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> Decathlon Corenigth Domyos 4 in 1 Multi Function 900 Training Station User Manual

Domyos 2475950

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Model: 2475950

1. INTRODUCTION

Thank you for choosing the Decathlon Corenigth Domyos 4 in 1 Multi Function 900 Training Station. This versatile fitness equipment is designed to provide a comprehensive full-body workout, focusing on strength and conditioning. It functions as a pull-up and dip station, offering multiple exercise possibilities. This manual will guide you through the setup, operation, and maintenance of your training station to ensure safe and effective use.



Figure 1.1: Overview of the Domyos 4 in 1 Multi Function 900 Training Station. This image displays the complete assembly of the

black steel training station, highlighting its pull-up bar, dip handles, and backrest.

Key Features:

- Easy adjustments for effective workouts.
- Functions as a pull-up and dip station.
- Designed to suit various builds and workouts.
- Strengthens the whole body.
- Features grippy handles for secure exercise.

2. SAFETY INFORMATION

WARNING: Before starting any exercise program, consult with your physician. Improper use of this equipment can result in serious injury.

- Always inspect the training station for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure the station is placed on a stable, level surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum user weight limit (refer to specifications for details, if available).
- Perform exercises in a controlled manner. Avoid sudden movements or swinging.
- Wear appropriate athletic footwear and clothing.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

3. SETUP

The Domyos 4 in 1 Multi Function 900 Training Station requires assembly. Please follow the instructions provided in the separate assembly guide included with your product. Ensure all components are present before beginning assembly.

Assembly Steps (General):

1. Unpack all components and verify against the parts list in the assembly guide.
2. Assemble the main frame structure, ensuring all bolts are securely tightened.
3. Attach the pull-up bar, dip handles, and backrest according to the guide.
4. Once assembled, double-check all connections for tightness and stability.



Figure 3.1: Front view of the assembled training station. This image shows the station from the front, emphasizing its symmetrical design and stable base, crucial for proper setup.



Figure 3.2: Side view of the assembled training station. This perspective illustrates the depth and stability of the unit, important for understanding its footprint during setup.

4. OPERATING THE TRAINING STATION

The Domyos 4 in 1 Multi Function 900 Training Station offers various exercises for a full-body workout. Its design allows for easy adjustments to suit your specific training needs.

4.1. Pull-Up Bar Usage

The top bar is designed for pull-ups and chin-ups. Ensure a firm grip on the handles. The wide grip option allows for targeting different back muscles.



Figure 4.1: Detail of the pull-up bar. This image focuses on the sturdy pull-up bar at the top of the station, showing its ergonomic design for various grip positions.

4.2. Dip Station Usage

The parallel bars are for performing dips, targeting your triceps and chest. Position yourself between the bars, gripping them firmly. The grippy handles provide a secure hold.



Figure 4.2: Detail of the dip handles and armrests. This close-up highlights the padded armrests and sturdy handles used for dip exercises, ensuring comfort and stability.

4.3. Backrest and Core Exercises

The adjustable backrest provides support for various core exercises, such as leg raises. Adjust the backrest to a comfortable and secure position before starting your workout.



Figure 4.3: Detail of the backrest padding. This image shows the padded backrest, designed to provide support during exercises like leg raises, ensuring user comfort.



Figure 4.4: Another view of the backrest, illustrating its attachment and potential adjustment points. This image provides a closer look at how the backrest integrates with the main frame.



Figure 4.5: User demonstrating leg raises on the training station. This image shows an individual utilizing the station for core exercises, highlighting the practical application of the backrest and armrests.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Domyos training station.

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Retighten if necessary. Inspect the frame for any signs of cracks, bends, or damage.
- **Lubrication:** If any moving parts (though minimal on this station) begin to squeak, apply a small amount of silicone-based lubricant.
- **Storage:** Store the training station in a dry, temperate environment away from direct sunlight or extreme temperatures to prevent material degradation.



Figure 5.1: Detail of the Decathlon branding on the base. This image shows the brand logo on the sturdy base of the station, indicating the quality and origin of the product.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your training station.

Issue: The station feels unstable or wobbly.

- **Solution:** Ensure the station is placed on a completely flat and level surface. Check all assembly bolts and nuts; tighten any that are loose.

Issue: Squeaking noises during use.

- **Solution:** Identify the source of the squeak. It may be a loose bolt or friction between metal parts. Tighten any loose bolts. If friction is the cause, apply a small amount of silicone lubricant to the contact points.

Issue: Difficulty adjusting components.

- **Solution:** Ensure no debris is obstructing the adjustment mechanism. Clean the area. If components are stiff, a small amount of lubricant might help. Do not force adjustments.

7. SPECIFICATIONS

Attribute	Value
Brand	Domyos
Model Number	2475950
Colour	Black
Material	Wood, Polyurethane, Steel
Handle Type	Fixed
Number of Items	1
Package Dimensions	150 x 75 x 50 cm
Item Weight	45 kg

Manufacturer	Decathlon SE
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8. WARRANTY AND SUPPORT

For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Domyos/Decathlon website. Keep your proof of purchase for any warranty claims.

If you require technical assistance, have questions about assembly, or need replacement parts, please contact Decathlon customer support. Contact details can typically be found on the product packaging or the official Decathlon website.

Online Resources: For additional exercise guides and product information, visit the official Decathlon or Domyos websites.