

Decathlon EB520

Domyos EB520 Self-Powered Exercise Bike User Manual

Model: EB520 | Brand: Decathlon

INTRODUCTION

This manual provides essential information for the safe and effective use of your Domyos EB520 Self-Powered Exercise Bike. Please read it thoroughly before assembly, operation, or maintenance. Retain this manual for future reference.

The Domyos EB520 is designed for indoor exercise, offering a smooth and comfortable cycling experience with its self-powered flywheel and adjustable features.



Image: The Domyos EB520 Self-Powered Exercise Bike, showcasing its sleek black design and integrated console.

PRODUCT FEATURES

- **Self-Powered Flywheel:** The 6 kg self-powered flywheel ensures smooth and consistent pedaling without jerking.

- **Comfortable Seating:** Equipped with a gel seat for enhanced comfort during extended workouts.
- **Adjustable Ergonomics:** Height-adjustable handlebar and seat allow for optimal posture and user comfort.
- **Easy Mobility:** Integrated wheels at the front facilitate convenient movement and storage of the exercise bike.
- **Variable Resistance:** Offers 15 resistance levels, enabling progressive training and intensity adjustments.



Image: A close-up view of the Domyos EB520's LCD console and handlebars, highlighting the control buttons and heart rate sensors.

SETUP AND ASSEMBLY

The Domyos EB520 requires minimal assembly. Follow the included assembly guide for detailed step-by-step instructions. Ensure all components are securely fastened before use.

Placement

Place the exercise bike on a flat, stable surface. Ensure there is sufficient clear space around the bike for safe operation and movement. The bike dimensions are approximately 132 x 58 x 94 cm (L x W x H).



Image: The Domyos EB520 Exercise Bike with its key dimensions (length, width, height) indicated, useful for planning placement.

Moving the Bike

The EB520 is equipped with transport wheels at the front for easy relocation. To move, tilt the bike forward onto its wheels and push or pull it to the desired location.



Image: A close-up view of the blue transport wheels located at the front base of the Domyos EB520, designed for easy movement.

OPERATION

Adjusting Seat and Handlebar

Adjust the seat height and handlebar position to ensure a comfortable and ergonomically correct cycling posture. Loosen the adjustment knobs, set to your desired height, and tighten securely.

Using the Console

The LCD console displays key workout metrics such as time, distance, speed, calories burned, and heart rate (if applicable). Refer to the console's specific instructions for detailed navigation and program selection.



Image: The Domyos EB520 Exercise Bike with a tablet mounted on its console, displaying the Kinomap application, indicating connectivity features.

Resistance Levels

The EB520 offers 15 levels of resistance. Use the controls on the console to increase or decrease the resistance, allowing you to tailor your workout intensity.



Image: A woman actively exercising on the Domyos EB520 in a modern living room setting, demonstrating typical usage.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Domyos EB520 Exercise Bike.

Cleaning

Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

Periodic Checks

- Inspect all bolts and nuts periodically to ensure they are tight.
- Check pedals for any signs of wear or looseness.
- Ensure the seat and handlebar adjustment mechanisms operate smoothly and lock securely.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying data	Low or dead batteries (if applicable); loose connection.	Replace batteries; check all cable connections to the console.
Unusual noise during operation	Loose bolts; worn components.	Tighten all visible bolts and nuts; inspect for worn parts and contact support if necessary.
Resistance not changing	Mechanism malfunction.	Ensure the resistance knob/buttons are functioning correctly. If issue persists, contact customer support.

SPECIFICATIONS

Model Number	4266855
Colour	Black
Display Type	LCD
Drive System	External Hex
Material Type	Alloy Steel, Polystyrene
Power Source	Battery Powered (for console)
Features	Adjustable Seat, Transport Wheels, Self-Powered Flywheel
Product Dimensions (L x W x H)	132 x 58 x 94 cm
Item Weight	40 kg
Resistance Levels	15

WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please refer to the official Decathlon website or contact their customer service directly. Keep your proof of purchase for warranty claims.

Decathlon Customer Service: [Visit Decathlon Australia Contact Us Page](#)

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DECATHLON

UK PSTI Statement of Compliance

Manufacturer Name	Decathlon SE
Manufacturer Address	4 Boulevard de Morts, 59685 Villeneuve d'Ascq, France
Authorised Representative	Decathlon UK Limited
Product Name	EB520 B
Model Code	8872851
Defined Support Period	31/12/2025

Mr. Decathlon SE, on the manufacturer's behalf, hereby declares, that in our opinion product covered in this document complies with the applicable security requirements in Schedule 1 of The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023.

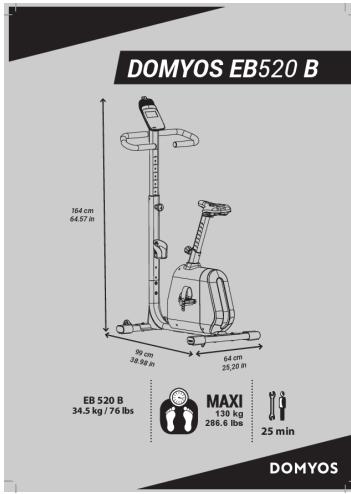
This statement of compliance is prepared by or on behalf of the manufacturer of the product.

Name:	Julien OLIVET
Position:	Sport director
Signature:	
Date of Issue:	28/04/2024
Place of Issue:	Villeneuve d'Ascq

[Decathlon EB520 B UK PSTI Statement of Compliance](#)

UK PSTI Statement of Compliance for the Decathlon EB520 B, manufactured by Decathlon SE, confirming adherence to The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023.

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[DOMYOS EB520 B Exercise Bike User Manual](#)

Comprehensive guide for the DOMYOS EB520 B exercise bike, covering assembly, usage, and maintenance. Learn how to set up and safely operate your fitness equipment for an effective workout.

lang:it **score:15** filesize: 38.4 M page_count: 54 document date: 2024-02-08