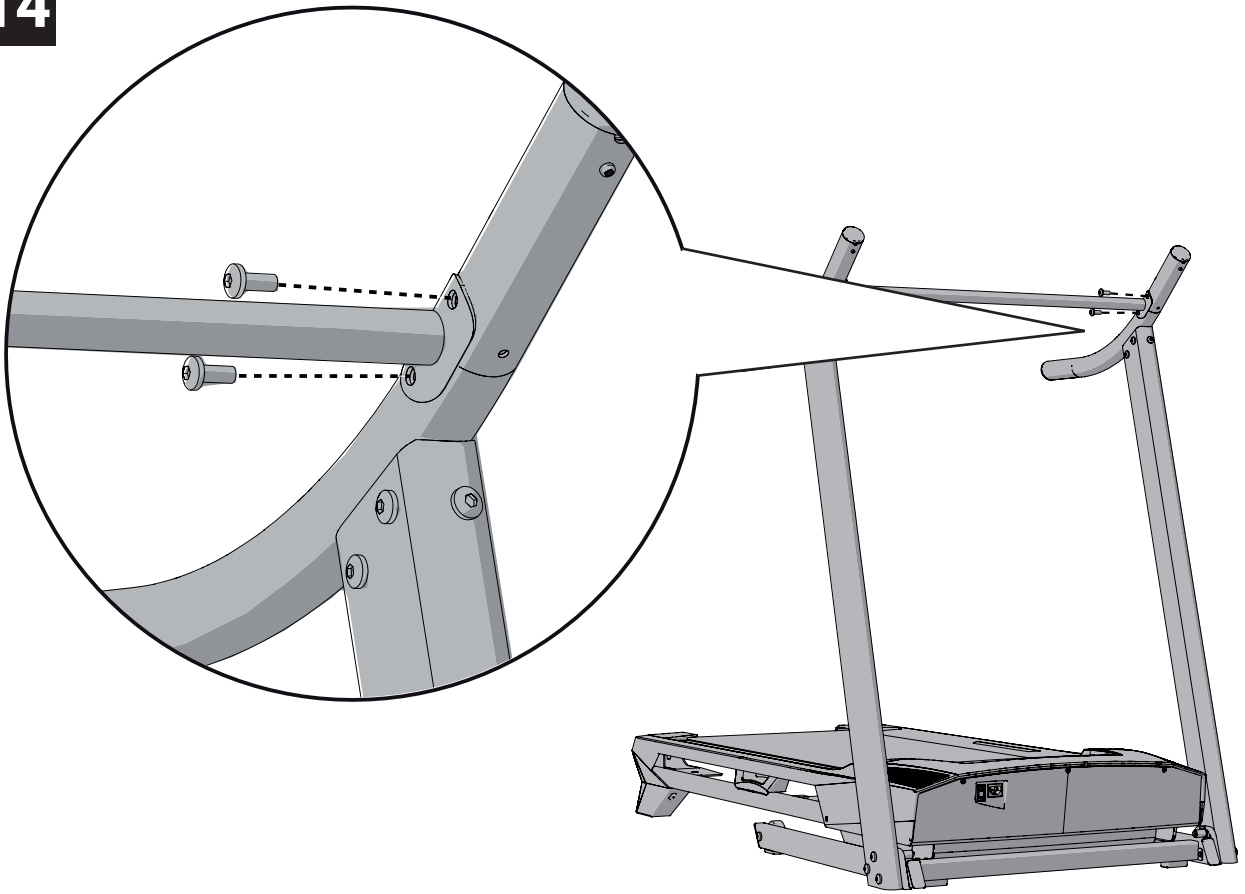
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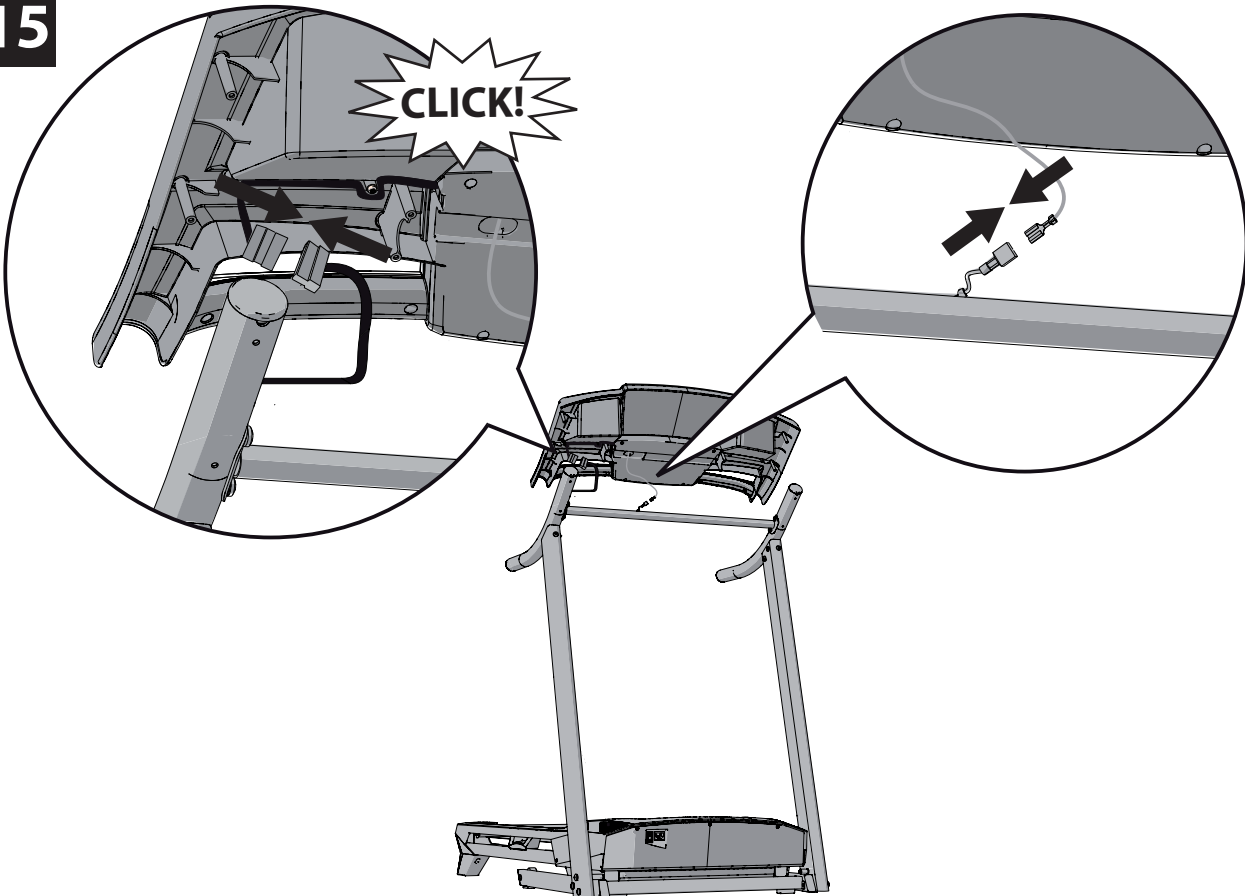
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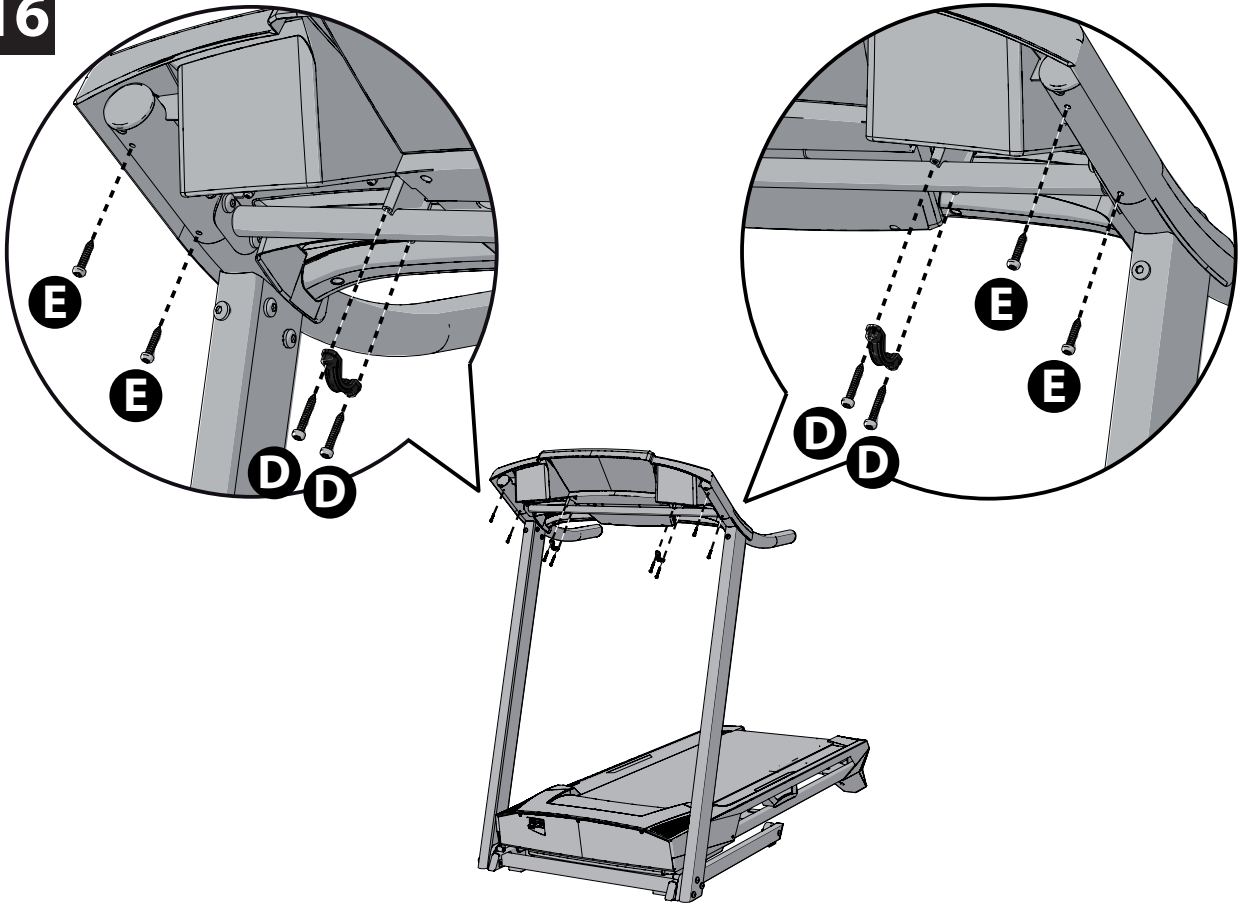
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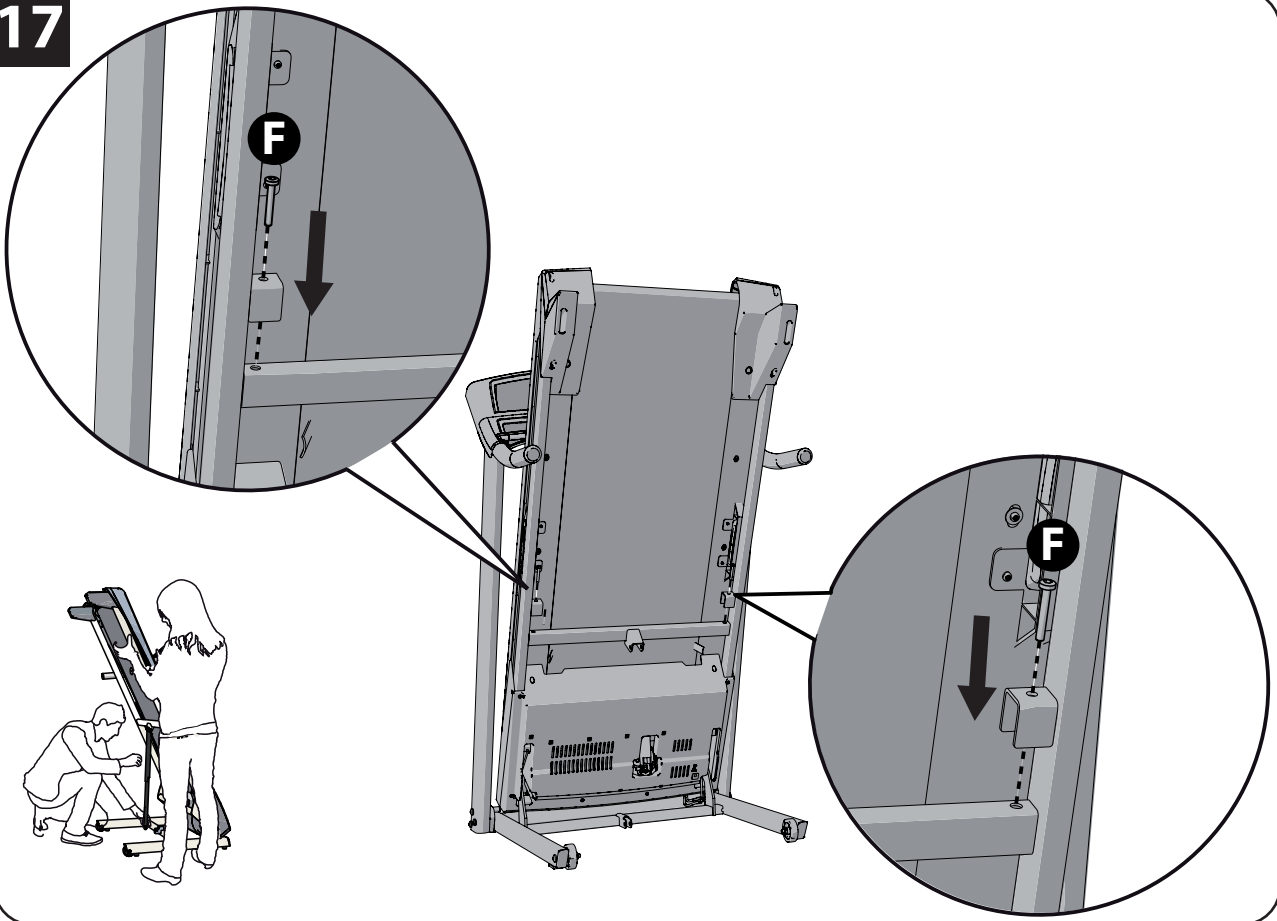
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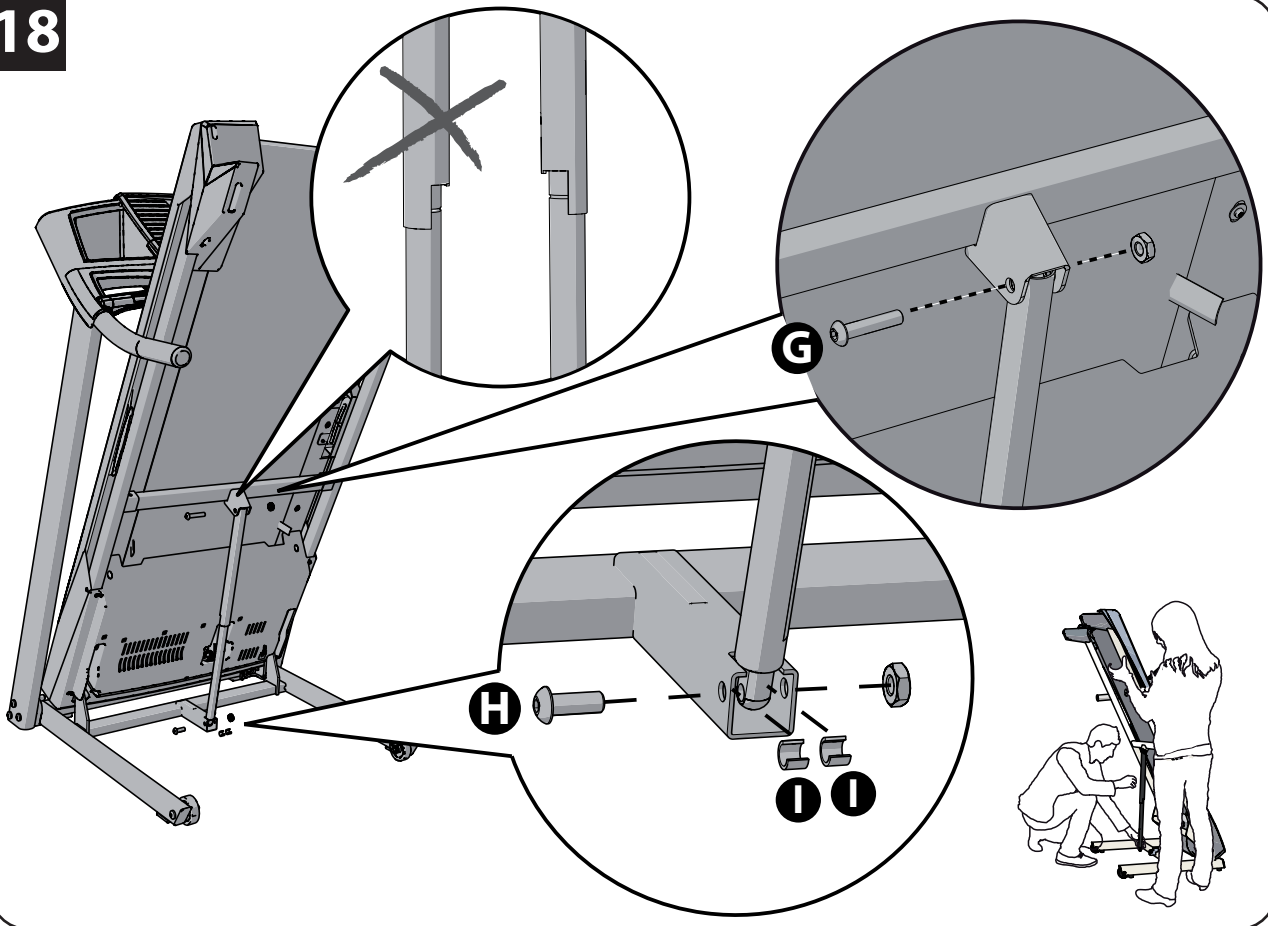
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17



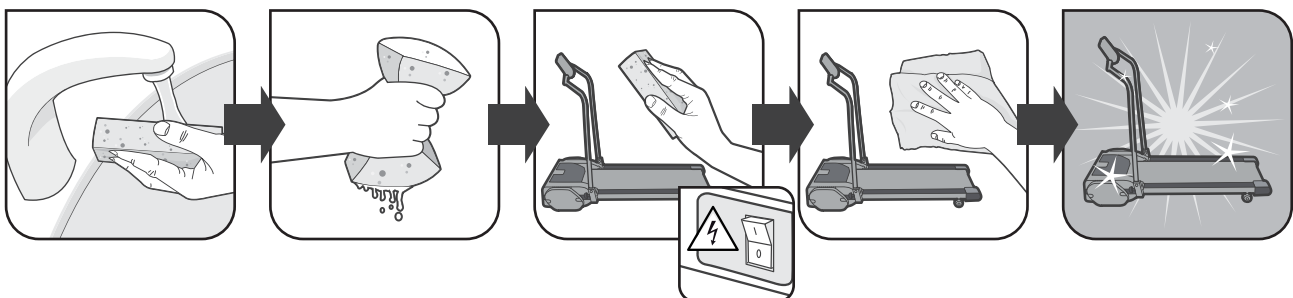
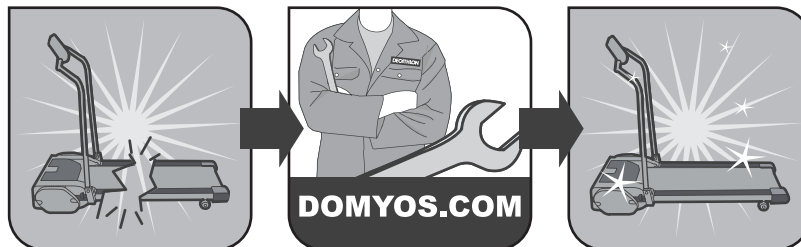
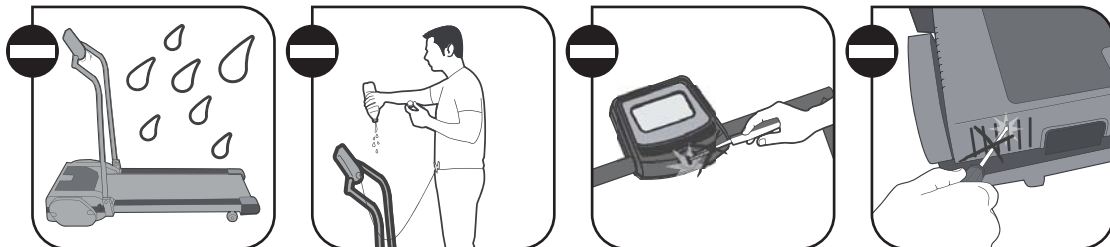
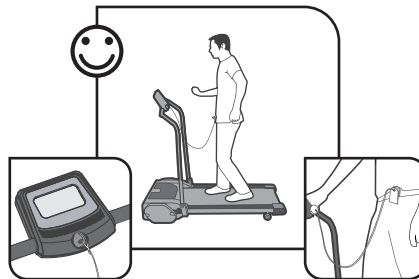
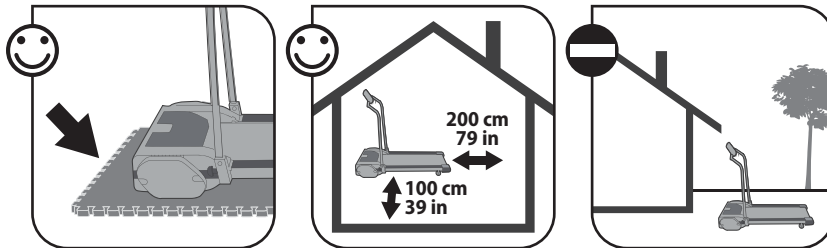
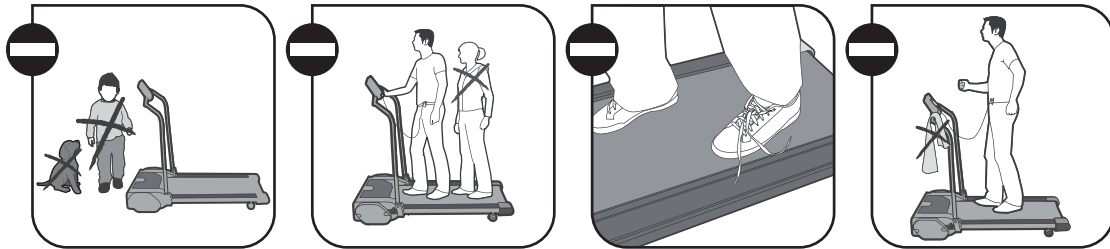
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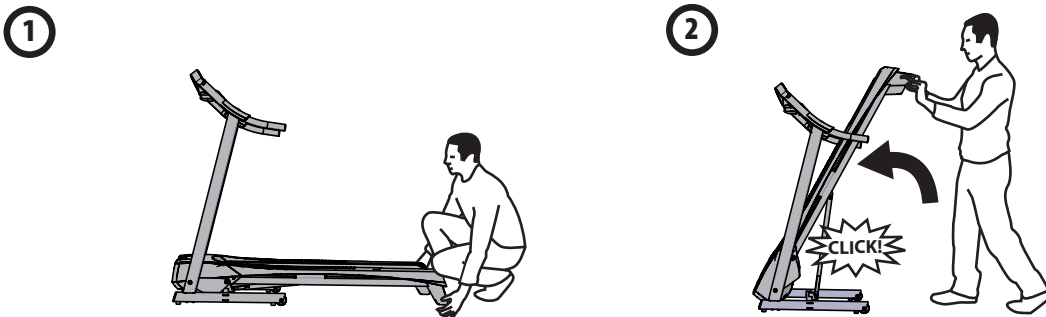


**SAFETY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID • SEGURANÇA
 • BEZPIECZEŃSTWO • BIZTONSÁG • МЕРЫ БЕЗОПАСНОСТИ • SIGURANȚĂ • BEZPEČNOST
 • BEZPEČNOST • SÄKERHETSANVISN INGAR • БЕЗОПАСНІСТ • GÜVENLİK • احتیاطات أمنية •
 安全 • 安全**

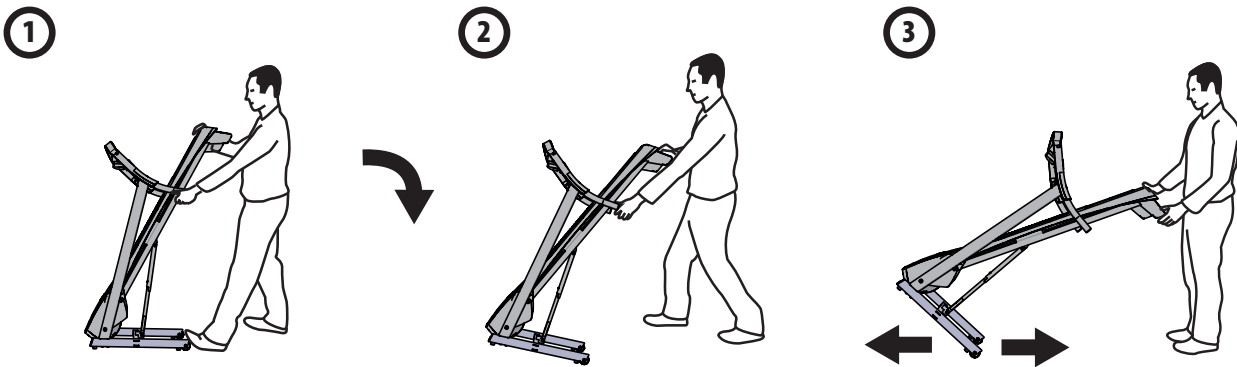


The folding, unfolding and storage operations are done with the treadmill switched off and disconnected. The incline of your treadmill must be set at 0%. / Les opérations de pliage, dépliage et rangement se font avec le tapis arrêté et débranché. L'inclinaison de votre tapis doit être à 0%. / Las operaciones de plegado, desplegado y desplazamiento deben efectuarse con la cinta apagada y desenchufada. La inclinación de la cinta debe situarse al 0%. / Das Zusammenklappen, Auseinanderklappen und Verstellen erfolgt bei stillstehendem und ausgestecktem Band. Die Neigung ihres Laufbands muss 0% sein. / Le operazioni di chiusura, apertura e spostamento si fanno con la pedana ferma e staccata dalla corrente. L'inclinazione della pedana da corsa deve essere allo 0%. / Het opvouwen, openvouwen en verplaatsen van de hardlooppband is uitsluitend toegestaan wanneer het apparaat gestopt is en de stekker uit het stopcontact gehaald is. De hellingsgraad van de band dient op 0% te staan. / As operações de montagem, desmontagem e deslocação são efectuadas com o tapete desligado. A inclinação do seu tapete deve ser de 0%. / Wszelkie czynności dotyczące składania, rozkładania i przenoszenia bieżni mogą być wykonywane jedynie, kiedy jest ona wyłączona, a wtyczka została wyjęta z gniazdka zasilania. Kąt nachylenia bieżni musi wynosić 0%. / Az összehajtás, kihajtás és áthelyezés műveleteinél a futópádot le kell állítani és ki kell húzni a konnektorból. A futópád dőlésének 0%-nak kell lennie. / Операции по складыванию, раскладыванию и перемещению выполняются, только если дорожка остановлена и отключена от сети. Угол наклона вашей дорожки должен быть равен 0%. / Operațiile de pliere, depriere și deplasare se efectuează atunci când banda de alergare este oprită și deconectată de la priză electrică. Gradul de inclinare al benzii de alergare trebuie să fie de 0%. / Pri skladaní, rozkladaní a premisťování musí byť pás vypnutý a odpojený. Sklon vášho pásu musí byť na 0%. / Skládání, rozkládání a přemisťování je třeba provádět když je pás zastaven a vypojen ze zásuvky. Sklon běžeckého pásu musí být na hodnotě 0%. / Hopfällning, uppfällning och transport görs med löpbandet avstängt och nätsladden utdragen. Löpbandets lutning måste vara 0%. / Изключете пътеката, преди да пристъпите към сгъване, разгъване и преместване на уреда. Наклонът трябва да е на позиция 0%. / Katlama, açma ve yer değiştirme işlemleri koşu bandı kapalı ve fiş prizden çekilmiş iken yapılır. Koşu bandınızın eğimi yüzde 0 olmalıdır. / تتم عمليات الطي والفرد والثنج اجهز المشاية عندما يكون الجهاز في وضع إيقاف التشغيل ويكون مفصلاً عن الكهرباء. يجب أن يكون ميل بساط الجري للمشاية بدرجة 0%. / 必须在跑步机关机且断电情况下方可进行折叠, 展开和移动操作。 传送带的倾斜角度应为0% / 必須在跑步機關機且斷電情況下方可進行折疊, 展開和移動操作。 傳送帶的傾斜角度應為0%。

FOLDING • PLIAGE • PLEGADO • ZUSAMMENKLAPPEN • CHIUSURA • DICHTVOUWEN • DROBAGEM • SKŁADANIE • ÖSSZEHAJTÁS • СКЛАДЫВАНИЕ • PLIERE • SKLADANIE • SKLÁDÁNÍ • HOPFÄLLNING • СГЪВАНЕ • КАТЛАМА • الطي • 折疊 • 折疊 •



MOVING • DÉPLACEMENT • DESPLAZAMIENTO • VERSTELLEN • SPOSTAMENTO • VERPLAATSEN • DESLOCAÇÃO • PRZENOSZENIE • SZÉTNYITÁS • ПЕРЕМЕЩЕНИЕ • DEPLASAREA • PRESÚVANIE • PŘEMISŤOVÁNÍ • FÖRFLYTTNING • ПРЕМЕСТВАНЕ • DEPLASMAN • النقل • 移动 • 移動 •



UNFOLDING • DÉPLIAGE • DESPLEGADO • AUSEINANDERKLAPPEN • APERTURA • OPENVOUWEN • DESDOBRAGEM • ROZKŁADANIE • ÁTHELYEZÉS • РАСКЛАДЫВАНИЕ • DEPLIERE • ROZKLADANIE • ROZKLÁDÁNÍ • UPPFÄLLNING • РАЗГЪВАНЕ • АÇМА • الفرد • 展开 • 展開 •

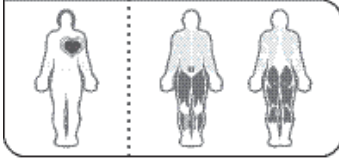


Thank you for choosing a DOMYOS product and for your continued trust in us.

Whether you are a beginner or a high level athlete, DOMYOS is here to help you stay fit or further increase your fitness. Our teams continuously endeavour to design the best products for your 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 a successful workout and hope that this DOMYOS product will meet your expectations.

PRESENTATION



The DOMYOS TC5 was designed for walking, power walking and running up to 16 km/h.

Using the incline mechanism helps to intensify the effort and burn more calories.

GENERAL RECOMMENDATIONS

- 1 - Read the instructions carefully before using this product.
- 2 - Check your fitness level with your GP. This is especially important for people over the age of 35 and people with pre-existing health problems.
- 3 - This piece of equipment should not be used by people (including children) with reduced physical, sensory or mental abilities, or people lacking the necessary experience or knowledge, unless they have received prior instructions on how to use the equipment or are under the supervision of a person responsible for their safety.
- 4 - DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property caused by misuse of this product by the purchaser or by any other person.
- 5 - Keep your hands well away from moving parts. Never place your hands or feet under the treadmill.
- 6 - Immediately after each use and before any cleaning, assembly or maintenance operation, turn off the master switch and disconnect the treadmill from the mains.
- 7 - Never leave the machine plugged in without supervision.
- 8 - Never use this machine with a damaged electric cable or plug, or if these have been in contact with water.
- 9 - If you need an extension cable, only use one equipped with an earth connection and which is no longer than 1.5m.
- 10 - **Earthing Instructions:** For your safety, your treadmill must be connected to a correctly installed mains socket earthed in accordance with current regulations. When in doubt, get your installation checked by a qualified electrician. Do not carry out any modifications of the plug supplied with your treadmill.
- 11 - Your home's electrical supply must be in a good state of repair and comply with current standards.
- 12 - Never remove the motor cover. Adjustments and modifications other than those described in this manual must only be carried out by an authorised technician. Non-compliance with this safety measure may cause serious or even fatal injuries.
- 13 - It is the user's responsibility to inspect and, if necessary, tighten all parts before using the product. Immediately replace any worn or defective parts.
- 14 - Ensure that sufficient air can circulate throughout the duration of the workout.
- 15 - Wear sports shoes in a good state of repair. To avoid damaging your machine, ensure that your soles are free of any debris, such as gravel or small stones.
- 16 - Tie back long hair. Do not wear baggy clothing likely to get in your way during exercise. Remove all jewellery.
- 17 - After exercising, wait for the treadmill to come to a complete stop before getting off.
- 18 - Never run the motor in the treadmill's folded position. Wait for the treadmill belt to stop completely before folding your treadmill.
- 19 - After exercising, remove the safety key from the console and store it away from children.
- 20 - Always stop the machine using the master switch.
- 21 - Always place and keep the power cable somewhere where it will not obstruct passers-by.
- 22 - Sound pressure level measured at 1 m from the surface of the machine and at a height of 1.60 m above the ground: 75 dBA (at maximum speed).
- 23 - For an emergency dismount, grab the handrail and stand on the footrest.
- 24 - For an emergency stop, remove the safety key.
- 25 - If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercising immediately and consult a doctor before resuming training.
- 26 - The underside of the walking belt is coated with high-performance lubricant. After shipping, there may be some lubricant on top of the walking belt or on the shipping carton. This is normal. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- 27 - This equipment is for household use only (class H).

HOW TO TURN ON THE POWER

Plug in the power cord.

Make sure that the switch near the power cord is in the «RESET» position.

Stand on the foot rails of the treadmill.

Find the clip attached to the safety key and slide the clip onto your clothes.

Insert the safety key into the console.

The displays will light.

CONSOLE FUNCTIONS

1- Display preferences:

- Running time
- Calorie tracker
- Distance covered
- Speed of workout
- Heart rate
- Phases of the program selected or image of a running track covering 400 m. As you walk or run on the treadmill, the indicators around the track will appear in succession until entire track appears. The track then disappears and the indicators continue to appear in succession.

Functions:

A- «START/PAUSE» button: Starts the treadmill if it is stopped, and pauses the machine for taking a break.

B- «STOP» button: Lets you stop exercising at any time.

C- Direct access to 6 different predefined incline settings: Press the number of your choice to go directly to the desired incline setting.

D- Allows the incline to be adjusted at any time from 0% to 10% in increments of 0.5%.

E- Direct access to 6 predefined speeds: Press the number of your choice to go directly to the desired speed.

F- Allows the user to adjust the speed from 1 km/h to 16 km/h at any time, in increments of 0.1 km/h (0.1 miles per hour). *

G- Allows the user to select CALORIES programs 1 to 8.

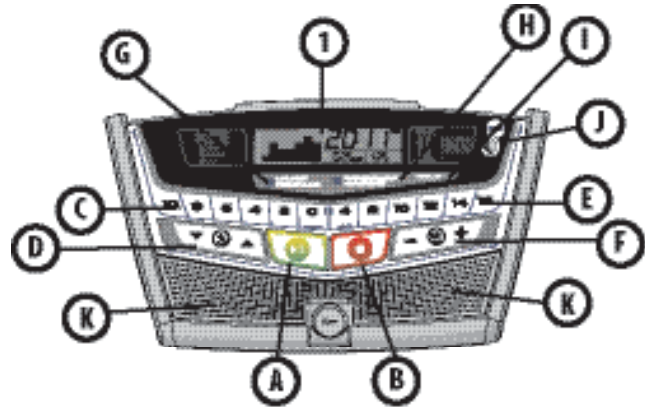
H- Allows the user to select PERFORMANCE programs 9 to 16.

I- Allows the user to change the main display to show specific information (choice of: time, distance, speed, calories heart rate).

J- Audio socket for MP3 player.

K- Speakers

* Hold this down to see all the speeds in increments of 0.5 km/h (0.5 mph).



Programs:

The DOMYOS TC5 offers 16 pre-set programs that vary in speed and incline settings.

The programs are divided into several segments. Each segment has a corresponding speed and incline setting. Please note that two successive segments can have the same settings.

During your workout, the flashing segment shows the segment in use.

The height of the segment represents speed.

8 CALORIES programs:

- Program 1: 20 min – 200 kcal
- Program 2: 20 min – 250 kcal
- Program 3: 30 min – 300 kcal
- Program 4: 30 min – 350 kcal
- Program 5: 40 min – 400 kcal
- Program 6: 40 min – 600 kcal
- Program 7: 50 min – 650 kcal
- Program 8: 60 min – 850 kcal

8 PERFORMANCE programs:

- Program 9: 20 min – Hill Climb 1
- Program 10: 30 min – Sprint intervals
- Program 11: 30 min – Valley Run
- Program 12: 30 min – Trail Run
- Program 13: 40 min – Hill Climb 2
- Program 14: 50 min – Speed Run
- Program 15: 55 min – 10K Run
- Program 16: 60 min – Endurance Run

Depending on your level of fitness, you can adjust the speed and/or incline of the treadmill at any time during the program. However, when a new segment of the workout begins, the treadmill returns to the default settings for the segment.

Selecting programs:

- CALORIES programs (1 to 8): Press the «CALORIE PROGRAMS» button (E) until you find the desired program.
- PERFORMANCE programs (9 to 16): Press the «PERFORMANCE PROGRAMS» button (F) until you find the desired program.
- Press the «START / PAUSE» button (A) to start the chosen program.
- Press the «START / PAUSE» button (A) to pause the program at any time.
- Press the «STOP» button (B) to stop the program at any time.

Heart rate sensors:

You can take your heart rate at the beginning and end of each session by placing both palms on the heart rate sensors. Your heart rate will then appear at the bottom right hand side of the screen. This measurement is only a rough indication and is under no circumstances medically reliable.

INFORMATION MODE

The console features an information mode that allows you to enable or disable the demo mode and choose between kilometres and miles for the unit of measurement. The information mode also keeps track of information regarding use of the treadmill.

To select the information mode:

- Press and hold the «STOP» button.
- Insert the safety key in the console then let go of the «STOP» button.

Demonstration mode:

The console includes a demo mode that is used when the treadmill is displayed in store.

When demo mode is activated, and when the power cable is plugged in, the switch is in the reset position and the safety key is in the console, the console works normally.

When you remove the safety key, the screens stay lit up but the buttons don't work.

When the demo mode is activated, the left-hand screen shows a «d».

To enable or disable the demo mode, press the reduce speed button.

Choosing the unit of measurement for speed and distance:

The left-hand screen shows an «M» for kilometres or an «E» for miles.

To change the unit of measurement, press the increase speed button.

Instructions for using the treadmill:

For a few seconds, the right-hand screen displays the treadmill's total number of hours of use as well as the total number of kilometres or miles run by the treadmill.

To exit information mode, remove the key from the console.

TROUBLESHOOTING

The treadmill won't switch on:

- 1 - Check that the power cable is plugged into a working wall socket (to check if the wall socket works, plug in a lamp or other electrical appliance).
- 2 - Check that the power cable is plugged into a properly earthed wall socket. If you need an extension cable, only use a 1 mm² (size 14) 3 conductor cable that is no longer than 1.5m (5ft).
- 3 - Having connected the power cable, make sure that the key is properly inserted in the console.
- 4 - Check the switch on the treadmill frame, near the power cable. If the switch is sticking out, as illustrated, the switch has tripped. To turn the switch back on, wait 5 minutes then press the switch.

The treadmill turned itself off during use:

- 1 - Check the switch (see diagram below). If the circuit breaker has tripped, wait 5 minutes then press the switch.
- 2 - Make sure that the power cable is plugged in.
- 3 - Remove the key from the console. Re-insert the key in the console.
- 4 - If the problem persists, contact the after-sales service team (see the last page of this manual).

The displays on the console stay lit up when you remove the key from the console:

The console is fitted with a demo mode, designed to be used when the treadmill is displayed in store. If the displays stay lit up when you remove the key from the console, demo mode is probably switched on. To switch off the demo mode, press and hold the «STOP» button for a few seconds. If the displays are still lit, refer to the INFORMATION MODE paragraph to switch off demo mode.

The belt slows down when you walk on it:

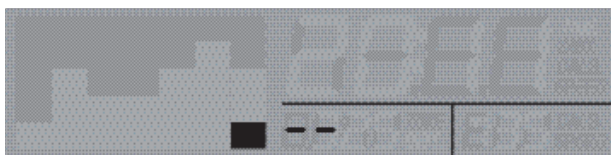
- 1 - If you need an extension cable, only use a 1 mm² 3 conductor cable that is no longer than 1.5m.
- 2 - If the belt is over-tightened, treadmill performance may be affected and the belt may become damaged. Remove the key and UNPLUG THE POWER CABLE. Using the hex key, turn both roller bolts anticlockwise a quarter turn. When the belt is correctly tightened, you should be able to raise each edge of the moving belt 2 or 3 cm above the walking platform. Be sure to keep the treadmill belt centred. Then, plug in the power cable, insert the key and turn on the treadmill for a few minutes. Repeat the process until the moving belt is correctly tightened.
- 3 - If the problem persists, contact the after-sales service team (see the last page of this manual).

The incline on the treadmill doesn't change properly:

With the key inserted in the console, press on one of the incline keys. **When changing the incline, remove the key from the console.** After a few seconds, re-insert the key. The treadmill will automatically lift itself up to the maximum incline and the return to minimum level. In doing so, the incline system will recalibrate.

Motor noise when switching on the treadmill:

If the treadmill was switched off during an incline phase, switching it on will generate automatic calibration of the incline system. This will result in the motor making a noise without the belt moving and the display of 2 bars on the control screen. The running platform will automatically rise up to its maximum level before coming down again. You can then use the treadmill as normal.



MAINTENANCE

Regular maintenance is necessary to maintain the performance of your machine and extend its life.

Failure to follow maintenance instructions may lead to premature wear or permanent damage, and result in the cancellation of the commercial warranty.

For any questions, contact your DECATHLON store or visit our website www.domyos.com.

MAINTENANCE AFTER EACH USE

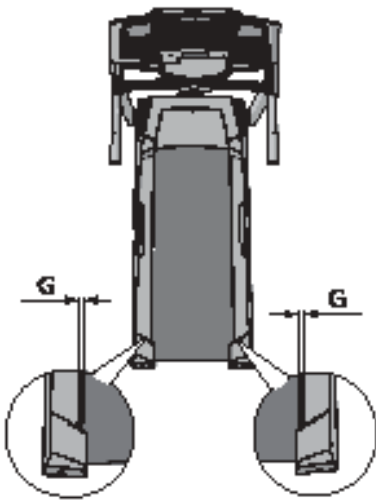
As perspiration is corrosive, it is crucial to wipe down your treadmill after each use.

1. Switch off and unplug your treadmill.
2. Apply a small amount of a mild cleaning agent onto a 100% cotton cloth. Do not spray the cleaner directly onto the treadmill and do not use cleaners containing ammonia or acid.
3. Wipe down the console and screens.
4. Remove dust and stains on the ramps, support, footrests, frame and motor cover. Also wipe the platform along the entire running belt. Do not clean under the running belt.

For information on purchasing a cleaner, please contact your local DECATHLON store.

WEEKLY MAINTENANCE

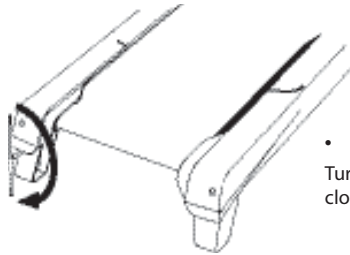
1. Inspect and, if necessary, tighten all external parts of the treadmill.
2. Make sure the running belt is centred and properly tightened.



Adjusting the position of the treadmill belt (centring):

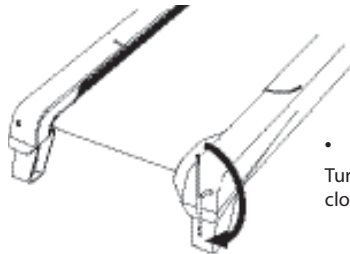
The space G between the treadmill belt and the footrests must be visible at all times on both sides of the treadmill belt. This prevents damage to the treadmill belt and untimely stopping.

- Run your treadmill at 5kmph (3mph) and stand behind the machine.



• The belt is off-centre to the left:

Turn the left adjustment screw half a turn in a clockwise direction.



• The belt is off-centre to the right:

Turn the right adjustment screw half a turn in a clockwise direction.

- Let the treadmill run long enough for the belt to reposition itself (1 or 2 minutes) and repeat the procedure if necessary. However, make sure that the belt is not too tight.

Adjusting the tension of the treadmill belt:

The treadmill belt is a part subject to wear and tear which slackens over time. Re-tighten it as soon as it begins to slip (skidding feeling with sudden changes in speed).

1. Turn both adjusting screws half a turn clockwise.
2. Repeat the procedure if necessary but be careful not to over-tighten the belt. The belt is correctly tightened if you can lift the edges by 2 to 3 centimetres on each side.

MAINTENANCE EVERY 200 HOURS OF USE OR EVERY 1500 KM

To find out the duration of use and the distance travelled since the treadmill was started up, refer to the INFORMATION MODE section.

Lubricating the treadmill belt:

It is advisable to lubricate your belt in order to reduce friction between the treadmill belt and the deck. Lubrication is not necessary if traces of silicone are present on the inner side of the treadmill belt or on the deck (a wet and slightly greasy surface).

If the belt and deck are dry:

1. Switch off and unplug your treadmill.
2. Raise the edges of the belt and coat the inner side with silicone spray.*
3. Plug your treadmill back in.
4. Let the treadmill run on its own at 4 kmph (2.5 mph) for 10 to 20 seconds.
5. Your treadmill is ready to use!

*One lubrication usually requires between 5 and 10ml of silicone.

Important: too much silicone may hinder the performance of your treadmill (risk of sliding).

For information on purchasing a cleaner, please contact your local DECATHLON store.

USE

If you are just starting out, begin by exercising for several days at a low speed, without forcing it, taking breaks if necessary. Gradually increase the number or duration of the sessions. Keep your back straight. During your workout, don't forget to ventilate the room in which you are using the treadmill.



Maintenance/Warm-up: Gradual effort starting with 10 minutes

For maintenance workouts designed to keep you in shape or to get back into shape, you can train every day for about 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 develop muscle tone in the legs, choose a greater resistance and increase the duration of the exercise. Obviously, you can vary the speed over the course of 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, it is pointless to push yourself beyond your limits. It is training on a regular basis that will produce the best results. Choose a relatively low running speed and exercise for a minimum of 30 minutes. This exercise should cause you to build up a slight sweat, but it should never leave you out of breath. It is the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you do it for more than thirty minutes or so at least three times a week.



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. The speed increases so as to accentuate breathing during exercise. This type of exercise is more sustained than when you are working out to get into shape. Little by little, as you train, you will be able to work out for longer, at a faster pace. You can do this type of workout at least three times a week. More intensive workouts (anaerobic work and red-zone work) are reserved for athletes and require specific preparation. After each workout, set aside several minutes to jog at a lower speed to slow down and gradually relax your body.

Cool down:

This corresponds to low-level activity; it's the gradual «rest» phase. Cooling down brings your cardiovascular, respiratory and circulatory systems and your muscles back to normal (thereby preventing undesirable side effects such as lactic acid, the accumulation of which is among the major causes of muscle pain, including cramps and stiffness).

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 conditions of use, for 5 years for the structure and 2 years for other parts and labour from the day of purchase, the date on the receipt will serve as proof of this.

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 to cases 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.



**OXYLANE, 4 boulevard de Mons, BP 299
59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE**

CE compliance statement

Name: DOMYOS TC5
Function: Treadmill
Model: 8288569
Type: 1739.162

This product complies with all the relevant provisions set out in European directive 2006/42/EC pertaining to machines as well as European low voltage directive 2006/95/EC and electromagnetic compatibility directive 2004/108/EC.

This product complies with European standard requirements EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, July 1st 2013
Philippe BERNADAT, DOMYOS Universe Manager
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Déclaration de conformité CE

Nom : DOMYOS TC5
Fonction : Tapis de course
Modèle : 8288569
Type : 1739.162

Ce produit est conforme à l'ensemble des exigences pertinentes de la directive européenne 2006/42/CE relative aux machines ainsi qu'aux directives européennes basse tension 2006/95/CE et compatibilité électromagnétique 2004/108/CE.

Ce produit est conforme aux exigences des normes européennes EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, le 1er juillet 2013
Philippe BERNADAT, Directeur Univers DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Declaración de conformidad CE

Nombre: DOMYOS TC5
Función: Cinta de correr
Modelo: 8288569
Tipo: 1739.162

Este producto cumple todas las exigencias pertinentes de la Directiva Europea 2006/42/CE relativa a las máquinas, así como de las Directivas Europeas de baja tensión 2006/95/CE y compatibilidad electromagnética 2004/108/CE.

Este producto cumple las exigencias de las normas europeas EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1 de julio de 2013
Philippe BERNADAT, Directeur Univers DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

EG-Konformitätserklärung

Name: DOMYOS TC5
Funktion: Laufband
Modell: 8288569
Typ: 1739.162

Dieses Produkt ist mit allen wesentlichen Anforderungen der Maschinenrichtlinie 2006/42/EG sowie der europäischen Richtlinien für Niederstrom 2006/95/EG und elektromagnetische Verträglichkeit 2004/108/EG konform.

Dieses Produkt entspricht den Anforderungen der europäischen Normen EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, den 1. Juli 2013
Philippe BERNADAT, Direktor Bereich DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Dichiarazione di conformità CE

Nome: DOMYOS TC5
Funzione: Pedana da corsa
Modello: 8288569
Tipo: 1739.162

Questo prodotto è conforme a tutti i requisiti della direttiva europea 2006/42/CE relativa alle macchine così come alle direttive europee bassa tensione 2006/95/CE e compatibilità elettromagnetica 2004/108/CE.

Questo prodotto è conforme ai requisiti delle norme europee EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, il 1 luglio 2013
Philippe BERNADAT, Direttore Universo DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

EG-verklaring van conformiteit

Naam: DOMYOS TC5
Functie: Hardloopband
Model: 8288569
Type: 1739.162

Dit product voldoet aan het geheel van de relevante eisen van de Europese richtlijn 2006/42/EG met betrekking tot machines evenals aan de Europese richtlijn voor laagspanning 2006/95/EG en de Europese richtlijn voor elektromagnetische compatibiliteit 2004/108/EG.

Dit product voldoet aan de eisen zoals die zijn vastgelegd in de Europese normen EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, op 1 juli 2013
Philippe BERNADAT, Directeur Univers DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE



**OXYLANE, 4 boulevard de Mons, BP 299
59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE**

Declaração de Conformidade CE

Nome: DOMYOS TC5
Função: Tapete de corrida
Modelo: 8288569
Tipo: 1739.162

Este produto está em conformidade com a totalidade das exigências pertinentes da Directiva europeia 2006/42/CE relativa às máquinas bem como com as Directivas europeias relativas a baixa tensão 2006/95/CE e compatibilidade electromagnética 2004/108/CE.

Este produto está em conformidade com as exigências das normas europeias EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1 de Julho de 2013
Philippe BERNADAT, Director Universo DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Deklaracja zgodności CE

Imię: DOMYOS TC5
Funkcja: Bieżnia
Model: 8288569
Typ: 1739.162

Ten produkt jest zgodny z ogółem wymagań odnoszących się do dyrektywy europejskiej 2006/42/CE dotyczącej maszyn oraz do dyrektywy europejskiej dot. niskich napięć 2006/95/CE i dyrektywy o kompatybilności elektromagnetycznej 2004/108/CE.

Ten produkt jest zgodny z wymaganiami norm europejskich EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1. lipiec 2013 r.
Philippe BERNADAT, Dyrektor Generalny DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

EK Megfelelőségi nyilatkozat

Név: DOMYOS TC5
Funkció: Futópad
Modell: 8288569
Típus: 1739.162

Ez a termék megfelel a gépekről szóló 2006/42/EK európai irányelv idevonatkozó követelményeinek, valamint a kifizetéséről szóló 2006/95/EK és az elektromágneses összeférhetőségről szóló 2004/108/EK irányelveknek.

Ez a termék megfelel az európai szabványok követelményeinek EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 2013. Július 1.
Philippe BERNADAT, A DOMYOS Univers igazgatója
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Декларация о соответствии нормам ЕС

Название: DOMYOS TC5
Функция: Беговая дорожка
Модель: 8288569
Тип: 1739.162

Этот товар соответствует всем применимым к нему требованиям европейской директивы 2006/42/ЕС об оборудовании, а также европейских директив о низком напряжении 2006/95/ЕС и электромагнитной совместимости 2004/108/ЕС.

Этот товар соответствует требованиям европейских норм EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1 июль 2013 r.
Philippe BERNADAT, Директор марки DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Declarație de conformitate CE

Numе: DOMYOS TC5
Funcție: Bandă de alergare
Model: 8288569
Tip: 1739.162

Acest produs este conform cu ansamblul exigențelor pertinente ale directivei europene 2006/42/CE referitoare la mașini, dar și cu directivele europene de joasă tensiune 2006/95/CE și de compatibilitate electromagnetică 2004/108/CE.

Acest produs este conform cu exigențele normelor europene EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, pe 1 Iulie 2013
Philippe BERNADAT, Director Univers DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

Prehlásenie o zhode CE

Názov: DOMYOS TC5
Funkcia: Bežecký pás
Model: 8288569
Typ: 1739.162

Tento výrobok vyhovuje všetkým náležitým požiadavkám európskej smernice 2006/42/CE vzťahujúcej sa na prístroje, ako aj európskym smerniciam o nízkom napätí 2006/95/CE a o elektromagnetickej zhode 2004/108/CE.

Tento výrobok vyhovuje požiadavkám európskych noriem EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1. júla 2013
Philippe BERNADAT, Riaditeľ oddelenia DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCÚZSKO



OXYLANE, 4 boulevard de Mons, BP 299
59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE

Prohlášení o shodě

Název: DOMYOS TC5
Funkce: Běžeczký pás
Model: 8288569
Typ: 1739.162

Tento výrobek splňuje příslušné požadavky evropské směrnice 2006/42/ES o strojních zařízeních a evropských směrnic 2006/95/ES - nízké napětí a 2004/108/ES o elektromagnetické kompatibilitě.

Tento výrobek splňuje požadavky evropských norem EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1. Červenec 2013
Philippe BERNADAT, Ředitel Univers DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

CE uygunluk beyanı

İsim: DOMYOS TC5
Fonksiyon: Koşu bandı
Model: 8288569
Tip: 1739.162

Bu ürün makinelerle ilgili 2006/42/CE Avrupa direktifinin ilgili gereklerinin tamamına ve Alçak Gerilim 2006/95/CE, Elektromanyetik Uyumluluk 2004/108/CE Avrupa direktiflerine uygundur.

Bu ürün Avrupa standartlarının gereklerine uygundur EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1 Temmuz 2013
Philippe BERNADAT, Univers DOMYOS Müdürü
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

EG-försäkran om överensstämmelse

Namn: DOMYOS TC5
Funktion: Löpband
Modell: 8288569
Typ: 1739.162

Denna produkt uppfyller samtliga krav som hänför sig till direktivet 2006/42/EG om maskiner samt till direktiven lågspänning 2006/95/EG och elektromagnetisk kompatibilitet 2004/108/EG.

Denna produkt uppfyller kraven i europeiska standarder EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1 Juli 2013
Philippe BERNADAT, Direktör Univers DOMYOS
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

بيان المطابقة

الاسم: DOMYOS TC5.
الوظيفة: جهاز المشاية
الطراز: 8288569
النوع: 1739.162

هذا المنتج يتوافق مع متطلبات التوجيه الأوروبي رقم EC/٤٢/٢٠٠٦ على الآلات والتوجيه الأوروبي رقم EC/٩٥/٢٠٠٦ للفولطية المنخفضة والتوجيه الأوروبي رقم EC/١٠٨/٢٠٠٤ للتوافق الكهرومغناطيسي.

هذا المنتج يتوافق مع المعايير الأوروبية التالية EN 60335-1:2003 A1 + A11 + A12 + 1:2003-60335 EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

مدينة Marcq-en-Barœul، ١ يوليو 2013
Philippe BERNADAT، مدير Univers DOMYOS
DOMYOS، 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL، FRANCE

CE Декларация за съответствие

Наименование: DOMYOS TC5
Функция: Бягаща пътека
Модел: 8288569
Вид: 1739.162

Този продукт съответства на всички съществени изисквания на европейска директива 2006/42/CE относно машините, както и на европейските директиви 2006/95/CE, съоръжения за ниско напрежение и 2004/108/CE, електромагнитна съвместимост.

Този продукт отговаря на изискванията на европейските стандарти EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6.

Marcq-en-Barœul, 1 Юли 2013 г.
Philippe BERNADAT, Директор «Светът на DOMYOS»
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE

CE 质量认证

品名: DOMYOS TC5
功能: 跑步机
型号: 8288569
类别: 1739.162

本产品已通过 2006/42/CE 欧洲质量标准检验，符合欧盟 2006/95/CE 低压仪器品质要求及 2004/108/CE 电磁类仪器相关生产标准。

本产品符合欧盟质量标准 EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6。

Marcq-en-Barœul, 2013年7月1日
Philippe BERNADAT, DOMYOS 品牌主管
DOMYOS, 1 av. des Olympiades
59 700 MARCQ-EN-BARŒUL, FRANCE



**OXYLANE, 4 boulevard de Mons, BP 299
59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE**

CE 質量認證

品名: DOMYOS TCS

功能: 跑步機

型號: 8288569

類別: 1739.162

本產品已通過 2006/42/CE 歐洲質量標準檢驗，符合歐盟 2006/95/CE 低壓儀器品質要求及 2004/108/CE 電磁類儀器相關生產標準。

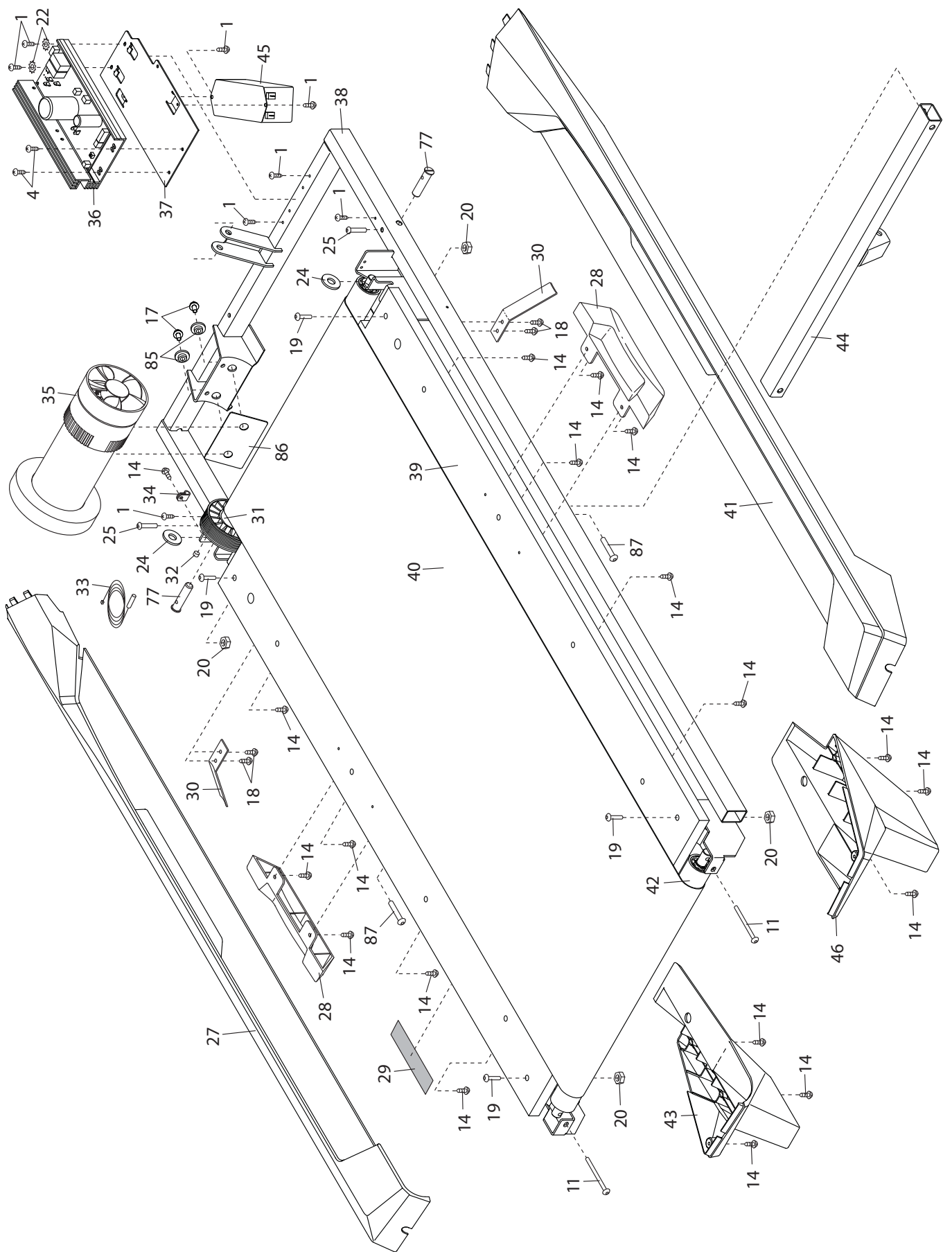
本產品符合歐盟質量標準 EN 60335-1:2003 A1+A11+A12+A2, EN 55014-1:2000+A1+A2, EN 55014-2:1997+A1, EN 61000-3-2:2006, EN 61000-3-3:1995+A1+A2, EN957-1, EN957-6。

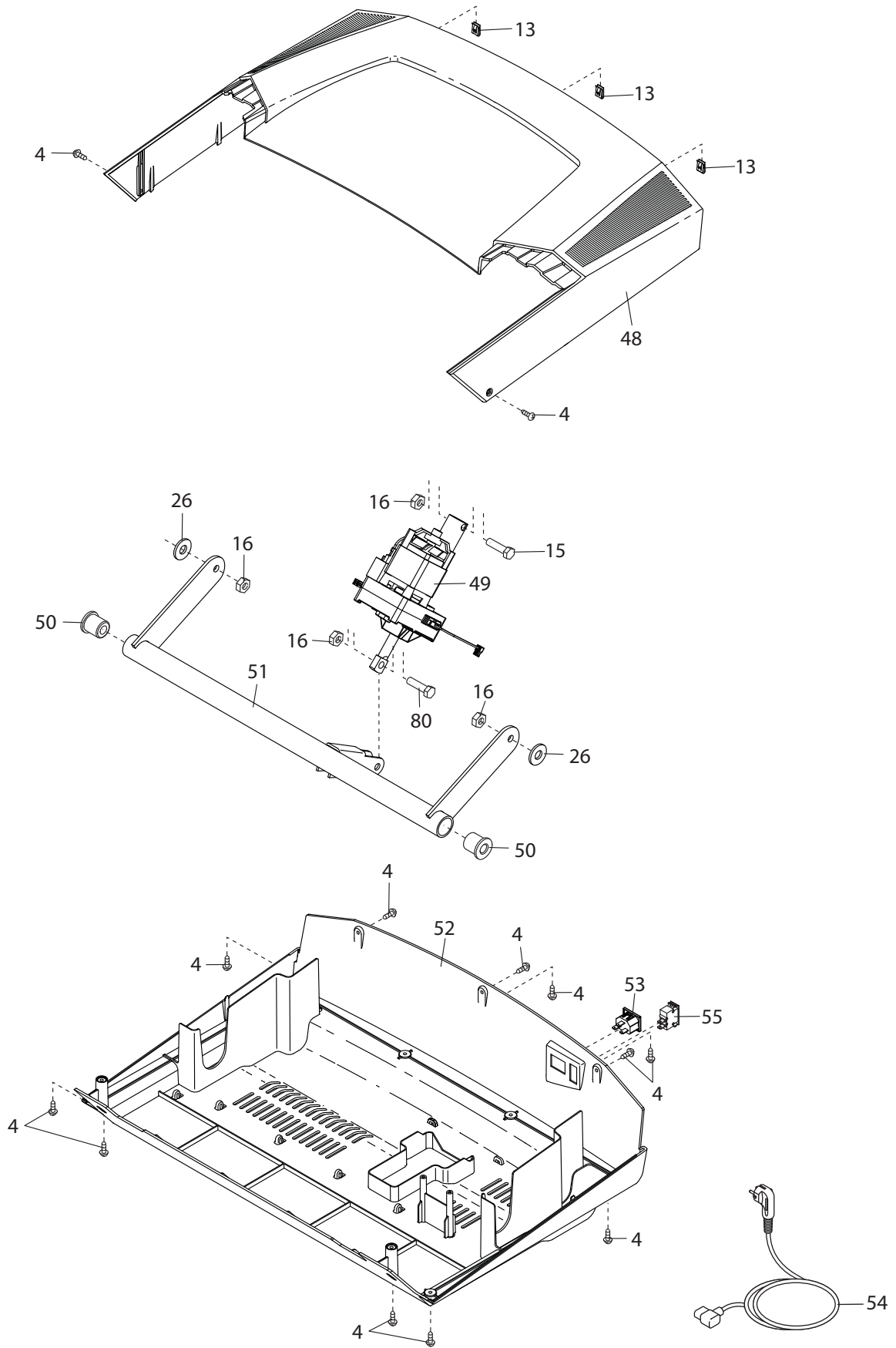
Marcq-en-Barœul, 2013年7月1日

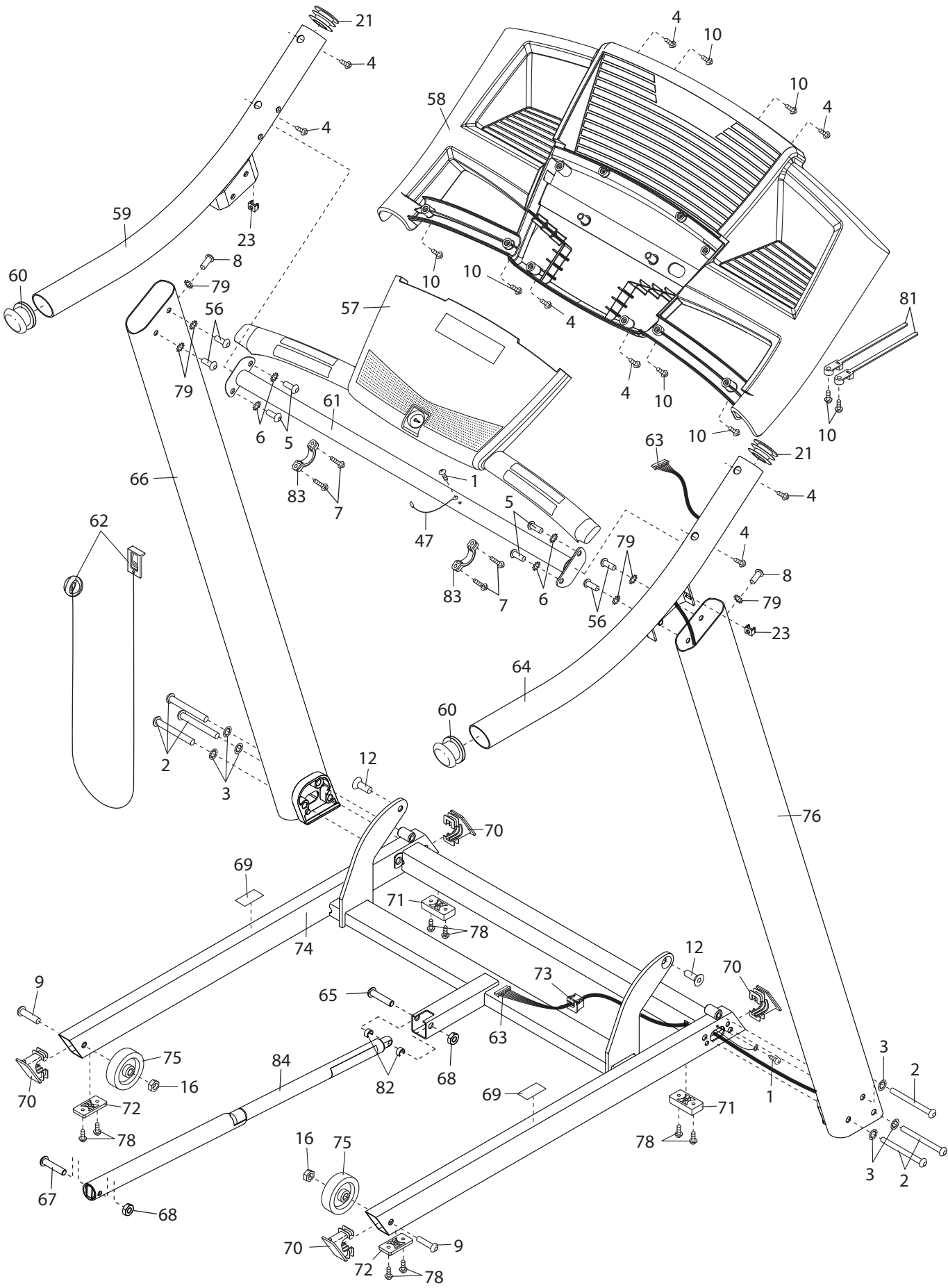
Philippe BERNADAT, DOMYOS 品牌主管

DOMYOS, 1 av. des Olympiades

59 700 MARCQ-EN-BARŒUL, FRANCE







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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 (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
902323336 para ayudarle a abrir
un dossier spv (servicio de post
venta, llamada gratuita desde un
telefono 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 Kaufna-
chweis 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 respectivo
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
dokonałeś zakupu produktu.

MÁS ORSZÁGOK

Segítségre van szüksége?
Keressen meg minket internetes
honlapunkon www.domyos.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 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 ȚĂRI

Aveți nevoie de asistență?
Ne puteți găsi pe site-ul
www.domyos.com (prețul unei
conectări 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

Potrebujete pomoc?
Nájdite si nás na internetových
stránkach www.domyos.com (cena
internetového pripojenia), alebo
sa obráťte na oddelenie styku so
zákazníkom v obchode, kde ste
svój výrobok zakúpili a popritom
nezabudnite predložiť doklad o
kúpe.

OSTATNÍ ZEMĚ

Potřebujete pomoc?
Kontaktujte nás na našich
internetových stránkách
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 (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:
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.

DIĞER ÜLKELER

Yardıma mi 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
bölümüne başvurabilirsiniz.

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

其他国家

需要帮助?

请登录 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。

DOMYOS TC 5

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

4 boulevard de Mons, BP 299
59 665 VILLENEUVE D'ASCQ CEDEX, FRANCE

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