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> [Domyos Adult Elliptical VM-400 - Stationary Exercise Bike - Magnetic Resistance - 8 Levels - 110kg Max User Weight](#)

## Domyos VM-400

# Domyos Adult Elliptical VM-400 User Manual

Stationary Exercise Bike - Magnetic Resistance - 8 Levels - 110kg Max User Weight

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your Domyos Adult Elliptical VM-400 Stationary Exercise Bike. The VM-400 is designed to simulate a bicycle, offering a safe environment for indoor training and cycling practice. Please read this manual thoroughly before assembly, operation, or maintenance.

## SAFETY INFORMATION

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Your safety is paramount. Adhere to the following guidelines:

- Ensure the exercise bike is placed on a stable, level surface.
- Maintain a clear area of at least 0.6 meters (2 feet) around the exercise bike during use.
- The maximum user weight for this bike is **110 kg**. Do not exceed this limit.
- This product is intended for **home use only**.
- Consult a physician before starting any new exercise program.
- Wear appropriate athletic footwear and clothing during exercise.
- Keep children and pets away from the equipment during operation.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the bike for loose parts or signs of wear. Do not use if damaged.

## PRODUCT OVERVIEW

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The image displays the Domyos VM-400 Stationary Exercise Bike from a front-left perspective. It features a silver-grey frame with dark grey casing around the flywheel and pedal mechanism. The bike has an adjustable black seat, handlebars with integrated sensors, and a digital console at the top of the handlebar post. The pedals are visible, and the base includes stabilizing feet. This visual representation highlights the compact design and key components of the exercise bike.

## SETUP AND ASSEMBLY

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While specific assembly instructions are provided with your product packaging, here are general guidelines for setting up your Domyos VM-400:

1. **Unpacking:** Carefully remove all components from the packaging. Check against the parts list in your product box to ensure all parts are present.
2. **Base Stabilization:** Place the bike on a firm, level surface. Adjust any leveling feet if necessary to prevent wobbling.
3. **Assembly:** Follow the step-by-step instructions provided in the separate assembly guide. This typically involves attaching the stabilizers, pedals, seat post, seat, handlebar post, handlebars, and console.
4. **Transport:** The VM-400 is equipped with built-in transport wheels for easy relocation. To move the bike, tilt it forward onto the wheels and push it to your desired location.

## OPERATING INSTRUCTIONS

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Familiarize yourself with the functions of your Domyos VM-400 for an effective workout.

### Console Functions

The intuitive console displays key workout metrics:

- **Heart Rate:** Measured via sensors on the handlebars.
- **Calories:** Estimated calories burned during your workout.
- **Speed:** Current pedaling speed.
- **Distance:** Total distance covered during the session.
- **Time:** Duration of your workout.

The console offers **6 pre-set programs** and a **"quickstart" mode** for immediate use.

## Adjusting Resistance

The VM-400 features an **8-point adjustable magnetic resistance system**. Locate the resistance knob, typically found below the console or near the flywheel casing. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session.

## Adjusting Seat and Handlebars

- **Seat Adjustment:** The seat is adjustable to accommodate various user heights. Loosen the adjustment knob on the seat post, slide the seat to the desired height, and securely tighten the knob. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
- **Handlebar Adjustment:** While the handlebars themselves are fixed, the console angle might be adjustable on some models. Ensure the handlebars provide a comfortable and stable grip during your workout.

The **7kg flywheel** ensures smooth and quiet pedaling throughout your exercise.

## MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Domyos VM-400.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system typically requires no lubrication. Refer to your specific assembly guide for any recommended lubrication points.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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If you encounter issues with your Domyos VM-400, refer to the following common solutions:

Problem	Possible Cause	Solution
Console not displaying data.	Loose sensor connection; dead batteries (if applicable).	Check all cable connections to the console. Replace batteries if the console is battery-powered.
Bike wobbles during use.	Uneven surface; loose stabilizer bolts.	Ensure the bike is on a level surface. Adjust leveling feet. Tighten all bolts on the base stabilizers.
Unusual noise during pedaling.	Loose components; worn parts.	Inspect all visible bolts and nuts and tighten them. If noise persists, contact customer support.
Resistance not changing.	Resistance cable disconnected or damaged.	Check the connection of the resistance cable to the knob and the flywheel mechanism.

## SPECIFICATIONS

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**Brand:** Domyos

**Model Name:** VM-400

**Resistance Mechanism:** Magnetic

**Number of Resistance Levels:** 8

**Maximum Weight Recommendation:** 110 Kilograms

**Power Source:** Pedal-powered (non-electric)

**Special Feature:** Adjustable Seat

**Drive System:** Pedals

**Dimensions (approx.):** L80 x W55 x H121 mm *(Note: The provided dimension "121 Millimetres" for Maximum Height seems incorrect for an exercise bike. It is likely 121 Centimeters.)*

**Flywheel Weight:** 7 kg

**Console Features:** Heart rate, calories, speed, distance, time, 6 programs, quickstart mode

## WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation included with your Domyos VM-400 product packaging. You can also visit the official Domyos website or contact their customer service for assistance with product inquiries, technical support, or spare parts.

For further assistance, please contact Domyos customer service through their official channels. Keep your purchase receipt and product serial number handy when contacting support.



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