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DOMYOS Domyos 500 (Model 8487893)

DOMYOS Domyos 500 Black Magnetic Rowing Machine User Manual

Model: Domyos 500 (8487893)

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Domyos 500 Black Magnetic Rowing Machine. Designed for at-home cardio workouts, this machine features smooth pedalling with a 7kg flywheel, an E-Connected LCD monitor offering 7 functions and 9 programmes, and a comfortable, rolling seat. Its compact, foldable design allows for easy storage. Please read this manual thoroughly before assembly and use.

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program.

- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight limit (if specified, not provided in input).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the machine for wear and tear, especially cables, straps, and moving parts.

3. PRODUCT OVERVIEW

3.1 Key Features

- **Magnetic Resistance:** Provides smooth and quiet operation.
- **7kg Flywheel:** Ensures consistent and effective pedalling.
- **E-Connected LCD Monitor:** Tracks 7 functions and offers 9 pre-set programmes.
- **Comfortable Rolling Seat:** Designed for extended workout sessions.
- **Anti-perspirant Handle:** Enhances grip and comfort.
- **Foldable Design:** Saves space when stored.

- **Transport Wheels:** Located at the front for easy relocation.
- **Adjustable Tension Level:** Customize your workout intensity.

3.2 Components

The DOMYOS Domyos 500 rowing machine consists of several main components:



Figure 1: Fully assembled DOMYOS Domyos 500 Rowing Machine, showing the main frame, rail, seat, pedals, handle, and monitor.

- **Main Unit:** Houses the magnetic resistance system, flywheel, and monitor.
- **Sliding Rail:** The track along which the seat moves.
- **Comfortable Seat:** Designed to roll smoothly on the rail.
- **Foot Pedals:** Adjustable straps to secure your feet.
- **Pull Handle:** Connected to the resistance mechanism via a strap or chain.
- **E-Connected LCD Monitor:** Displays workout data and controls.
- **Front Stabilizer with Transport Wheels:** For stability and mobility.
- **Rear Stabilizer:** Provides additional stability.



Figure 2: Front view of the rowing machine, highlighting the main unit, monitor, and foot pedals.



Figure 3: Detailed view of the comfortable, ergonomically designed rolling seat on its rail.



Figure 4: Close-up of the foot pedals, showing the textured surface and adjustable straps for secure foot placement.



Figure 5: Detail of the anti-perspirant handle, designed for a comfortable and secure grip during workouts.

4. SETUP AND ASSEMBLY

The DOMYOS Domyos 500 rowing machine is designed for relatively quick assembly, typically taking around 30 minutes. Follow the instructions provided in the separate assembly guide included with your product.

4.1 Unpacking

- Carefully remove all components from the packaging.
- Check the packing list to ensure all parts are present.
- Keep packaging materials until assembly is complete in case of returns.

4.2 Assembly Steps

Refer to the detailed assembly manual for step-by-step instructions. Key steps generally include:

1. Attach the front and rear stabilizers to the main unit.
2. Secure the sliding rail to the main unit.
3. Install the seat onto the sliding rail.
4. Connect the pull handle to the resistance mechanism.
5. Mount the E-Connected LCD monitor.
6. Adjust the leveling feet for stability.



Figure 6: Adjusting the red leveling feet at the base of the machine to ensure stability on uneven surfaces.

4.3 Folding and Storage

The Domyos 500 is designed to be foldable for convenient storage. Consult your assembly guide for specific folding mechanisms. Once folded, use the integrated transport wheels to move the machine easily.



Figure 7: The rowing machine in use, demonstrating its relatively compact footprint suitable for home environments. It can be folded for even smaller storage.

5. OPERATING INSTRUCTIONS

5.1 Using the E-Connected LCD Monitor

The E-Connected LCD monitor provides real-time feedback on your workout and allows you to select programs.



Figure 8: A user's hand adjusting settings on the E-Connected LCD monitor, showing the display and control buttons.

- **Power On/Off:** The monitor typically activates when you start rowing or press a button. It will power off automatically after a period of inactivity.
- **Display Functions:** The monitor tracks 7 key functions, which may include:
 - Time
 - Distance
 - Calories Burned
 - Strokes per Minute (SPM)
 - Total Strokes
 - Wattage
 - Heart Rate (if connected to a compatible sensor)
- **Program Selection:** Use the monitor's controls to navigate through the 9 available workout programs. These programs are designed to vary intensity and duration for different fitness goals.
- **E-Connected Feature:** Connect your smartphone or tablet to the monitor via Bluetooth (if applicable) to use the Domyos E-Connected app. This app can enhance your workout experience by providing additional tracking, coaching, and interactive features.



Figure 9: A user viewing a tablet mounted above the rowing machine's monitor, demonstrating the E-Connected app integration for enhanced workout tracking and guidance.

5.2 Adjusting Resistance

The Domyos 500 features adjustable magnetic resistance. Locate the resistance knob or control on the main unit (usually near the flywheel housing). Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Adjust the resistance to match your desired workout intensity.

5.3 Proper Rowing Technique

Proper technique is crucial for an effective and safe workout.

1. **The Catch:** Start with knees bent, shins vertical, arms extended forward, and back straight.

2. **The Drive:** Push off with your legs, then swing your back slightly, and finally pull the handle towards your abdomen.
3. **The Finish:** Legs extended, back slightly reclined, and handle at your abdomen.
4. **The Recovery:** Extend arms forward, then pivot from the hips, and finally bend your knees to slide forward.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Keep the sliding rail clean and free of debris to ensure smooth seat movement.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Consult the specific product manual for any recommended lubrication points for the seat wheels or other moving parts.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---------------------------------|---|--|
| Monitor not displaying data. | Batteries are low or incorrectly installed. | Replace batteries or ensure they are inserted correctly. |
| Seat not sliding smoothly. | Debris on the rail or worn wheels. | Clean the rail. Inspect and clean seat wheels. |
| Resistance feels inconsistent. | Resistance mechanism issue or loose connection. | Ensure all connections are secure. If problem persists, contact customer support. |
| Machine is unstable or wobbles. | Uneven surface or leveling feet not adjusted. | Adjust the leveling feet until the machine is stable. Ensure it's on a flat surface. |

8. SPECIFICATIONS

| Attribute | Detail |
|----------------------|---------------------------|
| Brand | DOMYOS |
| Model Name | Domyos 500 |
| Item Model Number | 8487893 |
| Resistance Mechanism | Magnetic |
| Flywheel Weight | 7 kg |
| Metrics Measured | LCD Monitor (E-Connected) |
| Display Type | E-Connected |

| Attribute | Detail |
|------------------|--|
| Special Features | Foldable, Portable, Advanced Functionality, Smart Connectivity |
| Colour | Black |
| Frame Material | Metal |
| Material | Alloy Steel |
| Power Source | Manual |
| Manufacturer | DECATHLON |

9. WARRANTY AND SUPPORT

Specific warranty details are typically provided with your purchase documentation. Please refer to the warranty card or contact the manufacturer, DECATHLON, or your retailer for information regarding warranty coverage and claims. For technical support, spare parts, or further assistance, please contact DOMYOS customer service or visit the official DECATHLON website.