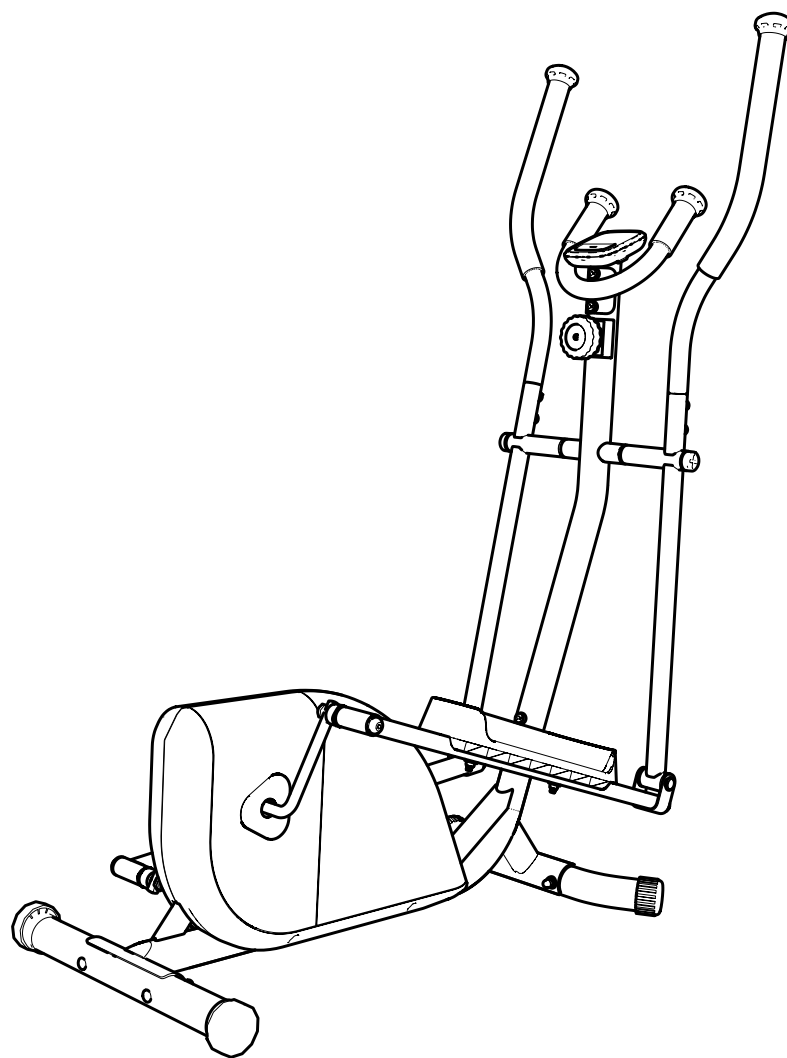


EL 100



EL 100
30 kg / 66.1 lbs
117 x 60 x 154 cm
46 x 23.6 x 60.6 in

MAXI
100 kg
220.5 lbs

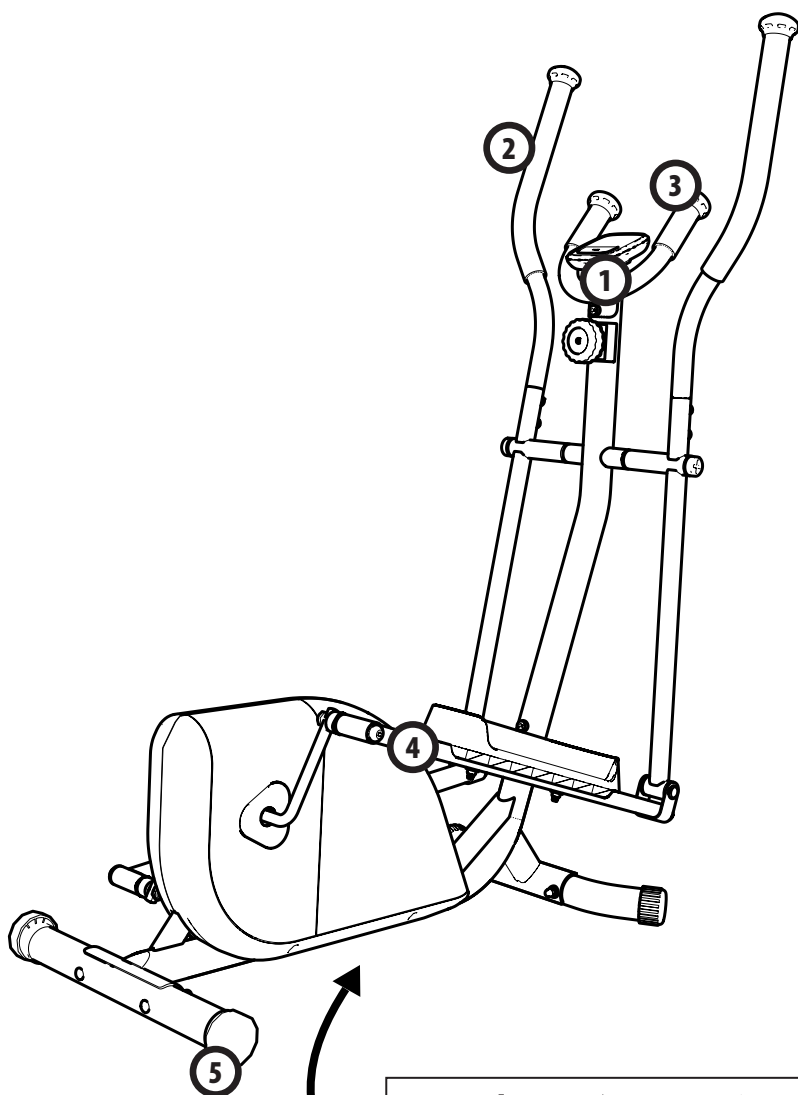


30 min



DOMYOS

1	2	3	4	5
EN Console	Adjustable handlebar	Non-adjustable handlebar	Pedal	Levelling foot
FR Console	Guidon mobile	Guidon fixe	Pédale	Compensateur de niveau
ES Consola	Manillar móvil	Manillar fijo	Pedal	Compensador de nivel
DE Konsole	Mobiler Lenker	Fester Lenker	Pedal	Niveaueausgleicher
IT Console	Manubrio mobile	Manubrio fisso	Pedale	Compensatore di livello
NL Console	Bewegende stuurhendels	Vaste stuurhendels	Pedaal	Niveauregelaar
PT Consola	Guiador móvel	Guiador fixo	Pedal	Compensador de nível
PL Konsola	Ruchoma kierownica	Kierownica nieruchoma	Pedal	Kompensator poziomu
HU Konzol	Mobil kormány	Rögzített kormány	Pedál	Szintkiegészítő
RO Consolă	Ghidon mobil	Ghidon fix	Pedală	Compensator de nivel
SK Konzola	Pohyblivé riadidlá	Pevné riadidlá	Pedál	Kompenzátor úrovne
CS konzole	Pohyblivé madlo	Pevné madlo	Pedál	Vyrovnávací podložka
SV Konsol	Rörligt styre	Fast styre	Pedal	Nivåkompensator
BG Конзола	Свалящо се кормило	Фиксирано кормило	Педал	Компенсатор на нивото
HR Konzola	Mobilni upravljač	Fiksni upravljač	Pedala	Kompensator razine
SL Konzola	Premični držali	Fiksni držali	Pedali	Nastavek za vodoravno poravnavo
EL Κονσόλα	Ρυθμιζόμενο τιμόνι	Μη ρυθμιζόμενο τιμόνι	Πετόλι	Ποδαράκι ευθυγράμμισης
TR Konsol	Hareketli gidon	Sabit gidon	Pedal	Yükseklik ayar tertibatı
RU Консоль	Регулируемый руль	Неподвижный руль	Педадь	Компенсатор уровня
VI Bảng điều khiển	Tay lái rời	Tay lái cố định	Bàn đạp	Bộ điều chỉnh cân bằng
ID Monitor	Stang dapat disesuaikan	Stang tidak dapat disesuaikan	Pedal	Kaki penstabil
ZH 控制面板	移动车把	固定车把	脚踏板	平衡补偿器
JA 本体	可動式ハンドル	固定ガイド	ペダル	高さ調整
ZT 控制面板	移動車把	固定車把	腳踏板	平衡補償器
TH แผงควบคุม	มือจับเคลื่อนที่	มือจับคงที่	บันไดจักรยาน	ตัวปรับระดับ
KO 콘솔	조절 가능한 핸들	조절 가능하지 않은 핸들	페달	수평조정용 지지대
AR لوحة التحكم	مقود متحرك	مقود ثابت	بدال	مُعادِل المستوى
FA کنسول	دسته دوجرخه قابل تنظیم	دسته دوجرخه غیر قابل تنظیم	پدال	ترازکردن پا



WARNING

WARNING
EN

1 ▶

2 ▶

3 ▶

4 ▶

5 ▶

6 ▶

- Any use of this product other than that intended may lead to serious injury
- Prior to use, read the instructions carefully and comply with all warnings and instructions
- Do not let children use this appliance, keep them away from it
- You must replace the sticker if it is damaged, illegible or missing
- Keep your hands, feet and hair away from all moving parts
- Not suitable for high accuracy purposes

DECATHLON Производитель и адрес, Франция: DECATHLON - 4 Boulevard de Mons - BP 299 59650 Villeneuve d'Ascq cedex - France

TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd. Şti Osmaniyne Mahallesi Çobançeme Kışiyolu Bulvarı No: 3 Marmara Forum Garden Office 08 Blok 01 Bakırköy 34146 İstanbul, TURKEY

540-0011 大阪市中央区難波 1-1-22 大江ビル 10階, ヌヴァテックジャパン株式会社

Importado para o Brasil por IGUASPORT Ltda. CNPJ 02.314.041/0001-88

總經銷：主要材料：金屬・中國製造・進口(臺灣)台灣油卡儀有限公司 台中市南屯區大墩南路379號 04-24719666

Made in China - Hecho en China - Fabriqué en Chine - Fabricado na em China - Произведено в Китае - Imal edildiği yer Çin - 在中国生产

以下标示在中国大陆地区适用・生産商：達隆（上海）企業管理有限公司 地址：上海市浦东新区龍陽路393號2樓二層西北側 郵政201204・GB17498-1 2008・GB 17498-9 2008・品名：橢圓機・主要材料：金屬・等級：合格品・中國製造・质检证明：合格・商標：DOMYOS

จำหน่ายในประเทศไทย • ผลิตในจีน • นำเข้าโดย บริษัท ดา隆 (ไทย) จำกัด เลขที่ 14/9 หมู่ 13 ถนนพหลโยธิน-พาดู อำเภอบางพลี จังหวัดสมุทรปราการ 10540

Importado para Colombia por Decathlon Colombia SAS - NIT: 900888271 - SIC: 900888271-1 - Importado por Artículos Deportivos Decathlon, S.A de C.V. Av. Ejercito Nacional 826, Delegación Miguel Hidalgo, Colonia Polanco, 11540 Ciudad de México, México R.F.C ADD 150727534

Xe dap lap elp • Vật liệu chính: Kim loại • Sản xuất tại Trung Quốc • Tên và địa chỉ NNKPP: Công ty TNHH Decathlon Việt Nam 561A Điện Biên Phủ, Phường 25, Quận Bình Thạnh, TP Hồ Chí Minh, Việt Nam EN ISO 20957-1 2013 EN ISO 20957-9 2017

XXXX XXXX XXXX
SERIAL - NUMBER

Pack Ref: 2371646

61995

DATE: WW-YYYY

AVERTISSEMENT FR

- Toute utilisation de ce produit autre que celle prévue peut entraîner de sérieux dommages physiques
- Avant l'utilisation, lisez attentivement les instructions et conformez-vous aux avertissements et aux instructions
- Ne laissez pas les enfants utiliser ce produit ou s'en approcher
- Vous devez remplacer l'étiquette si elle est endommagée, illisible ou manquante
- Éloignez vos mains, vos pieds et vos cheveux de toutes les pièces mobiles
- Ne convient pas à des exercices de hautes précisions

WAARSCHUWING NL

- Indien het product wordt gebruikt voor andere doeleinden dan waarvoor het is bedoeld, kan dit leiden tot ernstig letsel
- U wordt verzocht om vóór gebruik de instructies zorgvuldig door te nemen en gevolg te geven aan alle waarschuwingen en instructies
- Laat kinderen dit apparaat niet gebruiken en houd ze uit de buurt ervan
- U moet de sticker vervangen als deze is beschadigd, onleesbaar is geworden of ontbreekt
- Houd uw handen, voeten en haar uit de buurt van alle bewegende delen
- Niet geschikt voor nauwkeurig gebruik

AVERTISMENT RO

- Orice altă utilizare a acestui produs decât cea pentru care a fost conceput poate duce la rănirea gravă
- Înainte de utilizare, citiți cu atenție instrucțiunile și respectați toate avertismentele și instrucțiunile
- Nu lăsați copii să utilizeze acest aparat, nu lăsați aparatul la îndemâna copiilor
- Trebuie să înlocuiți eticheta autocolantă dacă este deteriorată, ilizibilă sau lipsește
- Țineți mâinile, picioarele și părul la distanță de piesele mobile
- Nu este adecvat în scopuri de înaltă precizie

ПРЕДУПРЕЖДЕНИЕ BG

- Използването на продукта по предназначение различно от предвиденото може да доведе до сериозно нараняване
- Преди използване прочетете внимателно инструкциите и спазвайте всички предупреждения и указания
- Не позволявайте на деца да използват уреда, дръжте го далеч от тях
- Ако стикерът е повреден, не се чете или липсва, трябва да го смените
- Дръжте ръцете си, стъпалата и косата далеч от движещите се части
- Не е подходящ за цели с висока прецизност

UYARI TR

- Bu ürünün tasarım amacı dışındaki herhangi bir kullanımı ciddi yaralanmaya neden olabilir
- Kullanmadan önce, talimatları dikkatle okuyun, tüm uyarı ve talimatlara uyun
- Çocukların bu cihazı kullanmasına izin vermeyin, cihazı çocukların ulaşamayacakları yerlerde muhafaza edin
- Zarar görmüş, okunamayan veya kaybolmuş etiketi yenisiyle değiştirilmelisiniz
- Ellerinizi, ayaklarınızı ve saçlarınızı hareketli parçalardan uzak tutun
- Yüksek kesinlikte değer alım amacı için uygun değildir

注意事项 ZH

- 任何未按照规定使用此产品可能会导致严重受伤。
- 使用前，应仔细阅读指导说明，并遵守所有警告和指示。
- 不得让儿童使用此装置，应将其放置在儿童无法够到的位置。
- 胶贴如损坏、无法辨认或丢失，则必须更换。
- 不得使手、脚和头发接触移动部件。
- 不适用于治疗目的

경고 KO

- 원래의 용도와 다르게 제품을 사용하면 중상을 입을 수 있습니다.
- 사용하기 전에 지침을 주의해서 읽고 모든 경고와 지침을 준수하십시오.
- 어린이가 이 기구를 사용하지 못하도록 하고 손이 닿지 않는 곳에 보관하십시오.
- 스티커가 손상되거나, 읽을 수 없게 되거나, 없어진 경우 이를 교체해야 합니다.
- 손, 발, 머리리카락이 모든 동작 부품에 접촉하지 않도록 하십시오.
- 정확도가 높아야 하는 용도에는 적합하지 않습니다.

ADVERTENCIA ES

- Cualquier uso de este producto distinto al previsto puede provocar lesiones graves
- Antes de usar, lee atentamente las instrucciones y cumple con todas las advertencias e instrucciones
- No dejes que los niños utilicen este aparato, mantenlos alejados del mismo
- Debes cambiar la etiqueta si está dañada, ilegible o inexistente
- Mantén las manos, pies y cabello lejos de las partes móviles
- No es adecuado para fines de alta precisión

AVISO PT

- Qualquer utilização deste produto além da prevista pode causar ferimentos graves
- Antes de utilizar, leia cuidadosamente e respeite todos os avisos e instruções
- Mantenha este aparelho fora do alcance das crianças e não permita que estas o utilizem
- É necessário substituir o autocolante caso fique danificado, ilegível ou em caso de extravio
- Mantenha as suas mãos, pés e cabelo longe das peças móveis
- Não adequado para efeitos de elevada precisão

UPOZORNENIE SK

- Používanie tohto výrobku na iné než určené účely môže viesť k vážnemu zraneniu
- Pred použitím si dôkladne prečítajte pokyny a rešpektujte všetky varovania a pokyny
- Nenechávajte toto zariadenie používať deti, držte ich od neho ďalej
- Ak je nálepka poškodená, neplatná alebo chýba, treba ju vymeniť
- Držte ruky, nohy aj vlasy mimo dosahu pohyblivých častí
- Nevhodné na účely s vysokou presnosťou

UPOZORENJE HR

- Bilo kakva upotreba ovog proizvoda u svrhu za koju nije namijenjen može uzrokovati ozbiljne ozljede.
- Prije upotrebe pažljivo pročitajte upute i postupajte u skladu s upozorenjima i uputama.
- Ne dopuštajte djeci da se služe uređajem, držite ga podalje.
- Najbližnicu morate zamijeniti ako je oštećena, nečitka ili je nestala.
- Ruke, kosu i stopala držite podalje od pokretnih dijelova.
- Nije prikladno za jako precizne radove.

ВНИМАНИЕ RU

- Любое использование данного изделия не по назначению может привести к серьезным травмам
- Перед использованием внимательно прочтите все инструкции; следуйте всем указаниям и предупреждениям
- Не позволяйте детям пользоваться данным устройством, держите его вне их зоны досягаемости
- Вы должны заменить стикер, если он поврежден, не читается или утерян
- Держите руки, ноги и волосы вдали от всех движущихся частей
- Не подходит для задач, требующих высокой точности

警告 JA

- 本来の目的以外で製品を使用すると、重大な負傷につながる場合があります。
- 使用前には、説明書を読んで読み、すべての警告と説明に従ってください。
- お子様にはこの機器を使用させず、手の届かないところにおいてください。
- ステッカーが損傷したり、読めなくなったり、なくなった場合は、ステッカーを張り替えてください。
- すべての可動部品から、手、足、髪を遠ざけてください。
- 高精度の目的には適しません。

تنبيه AR

- قد يؤدي استخدام هذا المنتج في أي غرض آخر غير الغرض المخصص له إلى إصابات خطيرة
- اقرأ التعليمات بعناية قبل الاستخدام واعمل وفقاً لكافة المحاذير والتعليمات
- لا تدع الأطفال يعيّنون بهذا الجهاز، واحرص على بقائهم بعيداً عنه
- ينبغي عليك استبدال الملصق في حال تلفه، أو عدم وضوحه أو في حال فقدانه
- احرص على بقاء يديك وقديمك وشعرك بعيدة عن كافة الأجزاء المتحركة
- هذا المنتج غير مناسب للاستخدام في الأغراض التي تستلزم درجات عالية من الدقة

WARNUNG DE

- Jede andere als die bestimmungsgemäße Verwendung kann ernsthafte Verletzungen zur Folge haben
- Lesen Sie die Anweisungen vor der Verwendung aufmerksam durch und beachten Sie alle Warnhinweise und die Bedienungsanleitung
- Das Gerät darf nicht von Kindern benutzt werden. Halten Sie Kinder von dem Gerät fern
- Beschädigte, unleserliche oder fehlende Aufkleber müssen ersetzt werden
- Halten Sie Ihre Hände, Füße und Haare von allen beweglichen Teilen fern
- Nicht geeignet für Zwecke, die eine hohe Genauigkeit erfordern

OSTRZEŻENIA PL

- Jakiegokolwiek nieprawidłowe użytkowanie tego produktu grozi odniesieniem poważnych obrażeń
- Przed rozpoczęciem użytkowania należy dokładnie przeczytać instrukcję obsługi, a następnie ściśle przestrzegać wszystkich zamieszczonych w niej ostrzeżeń i zaleceń
- Nie pozwalaj dzieciom, aby bawiły się urządzeniem. Dzieci powinny zawsze pozostawać w bezpiecznej odległości
- Jeżeli naklejka jest uszkodzona, nieczytelna lub nieobecna, należy wymienić ją na nową
- Trzymać ręce, stopy i włosy w bezpiecznej odległości od ruchomych części urządzenia
- Nie nadaje się do zastosowań wymagających dużej precyzji

UPOZORNĚNÍ CS

- Použití k jakémukoli jinému účelu, než k němuž je výrobek určen, může způsobit vážné zranění
- Před použitím si pozorně přečtěte návod a dodržujte všechny pokyny a upozornění
- Uchovávejte zařízení mimo dosah dětí
- Je-li štítek poškozený, nečitelný nebo zcela chybí, je třeba jej nahradit
- Dbejte na to, aby se do pohyblivých částí nedostaly ruce, nohy či vlasy
- Není vhodné pro určení vysoké přesnosti

OPOZORILO SL

- Kakršnakoli uporaba, ki se razlikuje od predvidene uporabe, lahko vodi do resnih poškodb.
- Pred uporabo pazljivo preberite navodila za uporabo in upoštevajte vsa opozorila in navodila.
- Otroci ne pravne ne smejo uporabljati. Preprečite jim dostop do naprave.
- Če je nalepka poškodovana, neberljiva ali manjka, jo morate nadomestiti z novo.
- Poskrbite, da roke, noge in lasje ne pridejo v stik s premikajočimi se deli.
- Ni primerno za uporabo, ki zahteva visoko stopnjo natančnosti.

CHÚ Ý VI

- Bật cứ sử dụng nào của sản phẩm khác với dự kiến có thể dẫn đến chấn thương nghiêm trọng
- Đọc kỹ hướng dẫn sử dụng trước khi dùng, tuân thủ đúng các hướng dẫn và cảnh báo
- Không cho phép trẻ sử dụng thiết bị này và để thiết bị xa tầm tay trẻ
- Thay thế nhãn dán trong trường hợp bị hư hỏng, không đọc được hoặc thất lạc
- Không được để tay, chân và tóc gần các bộ phận chuyển động
- Không phù hợp với nhu cầu sử dụng đòi hỏi tính chính xác cao

注意事項 ZT

- 若將本產品用於任何預期以外的用途，可能會導致重傷
- 使用前，請詳細閱讀說明，並遵循所有警告與說明
- 請勿讓兒童使用本電器，請讓兒童遠離本電器
- 若貼紙受損、無法辨識或遺失，您必須更換貼紙
- 請讓雙手、雙腳及頭髮遠離所有活動零件
- 不適合高精度的用途

هشدار FA

- هر استفاده ای از این محصول که برای آن طراحی نشده باشد منجر به آسیب جدی می شود
- قبل از استفاده، دستورالعمل ها را با دقت بخوانید و از تمام هشدارها و دستورالعمل ها پیروی کنید
- اجازه ندهید کودکان از این دستگاه استفاده کنند، آنها را دور از دستگاه نگهداری کنید
- اگر برجسب آسیب دیده، ناخواست یا کم شده باید آن را تعویض کنید
- دستان، پاها و موهای خود را دور از تمام قطعات متحرک نگه دارید
- برای اهداف بسیار دقیق مناسب نیست

AVVERTENZA IT

- Qualunque utilizzo di questo prodotto diverso da quello previsto potrebbe causare gravi lesioni
- Prima dell'utilizzo, leggete attentamente le istruzioni e attenetevi a tutti gli avvertimenti e a tutte le istruzioni
- Impedite ai bambini di utilizzare questa apparecchiatura e teneteli lontani da essa
- Sostituite l'autoadesivo se è danneggiato, illeggibile o mancante
- Tenete le mani, i piedi e i capelli lontani da tutte le parti in movimento
- Non adatto a impieghi di alta precisione

FIGYELMEZTETÉS HU

- A termék rendeltetésén kívüli bármilyen használatra súlyos sérüléshez vezethet
- Használat előtt figyelmesen olvassa el az utasításokat, és tartson be minden figyelmeztetést és utasítást
- Ne hagyja, hogy gyermekek használják a készüléket. Gyermekektől távol tartandó
- Cserélje ki a matricát, ha az sérült, olvashatatlan vagy hiányzik
- A kezét, lábát és haját tartsa távol a mozgó alkatrészekről
- A nagy pontosságot igénylő alkalmazásokhoz nem megfelelő

VARNING SV

- All annan användning av produkten än den avsedda kan leda till allvarlig skada
- Läs igenom anvisningarna noggrant före användning och följ alla varningar och anvisningar
- Låt inte barn använda denna apparat, utan håll dem på avstånd från den
- Etiketten måste bytas ut om den är skadad eller oläslig eller saknas
- Håll händer, fötter och hår borta från alla rörliga delar
- Inte lämplig för ändamål som kräver hög precision

ΠΡΟΣΟΧΗ EL

- Οποδήποτε χρήση του προϊόντος αυτού διαφορετική από αυτήν για την οποία προορίζεται μπορεί να οδηγήσει σε σοβαρό τραυματισμό
- Πριν από την χρήση, διαβάστε τις οδηγίες προσεκτικά και τηρήστε όλες τις προειδοποιήσεις και τις οδηγίες
- Μην αφήνετε τα παιδιά να χρησιμοποιούν την συσκευή, κρατάτε τα μακριά από αυτήν
- Πρέπει να αντικαταστήσετε το αυτοκόλλητο αν έχει καταστραφεί, είναι δυσανάγνωστο ή έχει χαθεί
- Τα χέρια, τα πόδια και τα μαλλιά σας πρέπει να είναι μακριά από όλα τα κινούμενα στοιχεία
- Δεν είναι κατάλληλο για ακριβείς χρήσεις

PERINGATAN ID

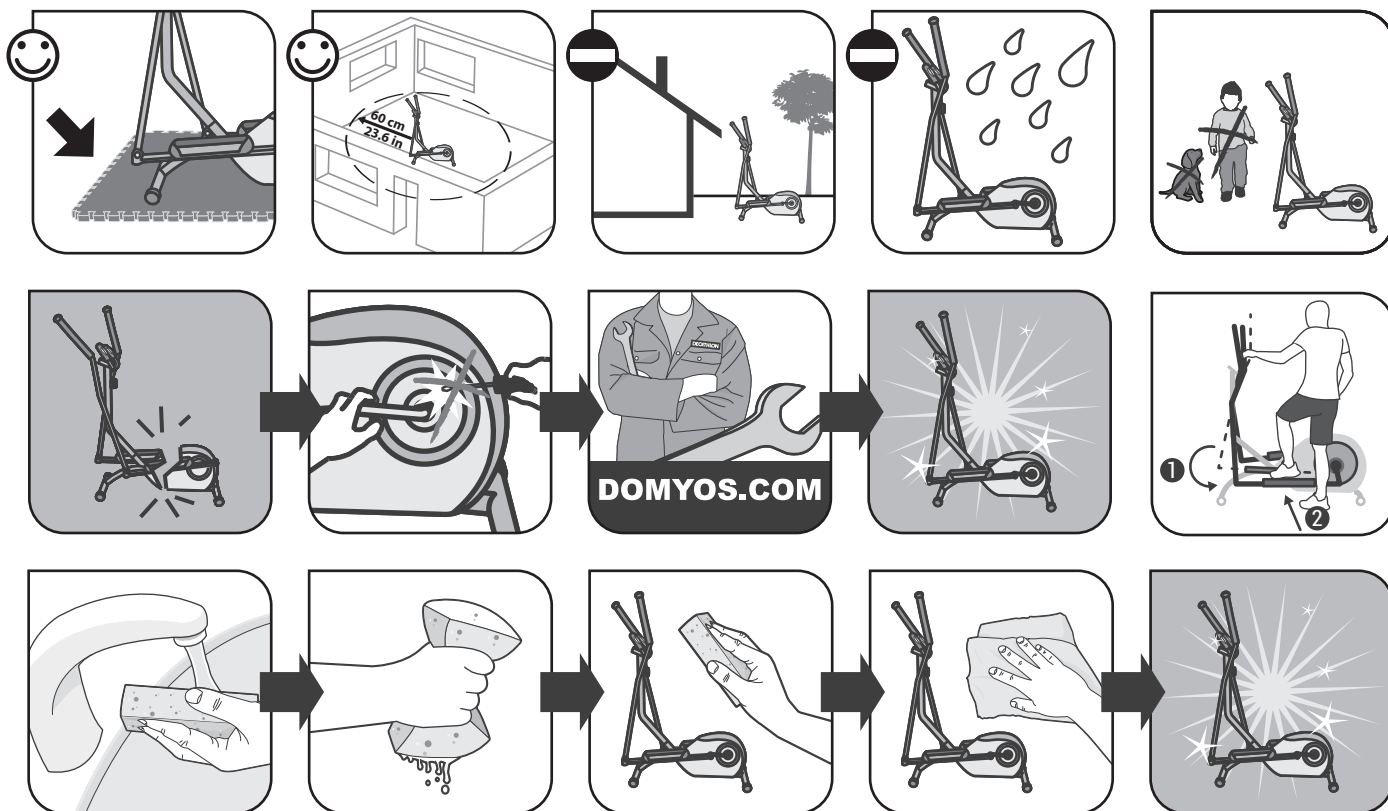
- Penggunaan produk ini selain yang dimaksudkan dapat mengakibatkan cedera parah
- Sebelum penggunaan, bacalah petunjuk dengan saksama dan patuhilah semua peringatan dan petunjuk
- Jangan membiarkan anak menggunakan perangkat ini, jauhkan mereka darinya
- Anda harus mengganti stiker apabila rusak, tidak dapat dibaca, ataupun hilang
- Jauhkan tangan, kaki, dan rambut dari semua bagian yang bergerak
- Tidak sesuai untuk kegunaan dengan akurasi tinggi

คำเตือน TH

- การใช้งานผลิตภัณฑ์นี้นอกเหนือไปจากวัตถุประสงค์การใช้งานอาจทำให้ได้รับบาดเจ็บรุนแรงได้
- ก่อนใช้งาน โปรดอ่านคำแนะนำอย่างระมัดระวัง และปฏิบัติตามคำเตือนและคำแนะนำทั้งหมด
- อย่าให้เด็กใช้ผลิตภัณฑ์นี้ เก็บรักษาให้ห่างจากการเข้าถึงของเด็ก
- คุณจะต้องเปลี่ยนสติ๊กเกอร์หากได้รับความเสียหาย อ่านไม่ออก หรือขาดหายไป
- ระมัดระวังรักษามือ เท้า และเส้นผมของคุณให้ห่างจากชิ้นส่วนที่เคลื่อนไหวไว้ทั้งหมด
- ไม่เหมาะสำหรับวัตถุประสงค์ที่ต้องการความแม่นยำสูง

SECURITY

SÉCURITÉ - SEGURIDAD - SICHERHEIT - SICUREZZA - VEILIGHEID - SEGURANÇA - BEZPIECZEŃSTWO - BIZTONSÁG - SIGURANȚĂ -
 BEZPEČNOST' BEZPEČNOST - SÄKERHET - БЕЛОПАСНОСТ - SIGURNOST - VARNOST - ΑΣΦΑΛΕΙΑ ΕΜΝΙΥΕΤ - БЕЗОПАСНОСТЬ - AN TOÀN
 - KESELAMATAN - 安全 - 安全 - 安全 - ความปลอดภัย - 안전 - امان - الأمان

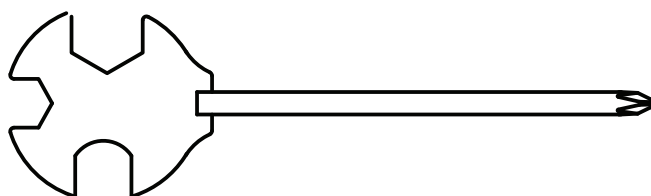
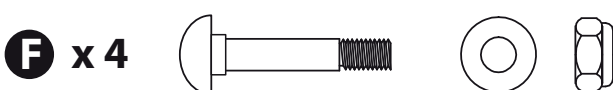
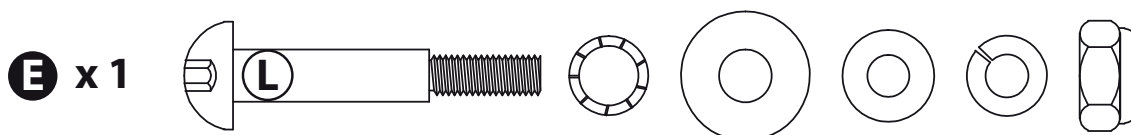
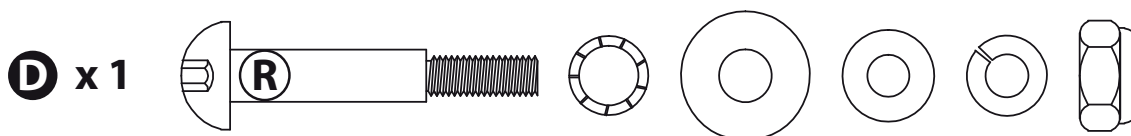
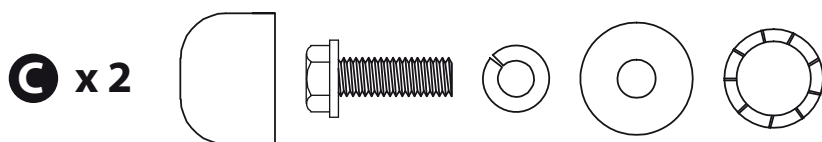
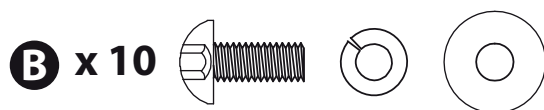
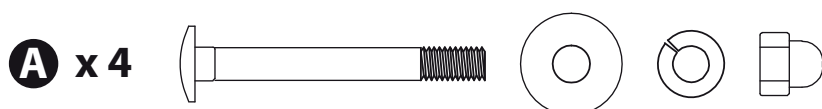


ASSEMBLY

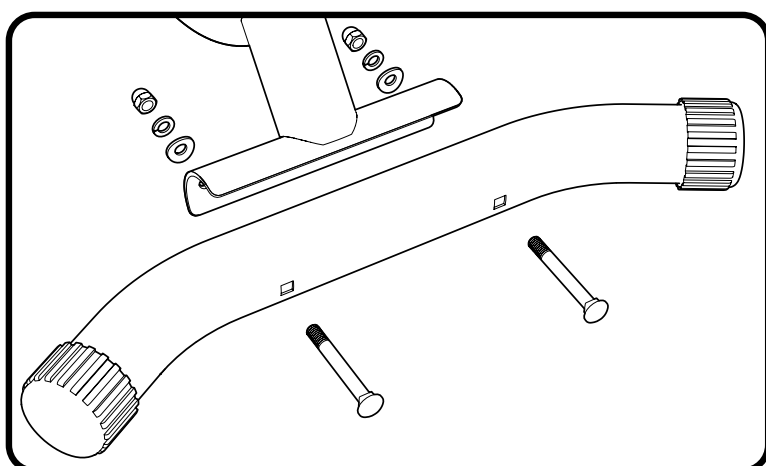
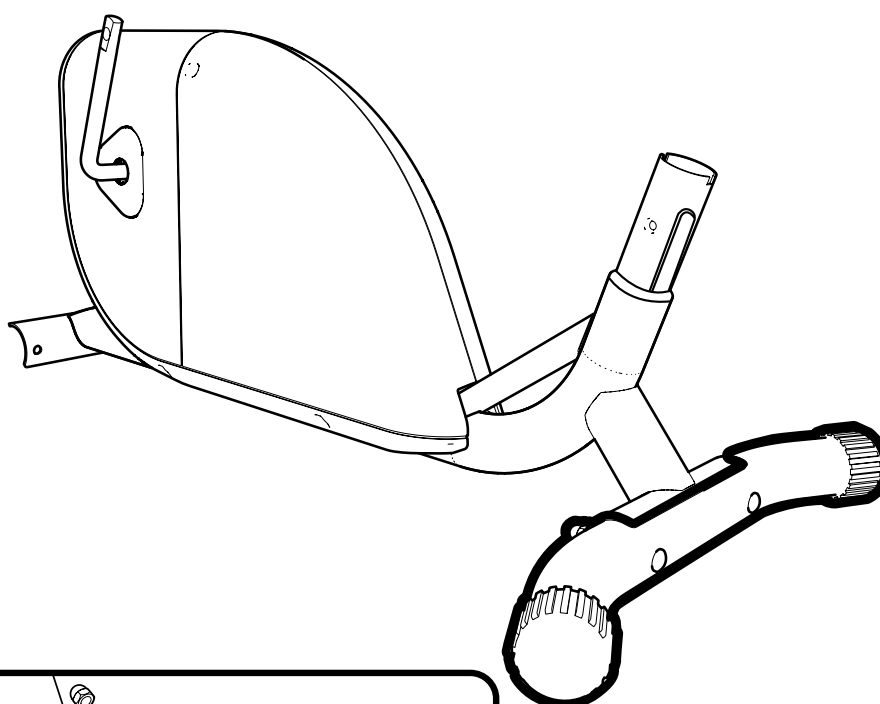
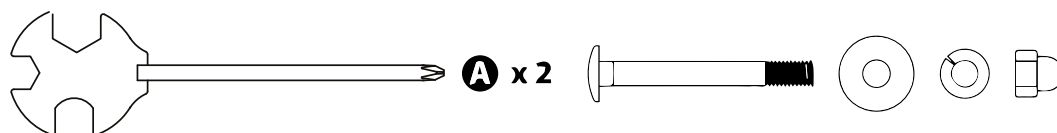
MONTAGE - MONTAJE - MONTAGE - MONTAGGIO - MONTAGE - MONTAGEM - MONTAŽ - ÖSSZESZERELÉS
 - MONTARE - MONTÁŽ - MONTÁŽ - MONTERING - MOHTAJ - MONTAŽA - MONTAŽA - ΣΥΝΑΡΜΟΛΟΓΗΣΗ
 - MONTAJ - MOHTAJ - LÁP RÁP - PERAKITAN - 安装 - 組み立て - 安装 - ประกอบ - 펠치기 - التركيب - الفرد



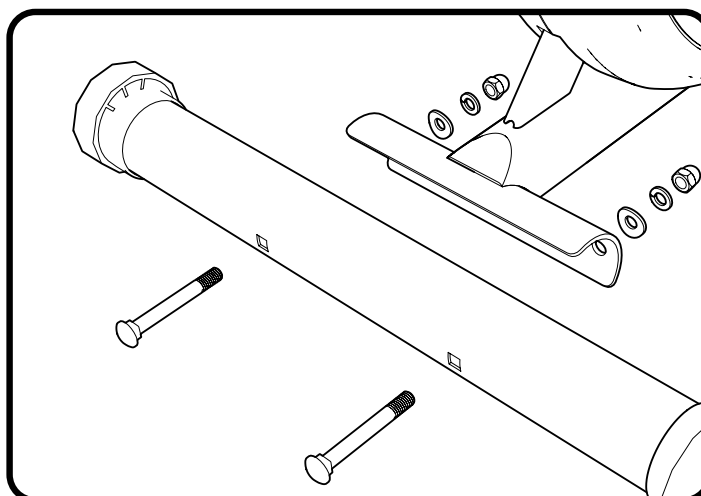
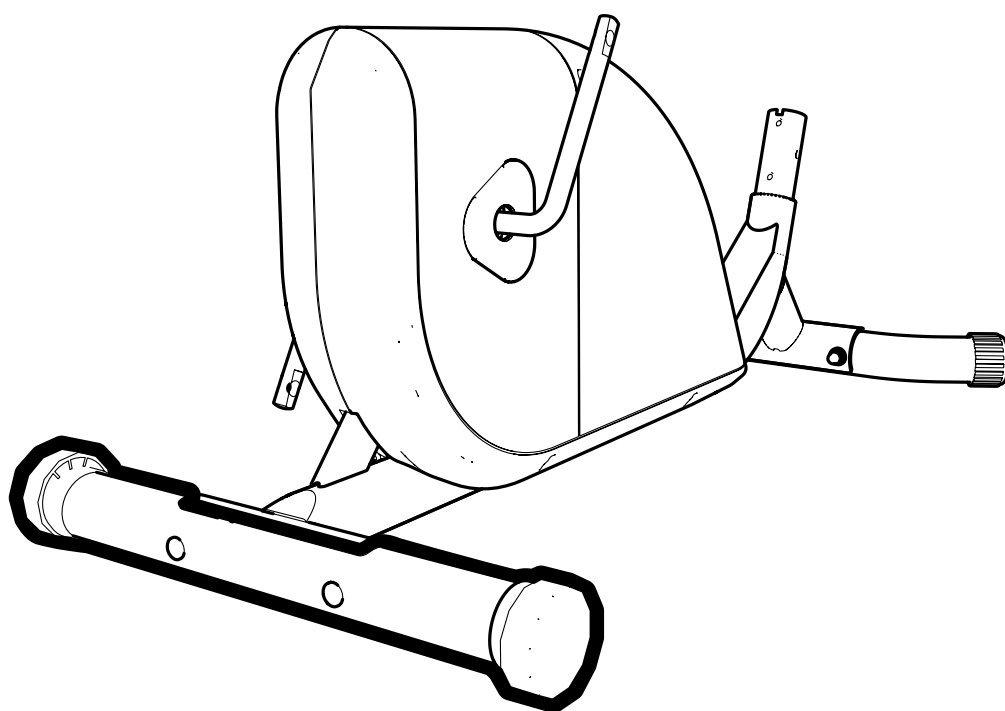
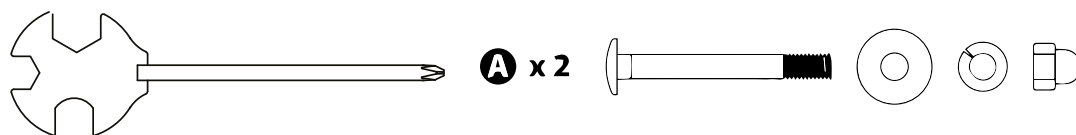
30 min



1

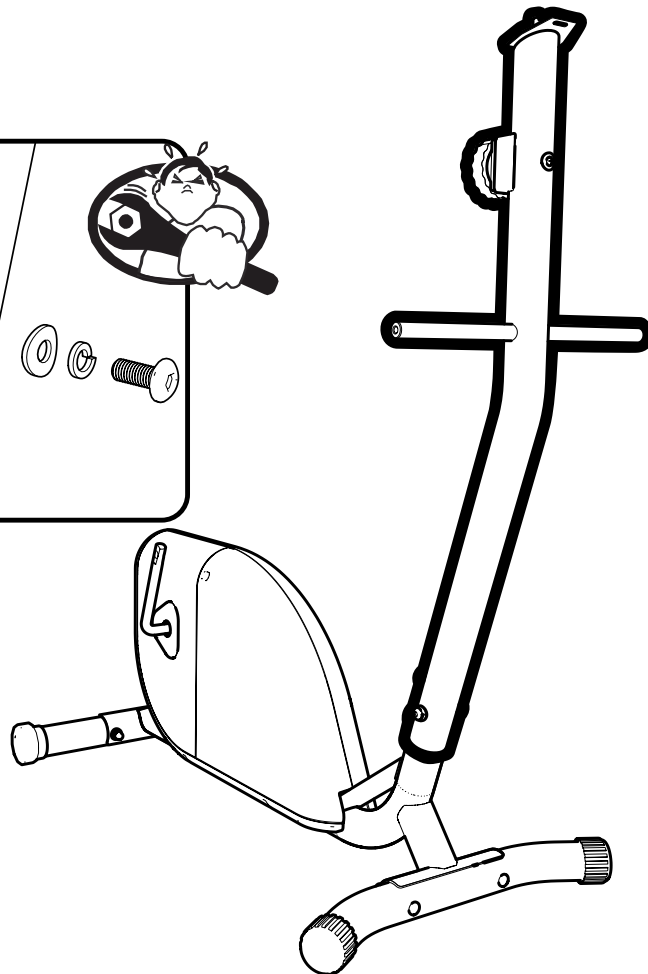
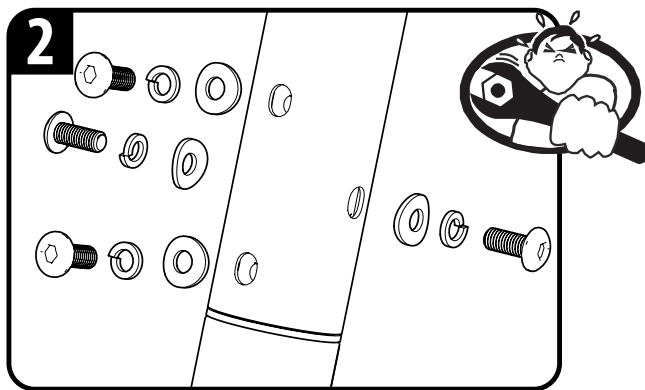
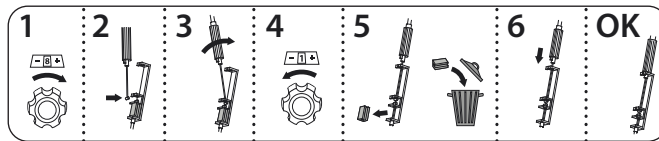
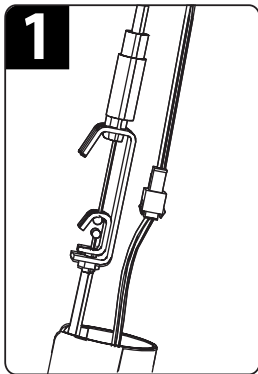
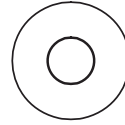
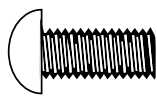


2

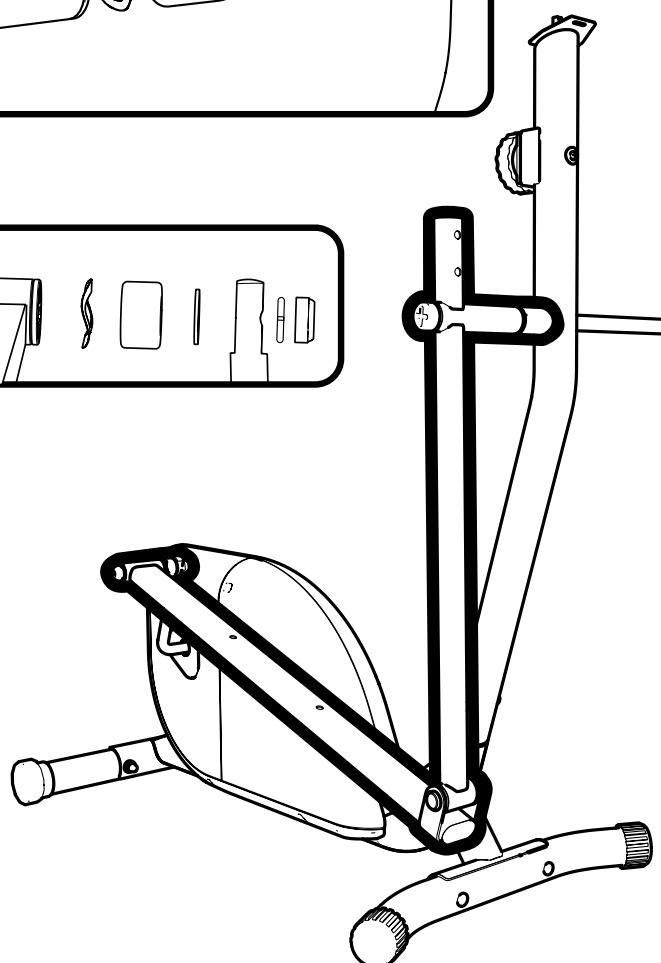
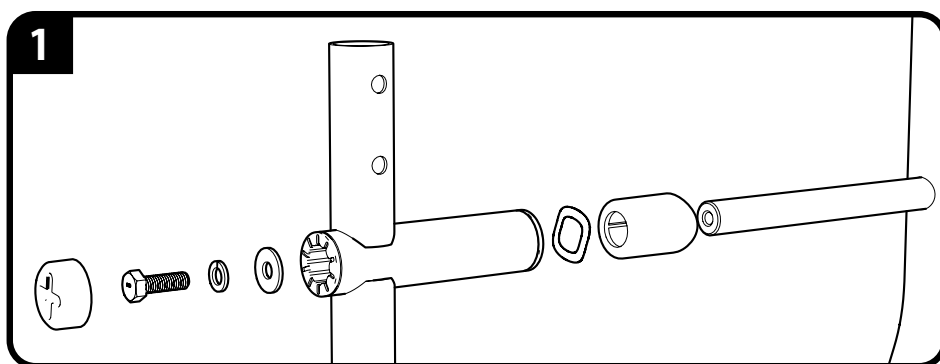
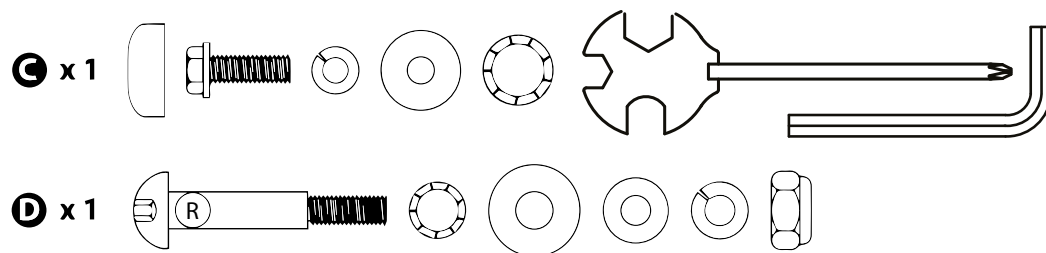


3

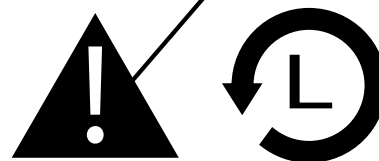
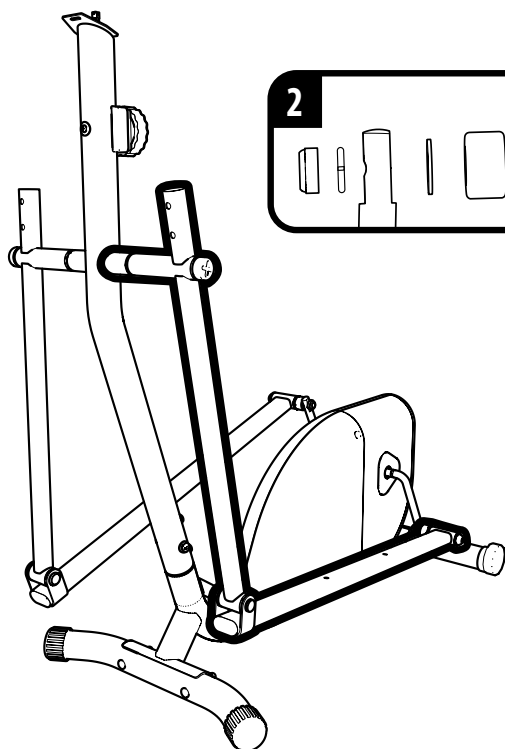
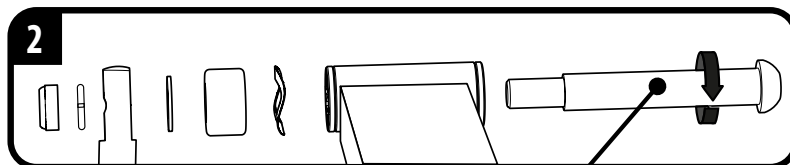
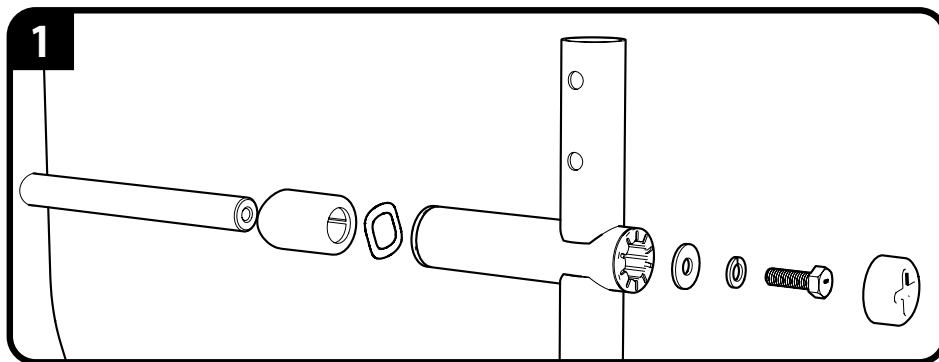
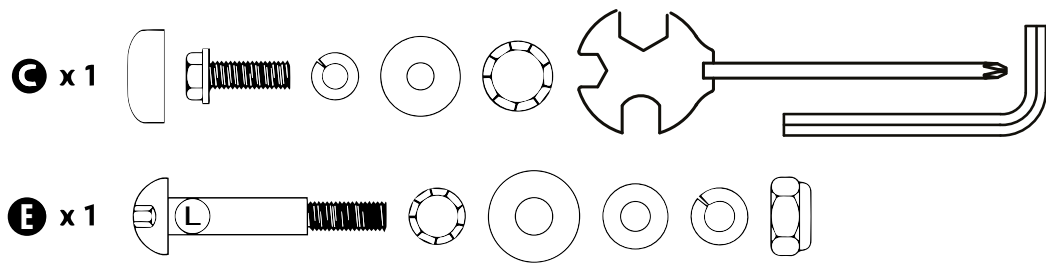
B x 4



4

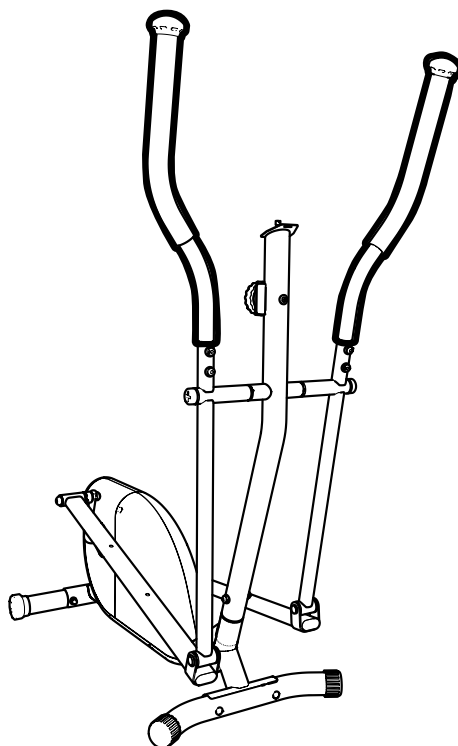
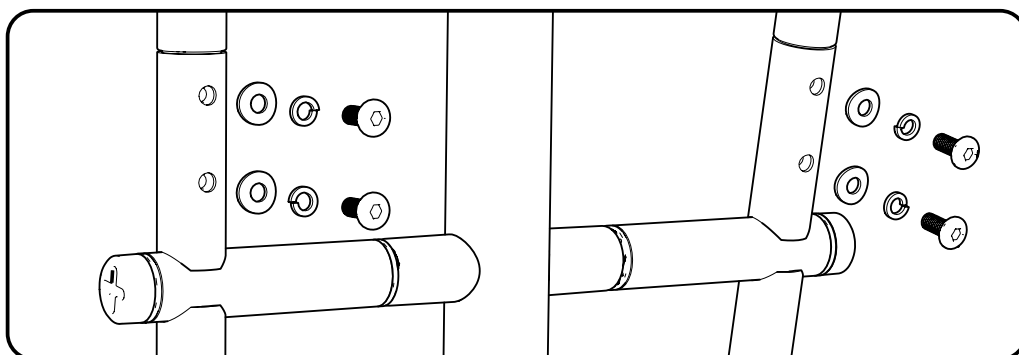
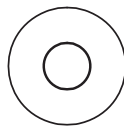
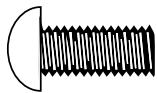


5



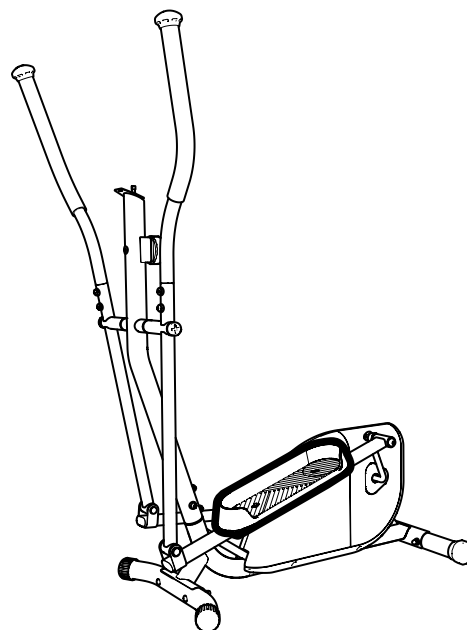
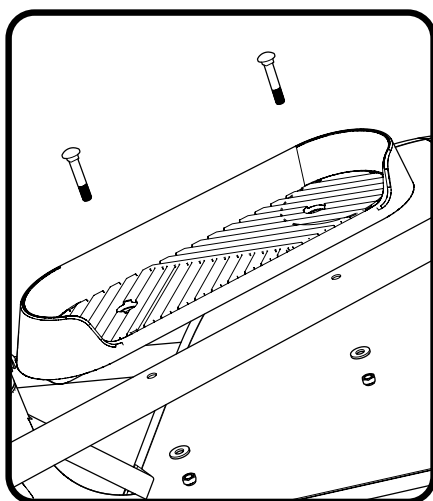
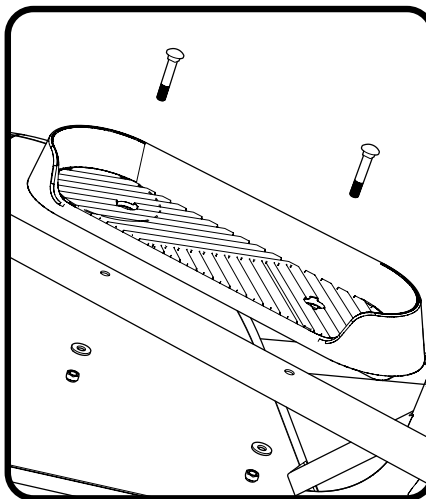
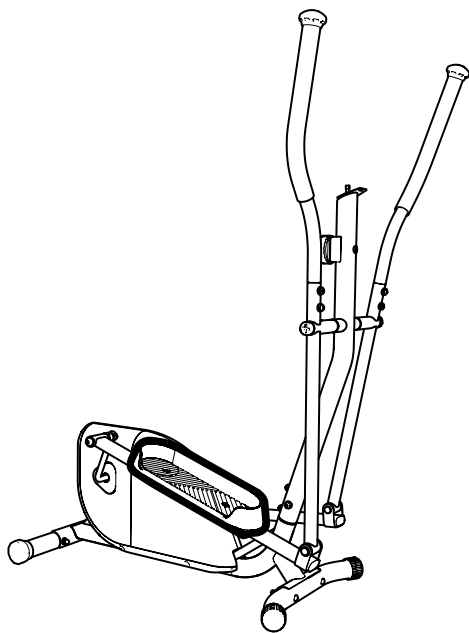
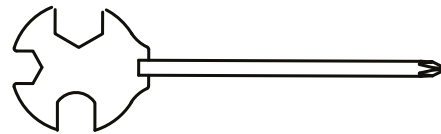
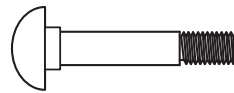
6

B x 4



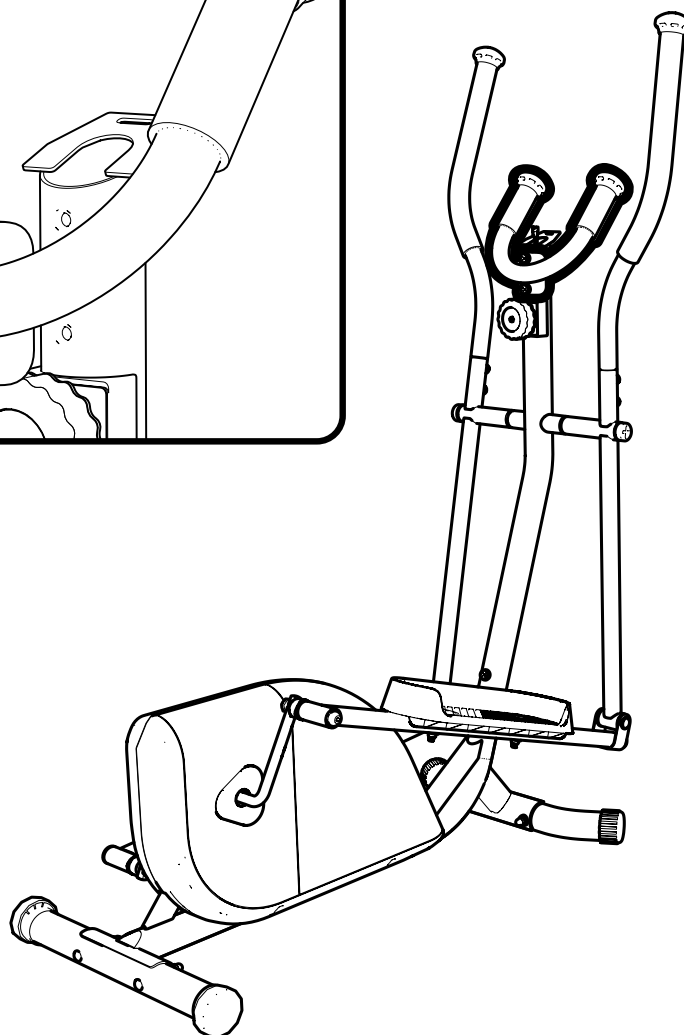
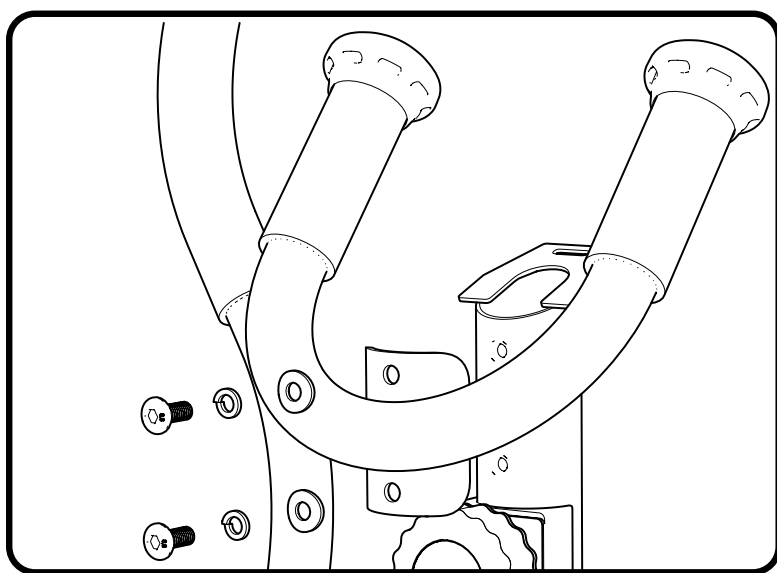
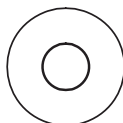
7

F x 4

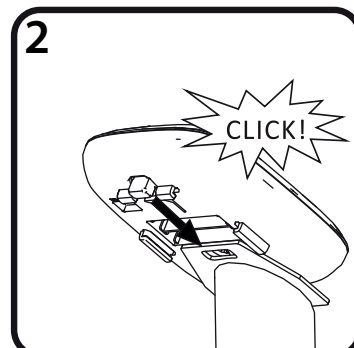
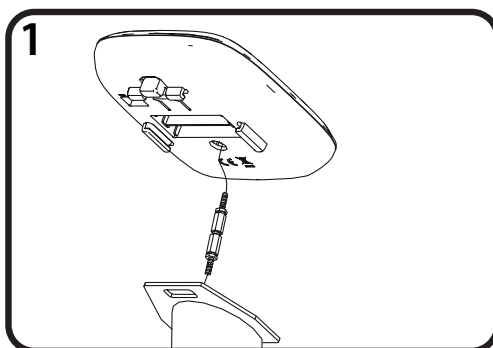
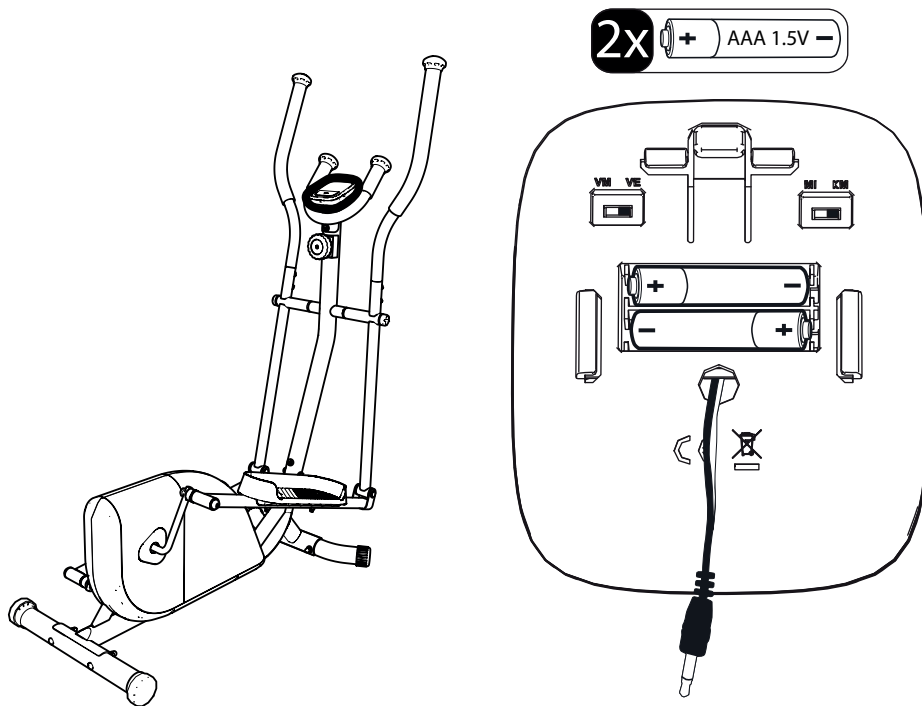


8

B x 2



9



Thank you for choosing a DOMYOS product and for placing your trust in us.

Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, DOMYOS.COM. On the website you will also find training advice and support in case you need it.

PRESENTATION

The cross-trainer is an excellent activity that will increase your cardiovascular and respiratory capacity whilst toning your entire body: buttocks, quadriceps, calves, back, chest, biceps and abdominals.

The back-peddalling function lets you enhance work on the buttocks and the back of the thighs. The cross-trainer is ideal for losing weight and refining your figure when combined with a balanced diet.

WARNING

Fitness must be practised in a CONTROLLED way. Before starting any exercise program, consult your doctor. It is particularly important for people over the age of 35 years, people who have a history of health problems, or if you haven't practised sports for several years.

Read all instructions before use.

GENERAL RECOMMENDATIONS

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely. 2. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person. 3. Do not use this product in a commercial, rental, or institutional setting. 4. Any assembly or disassembly of the product should be carried out with care. 5. Always wear sports shoes to protect the feet while exercising. Wear appropriate clothing when exercising. DO NOT wear loose clothing that could get caught in moving parts. Remove jewellery. Tie long hair so that it does not get in the way when exercising. 6. People wearing a pace maker, a defibrillator, or any other electronic implant are | <ol style="list-style-type: none"> advised that they use the pulse sensor at their own risk. 7. Pregnant women are advised not to use the pulse sensor. 8. WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint or any pain, stop exercising immediately. 9. Only use your product with the adapter provided. 10. The equipment must be placed on a flat, stable surface. 11. In order to guarantee your safety, it's your responsibility to inspect all the pieces before each use of the product by tightening the screw which are move exposed to wear. 12. This product is not equipped with a free wheel, therefore the moving parts cannot be stopped immediately |
|--|---|

SETTINGS

LEVELLING THE BICYCLE

WARNING : you must get off the elliptical bike to adjust the level of the product.

In the event that the bike becomes unstable during use, turn one or both of the level adjusters until the bike is stable.

ADJUSTING THE RESISTANCE

You can manually adjust the resistance by rotating the resistance adjustment control (from 1, the lowest, to 8, the highest).

CONSOLE

DISPLAY and BUTTON:



1. Speed display (km/h or mph)
2. Distance display (km or mph)
3. Calories expended display (Kcal)
4. Time elapsed display (MM:ss)
5. MODE button

FUNCTIONS:

Speed: This function indicates estimated speed, either in km/h or mph, depending on the position of the switch at the rear of the console.

Distance This function indicates estimated distance covered since beginning of exercise session. This can be in km (kilometres) or m (miles) depending on the position of the switch at the rear of the console.

Time: This function indicates how much time has elapsed since the beginning of the exercise session; this is given in minutes and seconds (MM:SS).

Calories: This function displays an estimate of calories expended since the beginning of the session.

Your console will automatically light up as soon as you start pedaling.

When the console lights up, it will automatically be in AUTOSCAN mode.

In this mode, the 4 types of information listed below, are displayed in succession every 5 seconds.

Press the MODE button to select the information you want to display and remove the AUTOSCAN mode.

Adjustment switches are at the back of the console:

Switch 1: Selection of type of apparatus that you are using with the console : VM (magnetic bike) ---- VE (elliptical bike)

Switch 2: Selection of unit of measurement for DISTANCE. MI (Miles) ---- KM (Kilometres)

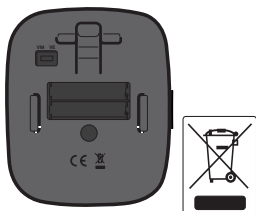
Resetting the product to zero:

The product goes into standby mode after about 10 minutes of inactivity.

The indicators return to zero when in sleep mode (data is not saved).

Removing and replacing a battery in the console.

Battery installation



1. Remove the console from stand and place 2 AAA (1.5V) batteries in the specially designated compartment at back of screen. *
 2. Ensure that the batteries are inserted correctly and are in full contact with the springs.
 3. If the display is unreadable or incomplete, remove the batteries, wait fifteen seconds and put them back.
- * NB: the battery compartment on your console is not designed to have a cover.

TROUBLESHOOTING

If you notice any abnormal distances or speeds:

Check the switch on the back of the console is set to VM for exercise bike / VE for cross trainer.

Remove and replace a battery to reset the console.

NB: On an exercise bike, each pedal turn corresponds to a distance of 4 metres, on a cross trainer it corresponds to a distance of 1m60 (these values correspond to average biking and walking values).

If you find that your counter does not indicate the correct units of measurement for distance:

Check the switch on the back of the console is in the MI position for display in miles, KM for display in kilometres.

If the counter does not turn on:

If the counter does not turn on

Check that the batteries are correctly positioned (+/-).

If the problem persists, start again with new batteries.

In both cases, check that the cables are correctly connected behind the console and where the bracket joins the main frame of the bicycle.

If the problem persists, refer to the last page of the instructions.

If a noise emanates from inside the case and you cannot adjust the intensity level, do not attempt to repair it. Refer to the last page of the manual.

USE

If you are just starting out, begin by exercising for several days at a low speed, without pushing yourself and taking breaks if necessary. Gradually increase the number or duration of the sessions. Keep your back straight during your workout. During your workout, remember to ventilate the room in which you are using the bike.



Keep fit/Warm-up: Gradual effort starting from 10 minutes

For keeping fit and staying in shape or undertaking physiotherapy, you must exercise everyday for around ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity. To improve leg toning, choose a stronger resistance and increase exercise time. Evidently you can vary pedalling resistance throughout your workout.



Keep in shape/Lose weight: Moderate effort for a relatively long time (at least 22 minutes/day)

You are advised to practise this activity regularly and moderately. Your cardiologist can advise you about your limits after a cardiac stress test. Ideally, you should sweat slightly when exercising, without feeling out of breath. The WHO recommends a session of this type lasting at least 22 minutes every day, in order to stay fit.

The WHO recommends one session of this type lasting at least 44 minutes every day in order to lose weight, and to lose fat in particular.



Improve your stamina: Sustained effort for 20 to 40 minutes

This type of training aims to strengthen the heart muscles significantly and improve respiratory functioning. Pedalling resistance and/or speed is increased which then increases breathing during exercise. This type of exercise is more sustained than when you are working out to get into shape. As you progress, you can exercise for longer and using faster paces. You can do this type of workout at least three times a week. Training at a faster pace (anaerobic exercise and exercise in the red zone) is for athletes only and requires suitable preparation. After each workout, set aside several minutes to cool down and let your body wind by gradually reducing pedalling speed.

Stretching: You are advised to perform stretching movements after each session in order to relax your muscles and to recover more effectively.

Warming down: This corresponds to low-level activity; it is the gradual "resting" phase. Warming down returns your cardiovascular, respiratory and circulatory systems and your muscles to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

COMMERCIAL WARRANTY

DOMYOS guarantees this product under normal use conditions, 5 years for the structure, 2 for other parts and labour as from date of purchase, as shown on receipt.

DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This warranty does not apply in case of:

- Damage caused during transportation
- Use and/or storage of the product in an outdoor or damp environment (except trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use in a non-domestic setting

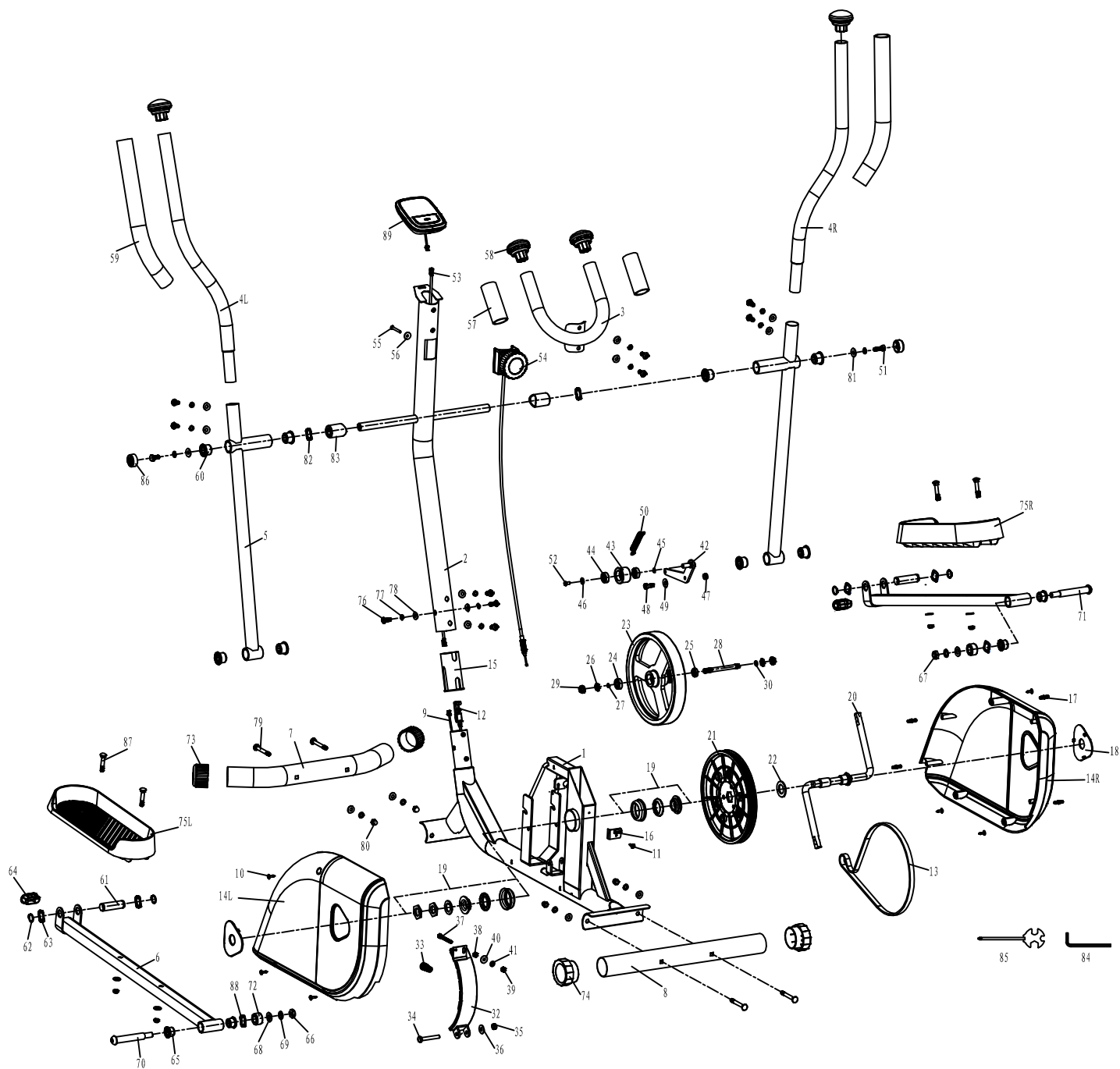
This warranty does not cancel the legal warranty applicable in the country of purchase.

To take advantage of your product warranty, consult the table at the end of the user's guide.

AFTER-SALES SERVICE

SERVICE APRÈS-VENTE - SERVIZIO POSVENTA - KUNDENDIENST - SERVIZIO ASSISTENZA POST-VENDITA - AFTERSALESAFDELING - ASSISTÊNCIA PÓS-VENDA - SERWIS PO SPRZEDAŻY - ÜGYFÉLSZOLGÁLAT - SERVICIU POST-VÂNZARE - POPREDAJNÝ SERVIS - POPRODEJNÍ SERVIS - EFTERMARKNAD - СЛЕДПРОДАЖБЕН СЕРВИЗ - SERVIS NAKONPRODAJE - POPRODAJNA SLUŽBA - ΕΥΥΠΗΡΕΤΗΣΗ ΠΕΛΑΤΩΝ - SATIŞ SONRASI SERVİSİ - СЕРВИСНАЯ СЛУЖБА - DỊCH VỤ SAU BÁN HÀNG - LAYANAN PURNA JUAL - 售后服务 - アフターサービス - 售後服務 - บริการหลังการขาย - 애프터 서비스 - بعد خدمة البيع - خدمات پس از فروش

UK Do you need assistance? Find us at www.domyos.co.uk , or if you don't have an internet connection, call our Customer Loyalty Team at 0207 064 3000.	FRANCE Besoin d'assistance ? Retrouvez-nous sur le site internet http://www.domyos.fr/sav (coût d'une connexion internet) ou contactez le centre de relation clientèle, muni d'un justificatif d'achat, au 0800 71 00 71 (appel gratuit depuis un poste fixe en France métropolitaine).	ESPAÑA ¿Necesita asistencia? Nos puede encontrar en el sitio web http://www.domyos.es/sav (coste de conexión a internet) o contacte con su tienda habitual y/o el centro de atención al cliente, con el ticket de compra, a 914843981 para ayudarle a abrir un dossier spv (servicio de post venta, llamada gratuita desde un teléfono fijo desde España).	ITALIA Hai bisogno di assistenza? Ci puoi contattare dal sito www.domyos.com per aprire un dossier di assistenza post vendita. Se non hai una connessione ad internet, contatta il Centro Relazione Clienti, munito dello scontrino al numero 0395979702 (al costo di una telefonata urbana) per farti aiutare ad aprire una segnalazione.	BELGIQUE Besoin d'assistance? Retrouvez le service après vente sur le site internet www.domyos.be (coût d'une connexion internet) ou contactez le centre de relation clientèle au 02 208 26 60 (tarif local).
NETHERLAND Hulp nodig? U vindt de dienst na verkoop terug op de website www.domyos.nl (kosten internetverbinding) of contacteer de klantendienst op 088 33 22 888 (lokaal tarief).	PORTUGAL Necessita de assistência? Encontre-nos no site domyos.pt ou nos contacte através do nosso Centro de apoio técnico tendo em mãos uma prova de compra (cartão Decathlon ou factura de caixa) pelo número 800 919 970* Serviço pós venda gratuito para os produtos Domyos, ver condições de garantia. *Chamada gratuita.	DEUTSCHLAND Sie finden uns auf der Internetseite: www.Domyos.com oder Sie rufen unser Customer - Relationship - Center an unter: 0049-7153-5759900 Halten Sie bitte Ihre Rechnung bereit.	中国 你需要帮助吗？ 请访问我们的网站 http://www.domyos.cn/sav 或拨打我们的全国免费客服电话 4009-109-109。温馨提示：拨打电话前，请找到您的购物凭证。	BELGIË Hulp nodig? U vindt de dienst na verkoop terug op de website www.domyos.be (kosten internetverbinding) of contacteer de klantendienst op 02 208 26 60 (lokaal tarief).
EN - OTHER COUNTRIES Need help? Find us on our website www.domyos.com (cost of an internet connection) or go to the front desk of one of the stores where you bought the product, with proof of purchase.	FR - AUTRES PAYS Besoin d'assistance? Retrouvez-nous sur le site internet www.domyos.com (coût d'une connexion internet) ou présentez-vous à l'accueil d'un magasin de l'enseigne où vous avez acheté votre produit, muni d'un justificatif d'achat.	ES - OTROS PAÍSES ¿Necesita asistencia? Nos puede encontrar en el sitio web www.domyos.com (coste de conexión de internet) o preséntese con el justificante de compra en la recepción de la tienda de la marca donde haya comprado el producto.	DE - ANDERE LÄNDER Brauchen Sie Hilfe? Besuchen Sie unsere Internet-Site www.domyos.com (Kosten des Internetanschlusses) oder wenden Sie sich an die Empfangsstelle des Geschäfts der Marke, in welchem Sie Ihr Produkt gekauft haben. Legen Sie bitte Ihren Kaufnachweis vor.	IT - ALTRI PAESI Bisogno di assistenza? Ci potete trovare sul sito Internet www.domyos.com (costo di una connessione Internet) o potete recarvi all'accoglienza di un negozio del marchio in cui avete comprato il prodotto, muniti di un giustificativo di acquisto.
NL - ANDERE LANDEN Hulp nodig? Raadpleeg de website www.domyos.com (kosten internetverbinding) of contacteer het onthaal van de winkel waar u het product heeft gekocht.	PT - OUTROS PAÍSES Precisa de assistência? Contacte nos através do site da Internet www.domyos.com (custo de uma ligação à Internet) ou dirija-se à recepção da loja da marca onde adquiriu o seu produto, com o respectivo comprovativo de compra.	PL - INNE KRAJE Potrzebujesz pomocy? Znajdź nas na stronie internetowej www.domyos.com (koszt jednego połączenia internetowego) lub wraz z dowodem zakupu zgłoś się do punktu obsługi sklepu firmowego lub tam, gdzie dokonałeś zakupu produktu.	HU - MÁS ORSZÁGOK Segítségre van szüksége? Keressen meg minket internetes honlapunkon www.domyos.com (internetcsatlakozás ára), vagy forduljon személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonylattal.	RO - ALTE ȚĂRI Aveți nevoie de asistență? Ne puteți găsi pe site-ul www.domyos.com (prețul unei conexiuni la internet) sau vă puteți prezenta la serviciul de relații cu clienții al magazinului firmei de la care ați achiziționat produsul, având asupra dumneavoastră dovada cumpărării.
SK - OSTATNÉ KRAJINY Potrebujete asistenciu? Nájdite si nás na internetových stránkach www.domyos.com (cena internetového pripojenia), alebo sa obráťte na oddelenie styku so zákazníkmi v obchode, kde ste svoj výrobok zakúpili a popritom nezabudnite predložiť doklad o kúpe.	CS - OSTATNÍ ZEMĚ Potřebujete pomoc? Kontaktujte nás na našich internetových stránkách www.domyos.com (cena za internetové připojení) nebo přijďte na recepci jedné z prodejen značky, kde jste koupili váš výrobek, a předložte doklad o nákupu.	SV - ANDRA LÄNDER Behöver du hjälp? Hitta oss på hemsidan www.domyos.com (kostnad för internetanslutning tillkommer) eller gå till kundtjänsten i butiken där du köpte produkten, med ditt inköpsbevis.	BG - ДРУГИ ДЪРЖАВИ Имате нужда от помощ? Моля, посетете нашия сайт: www.domyos.com (цената на интернет връзка) или отидете в отдел «Обслужване на клиенти» на магазина, където сте купили продукта, като носите със себе си документ, доказващ направената покупка.	HR - OSTALE ZEMLJE Potrebna vam je pomoć? Pronađite nas na internetskoj stranici www.domyos.com (po cijeni naknade za korištenje interneta) ili savjet potražite u trgovini u kojoj ste kupili proizvod, uz predočenje računa.
SL - DRUGE DRŽAVE DRUGE DRŽAVE Potrebujete pomoč? Obiščite našo spletno stran www.domyos.com ali trgovino, v kateri ste izdelek kupili, pri čemer je potrebno dokazilo o nakupu.	EL - ΑΛΛΕΣ ΧΩΡΕΣ Χρειάζεστε βοήθεια; Επισκεφτείτε τον δικτυακό μας τόπο, στη διεύθυνση www.domyos.com (με το κόστος μιας σύνδεσης στο διαδίκτυο) ή απευθυνθείτε στην υποδοχή οποιούδήποτε καταστήματος της αλυσίδας από την οποία αγοράσατε το προϊόν σας, μαζί με την απόδειξη αγοράς.	TR - DİĞER ÜLKELER Yardıma mı ihtiyacınız var? www.domyos.com internet sitesinden bize ulaşabilirsiniz (bir internet bağlantı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığınız mağazanın danışma bölümüne başvurunuz.	RU - ДРУГИЕ СТРАНЫ Нужна поддержка? Обратитесь к нам через наш интернет-сайт www.domyos.com (стоимость подключения к интернету) или подойдите в отдел обслуживания клиентов в магазине той сети, в которой вы купили ваш продукт, с товарным чеком.	VI - QUỐC GIA KHÁC Cần hỗ trợ? Hãy liên hệ với chúng tôi qua trang web www.domyos.com (cần có kết nối internet) hoặc đến đại lý chính hãng mà bạn đã mua sản phẩm, mang theo minh chứng mua hàng.
ID - NEGARA LAIN Perlu bantuan? Kunjungiilah situs internet kami www.domyos.com (biaya koneksi internet) atau datanglah ke toko merek di mana Anda membeli produk Anda, dengan membawa bukti pembelian.	ZH - 其他国家 需要帮助？ 请登陆 www.domyos.com 与我们联系（普通上网费用）或携带购物发票至您购买产品的商店信息咨询处咨询。	JA - その他の国 ヘルプが必要ですか？ サイト www.domyos.com をご覧ください（インターネット接続料）。もしくは製品購入を証明するものをご持参の上、お買い上げいただいた取扱店にお越しください。	ZT - 其他國家 需要幫助？ 請登陸 www.domyos.com 與我們聯繫（普通上網費用）或攜帶購物發票至您購買產品的商店的信息諮詢處諮詢。	TH - ประเทศอื่น ๆ ต้องการความช่วยเหลือ？ พบกับเราได้ที่เว็บไซต์ www.domyos.com (อาจมีค่าใช้จ่ายในการเชื่อมต่ออินเทอร์เน็ต) หรือที่แผนกของห้างร้านที่คุณได้ซื้อผลิตภัณฑ์พร้อมกับการหลักฐานการซื้อผลิตภัณฑ์
KO - 기타 국가 도움이 필요하신가요? 당사의 웹사이트 www.domyos.com 을 방문하거나(인터넷 연결 비용), 구매 중 명서를 지참하고 제품을 구매한 매장의 프론트 데스크를 방문하십시오.	AR - دول أخرى هل تحتاج إلى مساعدة؟ www.domyos.com اتصل على عبر موقعنا الإلكتروني www.domyos.com تكلفة اتصال بالإنترنت)أو توجه) إلى المحل الذي اشتريت منه المنتج والذي يوجد به علامة الشركة، واحرص على تقديم إثبات الشراء.	FA - سایر کشورها به کمک نیاز دارید؟ تथा با هزینه اتصال به اینترنت) از طریق وبسایت www.domyos.com یا ما در تماس باشید یا با همراه داشتن سند خرید خود به میز پذیرش یکی از خرده فروشی هایی که این محصول را خریداری کرده اید مراجعه کنید.		



EL 100

Keep these instructions
Notice originale à conserver
Conserve estas instrucciones
Bitte die Originalbetriebsanleitung aufbewahren
Istruzioni originali da conservare
Originele handleiding om te bewaren
Guarde estas instruções
Zachować oryginalną instrukcję
Őrizze meg az utasításokat
Nota originală trebuie păstrată
Tieto pokyny si uchovajte
Tyto informace si uschovejte
Spara den ursprungliga bruksanvisningen
Запазете оригиналната информация
Sačuvajte ove upute
Shranite originalna navodila
Φυλάξτε το πρωτότυπο των οδηγιών χρήσης
Muhafaza edilecek orijinal kılavuz
Сохраните это оригинальное руководство
Tuần thủ những hướng dẫn này
Petunjuk asli untuk disimpan
妥善保管这些指导说明
保管すべきユーザーマニュアル原本
請留存這些說明書
คำแนะนำเดิมเพื่อการรักษา
원본 지침 유지
احتفظ بهذه التعليمات
دستورالعمل های اصلی را نگهداری کنید

DECATHLON

Производитель и адрес, Франция:
DECATHLON - 4 Boulevard de Mons - BP 299
59650 Villeneuve d'Ascq cedex - France

Made in China - Hecho en China - Fabriqué en Chine - Fabricado na/em China - Произведено в Китае - İmal edildiği yer Çin - ผลิตในจีน - الصين صنع في

540-0011, 大阪市中央区農人橋1-1-22, 大江ビル10階, ノヴァデックジャパン株式会社

Importado para o Brasil por IGUASPORT Ltda. CNPJ 02.314.041/0001-88

橢圓機 - 主要材料: 金屬 - 中國製造 - 進口/委製商台灣迪卡儂有限公司 台中市南屯區大墩南路379號 04-24719666 - 04-24719666

Импортер/уполномоченное изготовителем лицо: ООО «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», влад. 3, стр. 3, +7(495)6414446 - Эллиптический тренажер - для занятий спортом

以下标示仅在中国大陆地区适用 - 生产商: 迪脉 (上海) 企业管理有限公司 地址: 上海市浦东新区银霄路393号2幢二层西北侧 邮编: 201204 - GB17498-1 2008 - GB 17498-9 2008 - 品名: 椭圆机 - 主要材料: 金属 - 等级: 合格品 - 中国制造 - 质检证明: 合格 - 商标: DOMYOS

จักรยานออกกำลังกาย - ชื่อผู้นำเข้า: บริษัท ดีแคทลอน (ประเทศไทย) จำกัด เลขที่ 14/9 หมู่ที่ 13 ถนนบางนา-ตราด ตำบลบางแก้ว อำเภอบางพลี จังหวัดสมุทรปราการ 10540

Importado para Colombia por Decathlon Colombia SAS - NIT: 900868271 - SIC: 900868271-1

دراجة ثابتة - Decathlon Trading Egypt - 1st Al Wozaraa Square 1169 - Sheraton - Cairo - Egypt

Decathlon Australia Pty Ltd. - 4/37 Union Street, Pyrmont, Sydney NSW 2009, Australia

Importado por Artículos Deportivos Decathlon, S.A de C.V Av. Ejército Nacional 826, Delegación Miguel Hidalgo, Colonia Polanco, 11540 Ciudad de México, México R.F.C ADD 150727S34

Xe đạp tập elip - Vật liệu chính: Kim loại - Sản xuất tại Trung Quốc - Tên và địa chỉ NNK/PP: Công ty TNHH Decathlon Việt Nam 561A Điện Biên Phủ, Phường 25, Quận Bình Thạnh, Tp.Hồ Chí Minh, Việt Nam

Pack Ref : 2358929

EN ISO 20957-9:2017
EN ISO 20957-1 2013

