

BT 500

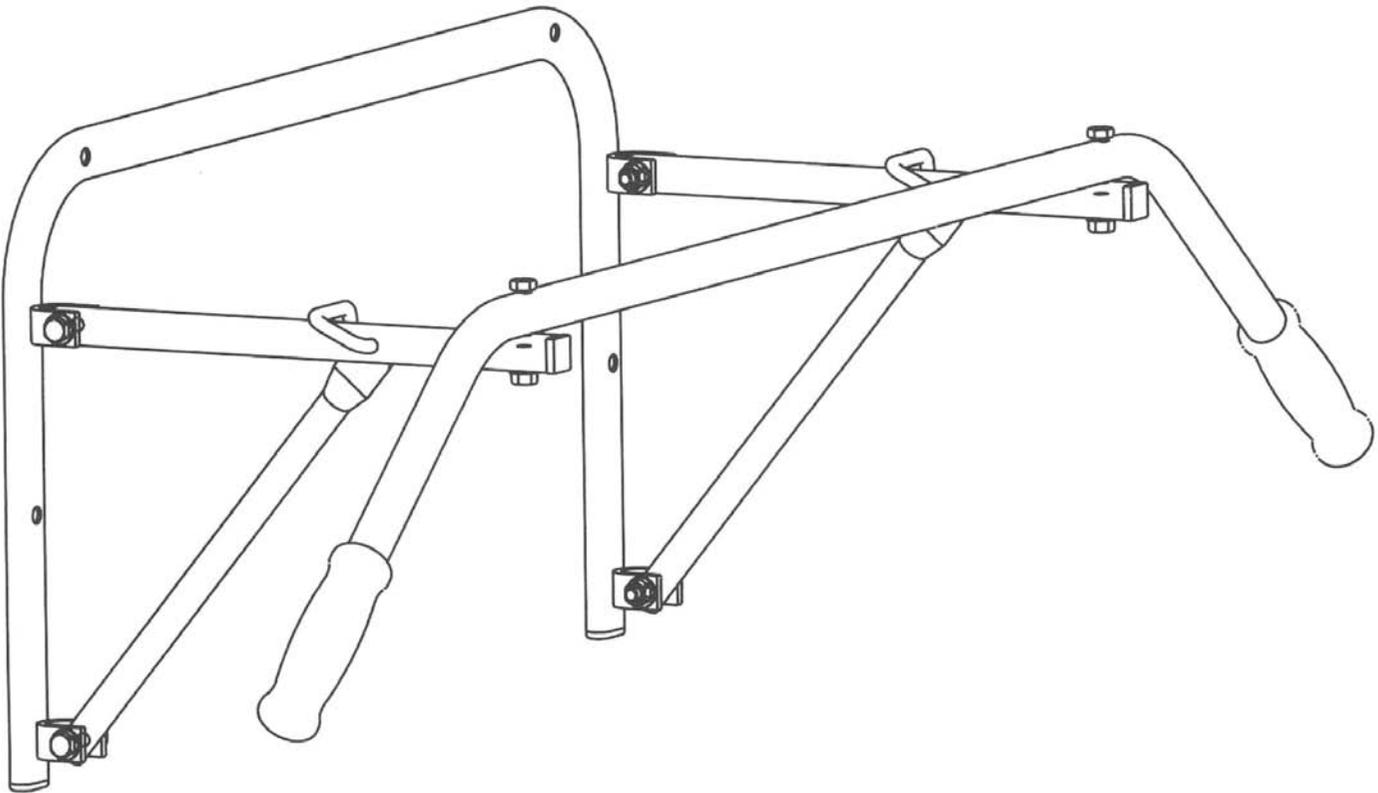
**OPERATING INSTRUCTIONS
NOTICE D'UTILISATION
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO**

**INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
BRUKSANVISNING**

**УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
ІНСТРУКЦІЯ ВИКОРИСТАННЯ**

دليل الاستخدام

使用说明



 **DOMYOS**

BT 500

Keep these instructions
Notice à conserver
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保管说明书



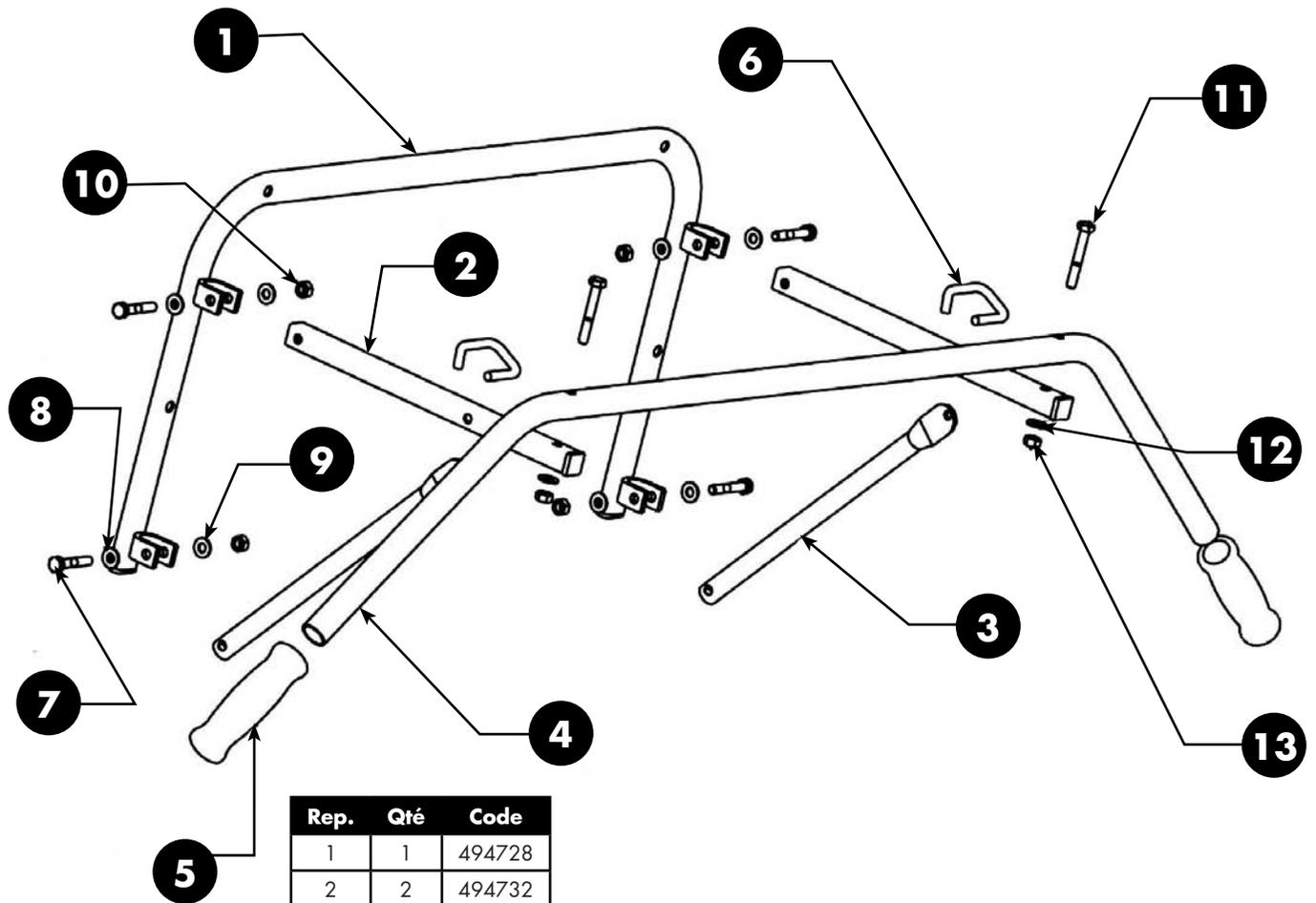
www.domyos.com OXYLANE - 4, Boulevard de Mons - BP299 - 59665 Villeneuve d'Ascq Cedex - France

Made in China - Hecho en China - Fabricado na China -
中国 制造 - Произведено в Китае - İmal edildiği yer Çin

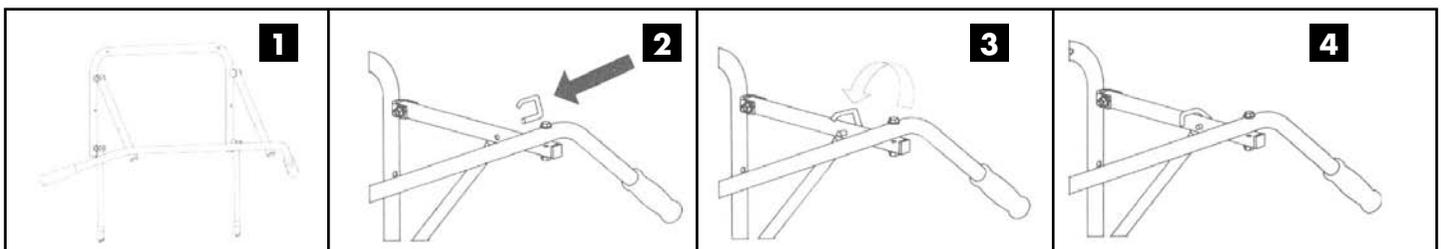


Импортер :
ООО «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3

Réf. pack : 1109.398 - CNPJ : 02.314.041/0001-88 合格品



| Rep. | Qté | Code |
|------|-----|--------|
| 1 | 1 | 494728 |
| 2 | 2 | 494732 |
| 3 | 2 | 494740 |
| 4 | 1 | 494752 |
| 5 | 2 | 494760 |
| 6 | 2 | 494764 |
| 7 | 4 | |
| 8 | 4 | |
| 9 | 4 | |
| 10 | 4 | |
| 11 | 2 | |
| 12 | 2 | |
| 13 | 2 | |



E N G L I S H

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 BT 500 is a pull-up bar for doing pull-ups to develop your upper-body muscles (back, biceps and shoulders). This piece of equipment also allows you to do stretches suspended from the bar to stretch your back and lower-back muscles.

SAFETY

1. Do not use with your head pointed down.
2. This piece of equipment must be assembled by an adult.
3. Do not fasten to breeze blocks, plaster, wood, plywood or similar materials.
4. Wall fastening screws are deliberately not supplied because the type needed depends on the material to which you fasten the BT 500. Ask a building professional which fastening system is suited to your material and your body weight.
5. Consult your doctor prior to starting this fitness program.
6. Read all the recommendations for the use of this piece of equipment carefully before you start your training.
7. Do not allow children to play close to this piece of equipment while you are training or using it.
8. Always warm up for several minutes using repetitions without weights, without pushing too hard, before beginning to use this piece of equipment.
9. Make sure the safety hook is in place.
10. Regularly check that all screws are tight.

USE



Pull-ups to the horizontal bar :

This exercise works all the muscles in the dorsal plane along with shoulder muscles and biceps. With a very wide grip, bring your chin up to the level of the bar. The intensity of the exercise depends on your own weight. At the beginning, only a few repetitions will be possible because your muscles won't be used to lifting your weight. Start gradually if you are a beginner (3 series of 7 repetitions at the start) then gradually increase the number of reps and series. Work in series of 10 to 25 reps.

Drawing 1 : With a wide grip, raise your chin or nape of your neck to the bar, and control your descent without jerking. This exercise develops your back muscles widthways.



Drawing 2 : with a narrow grip, raise your chin to the bar, and control your descent without jerking. This exercise develops your back muscles depthways.

Stretching your back :

This exercise soothes lower back pains and also stretches your lats. You must always consult a doctor if your back hurts. Only a doctor can diagnose back pain and indicate any counter-indications for this exercise. Grip the bar with a wide grip. With your legs bent, slowly raise your knees to your chest. Hold the position for several seconds before straightening your legs. You can also keep your legs tense with a wide grip and body in a straight position to stretch your lats. Do not arch your lower back.

WARRANTY

The BT 500 is guaranteed for two years against any flaw resulting from a defect of material or workmanship. This guarantee applies to home use. This product is not designed for use in a bodybuilding gym.

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