

ST 140

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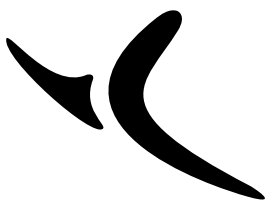
NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO

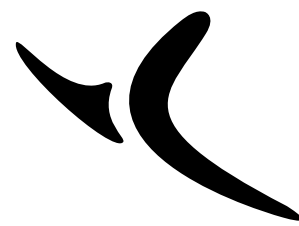
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
使用说明书
HASZNÁLATI ÚTMUTATÓ

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Bevar vejledning
Zachowaj instrukcję
请妥善保存说明书
Őrizze meg a használati útmutatót

Réalisation : EVOLUTION + 32 / 69 250 500



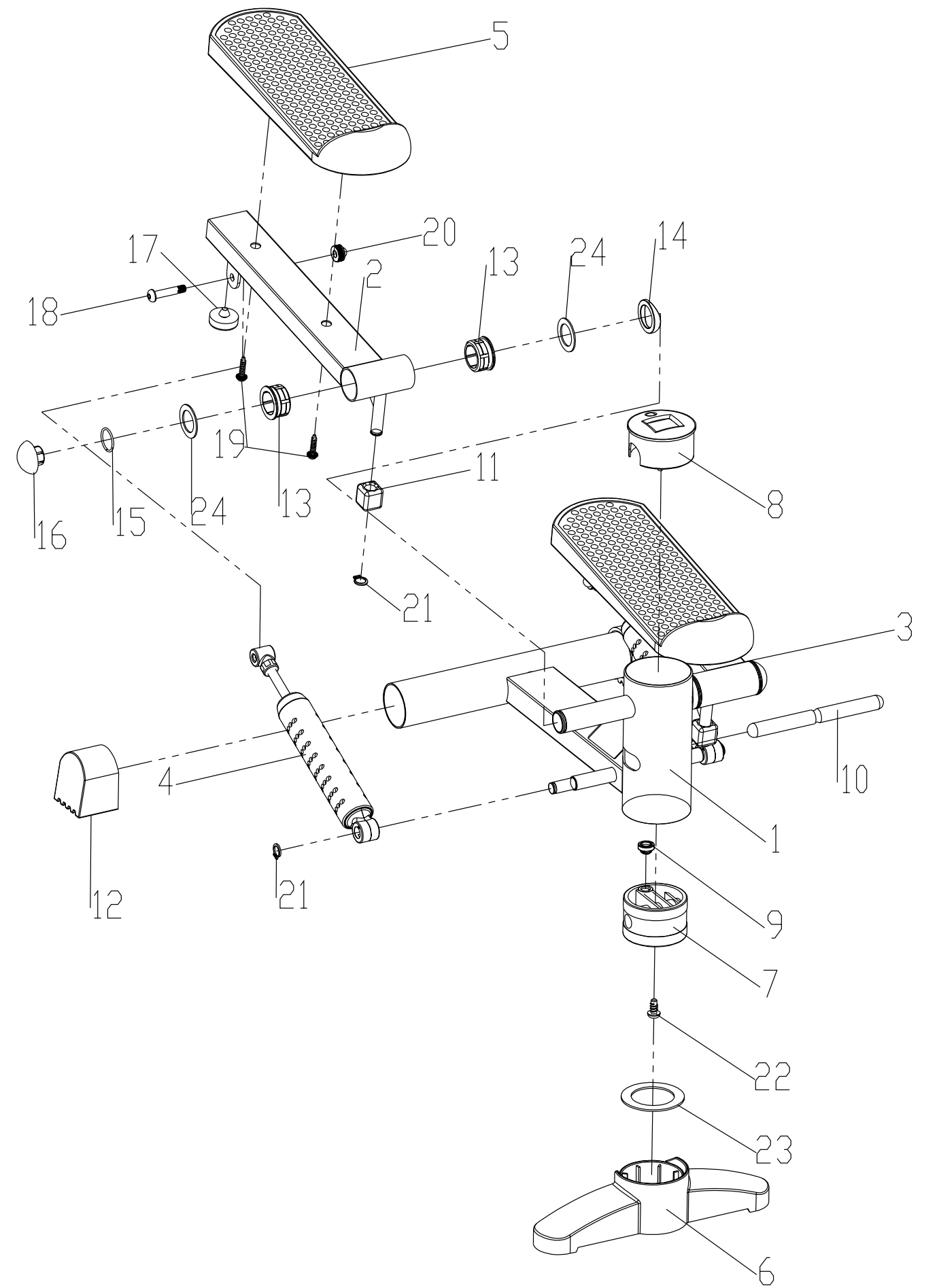

DOMYOS


DOMYOS

decathlon
creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in Taiwan - Hecho en Taiwan - 制造台湾
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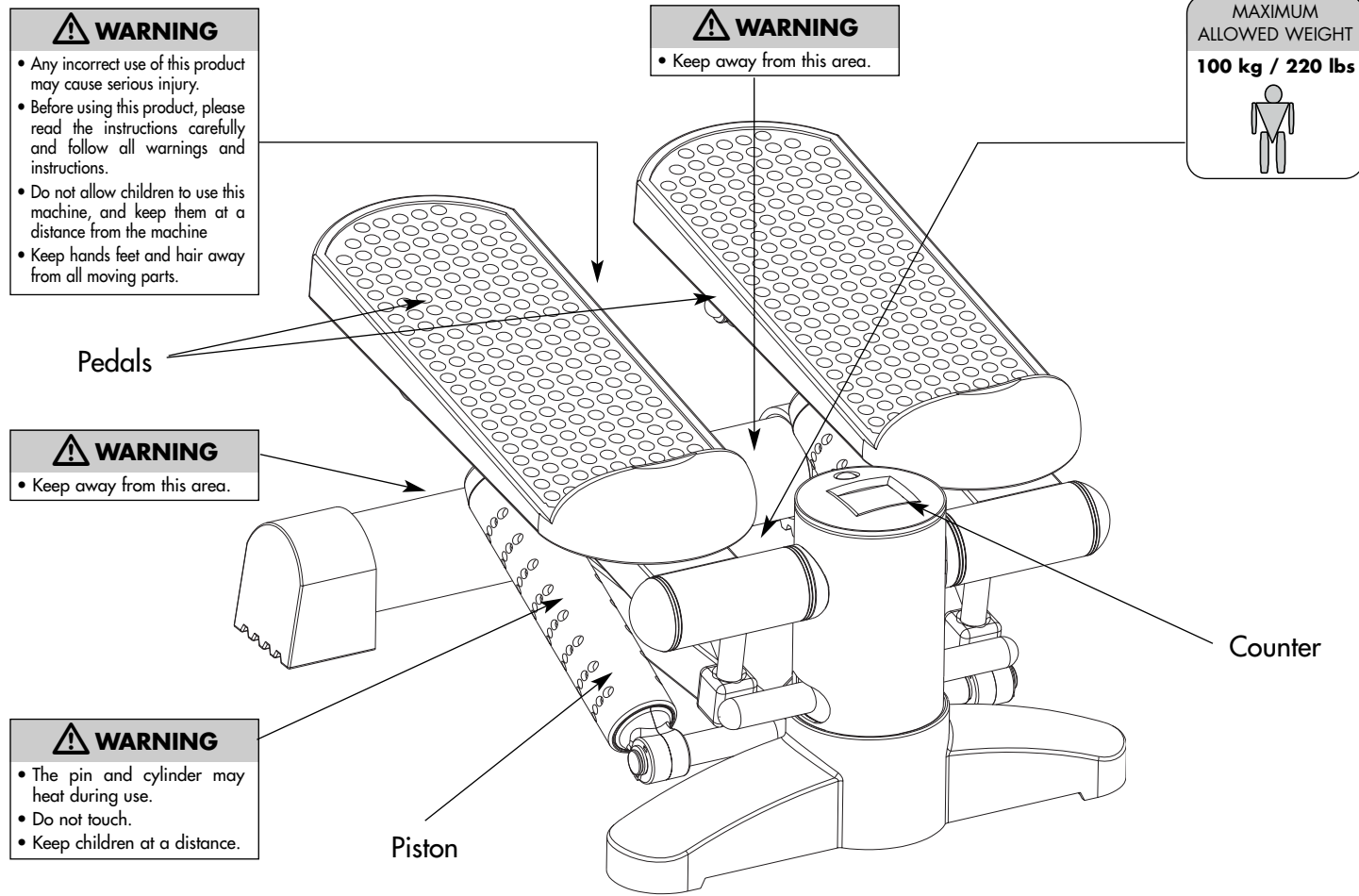




You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us.
 We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness.
 This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments and suggestions about DOMYOS products. To this aim, the staff at your local store and the DOMYOS design department are at your disposal.
 If you wish to write to us, you can send us email at the following address: domyos@decathlon.com.
 We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.

PRESENTATION

The stepper is a staircase simulator that uses hydraulic pumps for doing these exercises on the spot.
 The stepper is a cardio-training machine. Using cardio-training (aerobics exercise) principles, it improves your endurance (maximum oxygen absorption capacity) and your physical condition and helps you burn calories (control and lose weight in association with a diet plan).
 Beyond the cardio-vascular and breathing benefits of exercise, the stepper strengthens the bottom, hips and calves with an impact-free movement.



	ST140	6,5 kg 14 lbs
	39 x 35 x 21 cm 15,3 x 13,7 x 8,3 inch	

SETTINGS

The ST140 requires no further adjustment

SAFETY

Warning: to reduce the risk of serious injury, please read the important precautions below before using the product.

1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. An adult should do the assembly of the appliance.
3. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
4. Domyos shall not be liable for any injury or damage to any persons or property caused by incorrect use of this product by the user or any other person.
5. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
6. The product should only be used by one person at a time.
7. When using for the first time, ensure you are properly balanced.
8. It is the user's responsibility to regularly examine the product to detect any wear or damage and to immediately replace any defective element by an origin part supplied by the DECATHLON After-Sales Service, and to keep it out of service until it is repaired. Do not let setting devices protrude. Immediately replace any used or defective parts.
9. Always wear athletic shoes for foot protection while exercising. Always wear appropriate clothing when exercising. DO NOT wear loose clothing that could become caught in the machine. Remove all jewelry.
10. Wear sports shoes to protect your feet during exercise. DO NOT wear wide or hanging clothes that may get caught in the machine. Remove all your jewellery.
11. If your ST140 is damaged, return it to your Decathlon store and do not use it until it is completely repaired. Only use Decathlon spare parts.
12. Keep children and pets away from the product at all times.
13. Make regular and gentle movements during exercise.
14. Be careful when getting on and off the product
15. In the event of damage to your ST140, bring the appliance back to your Decathlon store and do not use the ST140 before it is completely repaired. Only use Decathlon spare parts.
16. Do not store the product in a humid place (edge of swimming pool, bathroom...).
17. Keep your back straight when using the product. Do not arch your back.
18. Maintain a continuous, smooth motion when exercising. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
19. Care should be taken when getting on and off the product.
20. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
21. Care should be taken when mounting/dismounting the product.
22. Stop exercising progressively.
23. User's maximum weight: 100 kg – 220 lbs.

WARNING

Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems and if you have not practiced any sport for several years. Read all the instructions before use.

MAINTENANCE

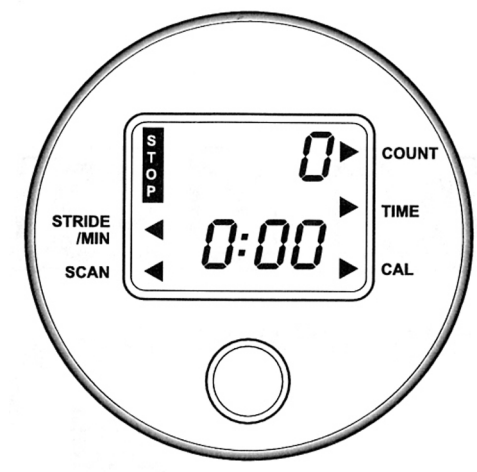
The stepper only needs minimum maintenance: clean with a sponge soaked in soapy water and dry with a dry cloth.

USE

The stepper is fitted with interdependent pedals, the braking system will therefore depend on the speed of your training. To increase aerobic intensity, exercise at a faster rhythm (20 minutes minimum training per day). This type of exercise that should be carried out three times a week. To increase muscle toning, do the exercise of faster in series with rest time in between. You can do this exercise every other day. Always start slowly to warm up for a few minutes.

COME BACK UP BEFORE THE STEPS REACH THE BASE for greater effect and to avoid damaging your joints

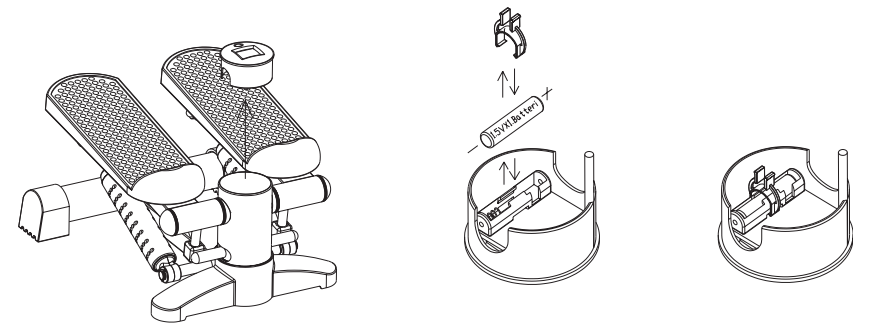
COMPUTER ST 140



GETTING STARTED:
Press the button until the function that you want to use appears.
Note: press the button for three seconds to reset the counter before each exercise.
To activate the system, press the button on the display or start exercising.
The system will switch automatically to standby mode after four minutes if no movement is detected.

- FUNCTIONS:**
- SCAN : automatically and sequentially displays each function every six function.
 - TIME/TEMPS : Displays the time up to 99:59 mn.
 - CAL/CALORIES: Calculates the estimated loss of calories, values determined for average work rate and an average body and strength. **Do not use for therapeutic reasons.**
 - STRIDE MIN/NB DE MARCHE PAR MIN: Counts the number of steps per minute
 - COUNT/NB DE MARCHE TOTAL: Calculates the number of steps since the first training.

- INSTALLING OR REPLACING THE BATTERY :**
- Remove the computer mechanism removing it from its space.
 - Install or replace 1.5V UM3 or AA batteries checking the polarity on the drawings below.
 - Replace the counter
 - If however, the information is not or only partially displayed, remove the battery, wait 15 seconds and replace it.
 - Display values are systematically reset if you remove the battery.
 - If you do not use the counter for a long period, remove the battery to avoid causing damage by oxidising the contacts.
 - To protect the environment, return used batteries to a collection point.

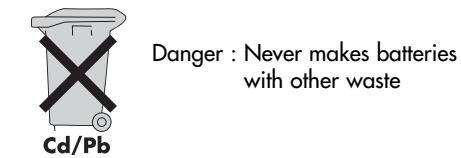


- NOTE :**
1. No information displayed on the counter: Make sure the polarity is correct/your batteries are perhaps worn out, change them.
 2. The counter at the functions are at zero: Check the connector is properly inserted into the plug the back of the counter.

- PRECAUTIONS :**
- Do not expose to sunlight.
 - Avoid contact with water.

Warning: the calculation of calories burnt is an estimation and should not be taken as medical information.

We recommend you consult your doctor or dietician to adapt your food and energy intake to your physical condition and sports activities.



EXERCISES

For consistent exertion of the legs and thighs, make sure you keep an absolutely vertical position (basic position). However, with the ST140 you can focus on specific muscle groups.

- 1• BASIC POSITION :**
absolutely vertical position, back straight, abdominals flexed, hips tipped forward, push on your heels, arms bent.
- 2• TARGETING ON THE MUSCLES AT THE BACK OF THE THIGHS :**
the muscle located at the back of the thigh is used when bending the leg, thus bringing the heel back towards the thigh. On the ST140 all you have to do, therefore, is reproduce this movement, bringing the heel to the thigh. To do so, bend down slightly whilst keeping your trunk upright so as to reach a half-sitting position without leaning over entirely.
- 3• CONCENTRATING ON YOUR REAR MUSCLES:**
To concentrate on your rear muscles, remove the feet from the pedal half way and contract your abdominals to keep your back straight and avoid curving.
- 4• CONCENTRATING ON THE CALF MUSCLES:**
Working on the balls of your feet will tone your calf muscles.

GENERAL CARDIO-TRAINING PRINCIPLE

If you are a beginner, start training for a few days with a low resistance and peddling speed, without forcing and taking the rest time necessary. Progressively increase the number and duration of the sessions.

Maintenance/Warm up: progressive effort from 10 minutes.

For training aimed at keeping you in shape or physiotherapy, you can use the machine daily for about 10 minutes. This type of exercise will aim to wake up your muscles and articulations or may be used as a warm up for physical activity.

To increase muscle tone in the legs, choose higher resistance and increase exercise time. Of course, you can vary running speed throughout your session.

Aerobics work for getting fit: moderate effort for quite a long time (35mm to 1 hour).

If you want to lose weight, this type of exercise associated with a diet, is the only way to increase the quantity of energy consumed by the body. Doing this, it is pointless forcing beyond your own limits. Regular training will provide the best results.

Choose a relatively low running speed and exercise at your rhythm but for a minimum of 30 minutes. This exercise should produce light sweating on the skin that should not wear you out. The duration of exercise, over a slow rhythm, will require your body to draw its energy from your fat as long as you pedal more than 30 minutes, at least three times a week.

Aerobic training for endurance: intense effort for 20 to 40 minutes.

This type of training aims to significantly strengthen the cardiac muscle and improve breathing work. Resistance and/or running speed is increased so as to improve breathing during exercise. Effort is more intense than for fitness work.

Throughout your training, you will be able to hold this effort for longer, with better rhythm and better breathing. You can use this type of

training at least three times a week.

Training more intensely (anaerobic work and red zone work) is reserved for athletes and requires properly adapted preparation.

After each training session, peddle for several minutes reducing speed and resistance to come to a halt and return the body progressively to rest.

TRADE WARRANTY

DECATHLON guarantees this product for parts and labor, under normal conditions of use, for 5 years for the structure and 2 years for wear parts and labor starting on the date of purchase, confirmed by the date on the sales ticket.

DECATHLON'S obligation in compliance with this warranty is limited to the product's replacement or repair, at DECATHLON'S convenience.

All the products for which the warranty is applicable, shall be accepted by DECATHLON in one of its authorized service centers, sent postage paid together with the proof of the purchase.

This warranty cannot be applied in the following cases:

- Damage caused during transport
- Misuse or abnormal use
- Repairs done by people not authorized by DECATHLON
- The commercial use of the product concerned

This trade warranty does not exclude the legal guarantee(s) applicable according to countries and / or provinces.

DECATHLON - 4 BOULEVARD DE MONS - BP299 - 59665 VILLENEUVE D'ASCQ - France -

CARDIO - TRAINING

CARDIO-TRAINING EXERCISE

Cardio-training exercise is a form of aerobics (conditioning the body in the presence of oxygen) and allows you to improve your cardio-vascular capacity. To be more precise, you will improve the tonicity of the heart and your blood vessels. Cardio-training exercise carries the oxygen breathed in from the air to your muscles. It is the heart that pumps this oxygen through the body and, in particular, to the muscles being exercised.

CONTROLLING YOUR HEARTBEAT

It is vital to measure your pulse periodically in order to control your degree of exercising. If you do not have an electronic measuring device, follow this procedure :

To take your pulse, position two fingers : on the neck, or below the ear, or at the inside wrist beside the thumb.

Do not press too hard : excessive pressure reduces the blood flow

and can slow down the heartbeat. After counting the pulsations for 30 seconds, multiply by 2 to obtain the number of pulsations per minute.

Example : 75 pulsations counted in 30 seconds corresponds to a heart beat of 150 pulsations per minute.

PHASES OF A PHYSICAL ACTIVITY

A Warm-up phase : progressive effort

Warming up is a preparatory phase before any activity. It puts the person INTO OPTIMUM CONDITIONS for carrying out his or her favorite sport. It is a METHOD OF PREVENTING ACCIDENTS TO TENDONS AND MUSCLES. There are two aspects : WAKING UP THE MUSCULAR SYSTEM, GENERAL WARMING UP.

- 1) The muscular system is prepared in a SPECIAL STRETCHING SESSION which PREPARES FOR EACH ACTIVITY : each group of muscles is used, joints are used.
- 2) Global warming up gradually brings the cardiovascular and respiratory system into action, improves irrigation of the muscles and prepares for making efforts. It must be sufficiently long : 10 min for a leisure sport activity, 20 min for a competition sport activity. Note that warming up must be longer : after 55 years old, in the morning.

B Training

TRAINING is the main phase of your physical activity. You can improve your physical condition by REGULAR training.

- Anaerobic exercise to develop endurance.
- Aerobic exercise to develop cardio-pulmonary resistance.

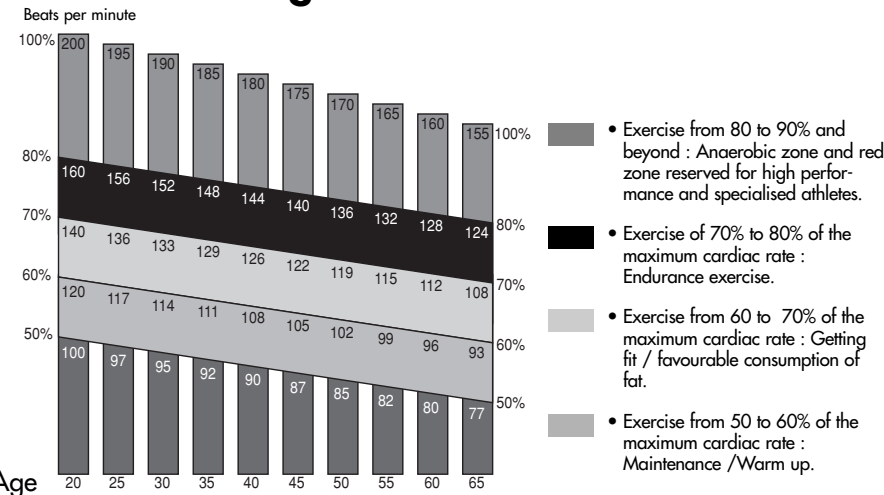
C Slowing down

This is the continuation of an activity at low intensity, the gradual "return to rest" phase. SLOWING DOWN brings the cardiovascular and respiratory system, the blood flow and muscles back to "normal" (eliminating the counter effects of an exercise, such as lactic acids, the accumulation of which is one of the major causes of muscular pains such as cramps and stiff muscles).

D Stretching

STRETCHING must follow the slowing down phase while joints are still warm in order to reduce risks of injury. Stretching after an activity : minimizes MUSCULAR STIFFNESS due to an accumulation of LACTIC ACIDS, "stimulates" BLOOD CIRCULATION.

Exercise range



WARNING, TECHNICAL INSET WARNING TO USERS

You must work towards getting fit in a controlled manner.

Do not hesitate to consult a doctor before any physical activity, especially if : you have not practiced any sports activities in recent years, you are more than 35 years old, you are not sure about your health, you are following medical treatment.

CONSULT A DOCTOR BEFORE PRACTISING ANY SPORT.