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Domyos 8756475

Domyos MS100 Mini Stepper User Manual

Model: MS100 (8756475)

INTRODUCTION

The Domyos MS100 Mini Stepper is designed for effective cardiovascular exercise and lower body muscle toning. Its compact design makes it suitable for home use, offering a convenient way to integrate physical activity into your daily routine. The integrated console provides essential workout data to help you track your progress.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure the stepper is placed on a flat, stable surface during use.
- Keep children and pets away from the stepper during operation.
- Wear appropriate athletic footwear during exercise.
- Stop exercising immediately if you feel dizzy, faint, or experience pain.
- Regularly inspect the stepper for any signs of wear or damage. Do not use if damaged.

PACKAGE CONTENTS

Please check the contents of your package. If any parts are missing or damaged, contact customer support.

- Domyos MS100 Mini Stepper Unit
- User Manual (this document)
- Any included tools or accessories

SETUP

The Domyos MS100 Mini Stepper comes largely pre-assembled for your convenience. Follow these steps to prepare it for use:

1. **Unpacking:** Carefully remove the stepper from its packaging. Retain packaging for future storage or transport.

2. **Placement:** Place the stepper on a flat, stable, non-slip surface. Ensure there is sufficient clear space around the unit for safe operation.
3. **Stabilization:** Verify that the stepper is stable and does not wobble. Adjust its position if necessary.
4. **Initial Inspection:** Before first use, visually inspect all components, including the pedals, hydraulic cylinders, and console, for any signs of damage or loose parts.



Image: The Domyos MS100 Mini Stepper, ready for use. This image displays the overall structure of the stepper, including its light blue and grey color scheme, the two independent foot pedals, and the central digital console.

OPERATING INSTRUCTIONS

Using the Stepper

1. **Step On:** Carefully step onto the pedals one foot at a time. Ensure your feet are centered and stable on the pedals.
2. **Begin Stepping:** Start a gentle stepping motion, mimicking climbing stairs. Maintain a steady rhythm.
3. **Posture:** Keep your back straight, shoulders relaxed, and engage your core muscles. Avoid leaning excessively.
4. **Resistance:** The stepper provides a fixed resistance level suitable for cardio and muscle toning. The hydraulic

cylinders will offer smooth resistance during your workout.

5. **Step Off:** When finished, carefully step off the pedals one foot at a time.



Image: A user demonstrating proper foot placement and posture on the Domyos MS100 Mini Stepper. The image shows the user's legs and feet on the pedals, highlighting the compact nature of the device during use.



Image: A close-up view of a user's feet on the textured pedals of the Domyos MS100 Mini Stepper. This image emphasizes the design of the pedals for secure footing during exercise.

Console Functions

The Domyos MS100 features a simple, four-function console to track your workout progress.



Image: A detailed view of the Domyos MS100 Mini Stepper's digital console. The display shows numerical values, and buttons for 'SCAN' and mode selection are visible.

- **SCAN:** Automatically cycles through all display functions every few seconds.
- **TIME:** Displays the duration of your current workout session in minutes and seconds.
- **COUNT (Repeats):** Shows the total number of steps taken during your current workout.
- **CALORIES:** Estimates the number of calories burned during your workout. This is an approximation and should not be used for medical purposes.
- **RESET:** Press and hold the button (usually the 'SCAN' or mode button) to clear all values on the console and start a new workout.

The console automatically turns on when you begin stepping and turns off after a period of inactivity to conserve battery life.

MAINTENANCE

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under a bed or in a closet.
- **Lubrication:** The hydraulic cylinders are generally maintenance-free. Do not attempt to lubricate them unless specifically instructed by Domyos support.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Tighten if necessary.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying	Battery drained or loose connection.	Replace the battery (typically an LR44 or similar button cell, check console for specifics). Ensure battery is correctly inserted.
Squeaking noise during use	Loose bolts or friction between moving parts.	Check and tighten all visible bolts. Ensure the stepper is on a flat surface. If noise persists, contact customer support.
Pedals not moving smoothly	Hydraulic cylinders may need to warm up or are faulty.	Use the stepper for a few minutes to allow the hydraulic fluid to warm up. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model	MS100 (Item Model Number: 8756475)
Brand	Domyos
Colour	Light Blue/Grey
Material	Alloy Steel, Polypropylene (PP)
Item Weight	8.79 Kilograms
Package Dimensions	41.2 x 35.6 x 25.8 cm
Console Functions	Repeats, Duration, Frequency, Calorie Expenditure

WARRANTY AND SUPPORT

The Domyos MS100 Mini Stepper comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation provided at the time of purchase or visit the official Domyos website. For technical support, spare parts, or any inquiries regarding your product, please contact Domyos customer service:

- **Website:** www.decathlon.com.au/browse/c/domyos (Domyos is a Decathlon brand)

- **Contact Information:** Refer to the "Contact Us" section on the official website for phone numbers or email support.

Please have your model number (MS100 or 8756475) and purchase date ready when contacting support.

