



**FITNESS  
CUBE**

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

**GEBRUIKSHANDLEIDING  
MANUAL DE UTILIZAÇÃO  
INSTRUKCJA UŻYTKOWANIA  
HASZNÁLATI ÚTMUTATÓ  
Инструкция по использованию**

**Οδηγίες χρήσης  
INSTRUCȚIUNI DE UTILIZARE  
NÁVOD NA POUŽITIE  
NÁVOD K POUŽITÍ  
使用说明书**



**D O M Y O S**

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FITNESS  
CUBE

Notice à conserver  
Keep these instructions  
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  
Οδηγίες προς φύλαξη  
**A se păstra instrucțiunile**  
Návod je potrebné uchovať  
Návod je třeba uchovat  
请妥善保存说明书



**DOMYOS**

decathlon  
creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

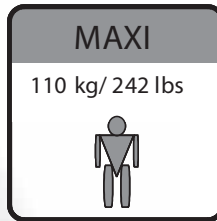
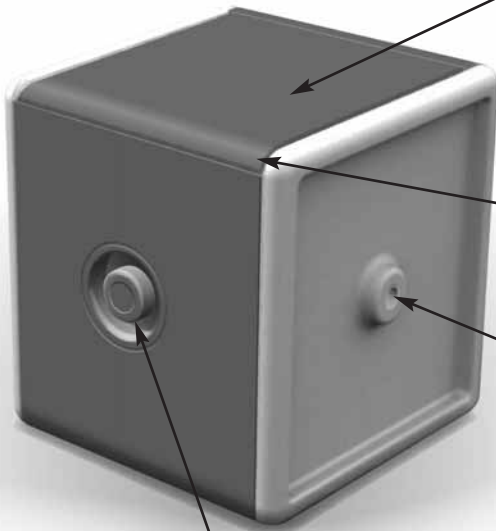
[www.decathlon.com](http://www.decathlon.com)

Made in China - Hecho en China - 中國製造 - Сделанов Китае

Réf. pack : 0199.402 - CNPJ : 02.314.041/0001-88 合格品



Coussin de siège dépliant • Folding seat cushion  
 Cojín de asiento desplegable • Sitzkissen ausklappbar  
 Cuscino del sedile apribile • Uitzouwbaar zitkussen  
 Almofada de assento desdobrável • Składana poduszka  
 na siedzenie • Kihajtható ülésrárna • Мягкое складное  
 сиденье • Αναδιπλούμενο μαξιλάρι καθίσματος • Pehná de  
 scaun extensibilă • Rozložitelný vankúš sedáka •  
 Rozložitelný polštář sedáku • 有弹性坐垫

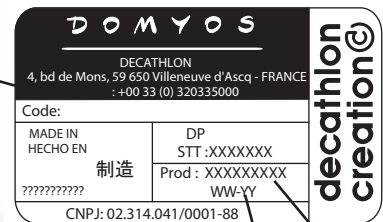


Câbles de tirage • Pull cables  
 Cables de tracción • Zugkabel  
 Cavi di trazione • Trekkabels  
 Cabos de tracção • Kable mocujące  
 Kábel bicepszezéshez • Тросы  
 Καλώδια έλξης • Cabluri de tracțiune  
 Káble na stiahnutie • Kabely na  
 utazení • 牽引繩索

Bouton de réglage de la résistance • Resistance adjustment knob  
 Botón de ajuste de la resistencia • Einstellknopf des Widerstandes  
 Pulsante di regolazione della resistenza • Regelknop voor de weerstand Botão de  
 regulação da resistência • Przycisk regulacji obciążenia • Az ellenállás beállítására  
 szolgáló gomb • Ручка регулировки сопротивления • Πλήκτρο ρύθμισης της αντίστασης  
 • Buton de reglare a rezistenței • Tlačidlo na nastavenie závažia • Tlačítko pro nasta-  
 vení závaží • 用于支撑的可调节按钮



Banc dépliant • Folding bench  
 Banco desplegable • Ausklappbare Bank  
 Panca apribile • Uitzouwbare bank  
 Banco desdobrável • ławka rozkładana  
 Kihajtható pad • Складная скамья  
 Αναδιπλούμενος πάγκος • Bancă extensibilă  
 Rozložitelná lavica • Rozložitelná lavice  
 有弹性长凳



Poignée d'ouverture du banc • Bench opening handle  
 Empuñadura de abertura del banco • Öffnungsgriff der Bank  
 Maniglia di apertura della panca • Handvat om de bank te openen  
 Pega de abertura do banco • Uchwyt otwierania ławki  
 Fogantyú a pad szétnyitásához • Ручка для раскрытия скамьи  
 Λαβή ανοίγματος πάγκου • Mâner de deschidere a băncii  
 Rukoväť otvárania lavičky • Držadlo pro otevření lavice  
 打开长凳的把手



## AVERTISSEMENT

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfants d'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains, pieds et cheveux de toutes les pièces en mouvement.



## WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.
- Keep hands, feet and hairs away from moving parts.

## ADVERTENCIA

- Cualquier uso impropio de este producto puede provocar heridas graves.
- Antes de cualquier utilización, lea atentamente el modo de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permitir a los niños utilizar esta máquina y mantenerlos alejados de la misma.
- Si faltase la pegatina, o si la misma estuviera dañada o ilegible, conviene sustituirla.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

## WARNHINWEIS

- Jede unsachgemäße Benutzung dieses Produktes kann schwere Verletzungen zur Folge haben.
- Vor jedem Gebrauch bitte diese Gebrauchsanweisung aufmerksam lesen und alle darin enthaltenen Warnhinweise und Anweisungen befolgen.
- Kindern ist die Benutzung dieser Maschine zu untersagen und sie sind davon fernzuhalten.
- Ist der Aufkleber beschädigt, unleserlich oder nicht mehr vorhanden, muss er ersetzt werden.
- Ihre Hände, Füße und Haare von allen drehenden Teilen fernhalten.

## AVVERTENZA

- Ogni uso improprio del presente articolo rischia di provocare gravi incidenti
- Prima di qualsiasi utilizzo, vi preghiamo di leggere attentamente le istruzioni per l'uso e di rispettare le avvertenze e le modalità d'impiego.
- Tenere i bambini lontani dalla macchina e non permettere loro di utilizzarla.
- Se l'etichetta è danneggiata, illeggibile o assente, occorre sostituirla.
- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

## WAARSCHUWING

- Onjuist gebruik van dit product kan ernstige verwondingen veroorzaken.
- Voordat u het product gaat gebruiken, moet u de gebruiksaanwijzing lezen en alle waarschuwingen en instructies die hij bevat toepassen.
- Deze machine niet door kinderen laten gebruiken en niet in de buurt ervan laten komen.
- Als de sticker beschadigd, onleesbaar of afwezig is, moet hij vervangen worden.
- Uw handen, voeten of haar niet in de buurt van de bewegende delen brengen.

## AVISO

- Qualquer utilização imprópria deste produto comporta o risco de causar danos graves.
- Antes de cada utilização, leia atentamente as instruções de utilização e respeite o conjunto dos avisos e instruções incluídas.
- Mantenha este aparelho afastado das crianças e não permita a sua utilização por estas.
- Se o autocolante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

## UWAGA

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwalaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżaj rąk, nóg i włosów do elementów w ruchu.

## FIGYELMEZTETÉS

- A szerkezet helytelen használatra súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatást
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a haját a mozgó alkatrészekről

## Предупреждение

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкцию по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата

## Προειδοποίηση

- Η ακατάλληλη χρήση του προϊόντος εγχο ονει κίνδυνο σοβαρού τραυ απο ού.
- Πριν από κάθε χρήση, διαβάστε προσεκτικά τις οδηγίες χρήσης και τηρείτε όλες τις προφυλάξεις και τις οδηγίες που περιέχουν.
- Μην επιτρέπετε τη χρήση του ηχανή στοσ από παιδιά και κρατήστε τα ακριά από αυτό.
- Εάν κάποιο αυτοκόλλητο έχει καταστραφεί, είναι δυσανάγνωστο ή λείπει, θα πρέπει να αντικατασταθεί
- Μην πλησιάζετε τα χέρια, τα πόδια και τα αλλιά σας σε κινητά εξαρτή στα

## ATENŢIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răniiri grave.
- Înainte de utilizare, vă rugăm să citiți cu atenție modul de folosire și să respectați toate
- Atenționările și instrucțiunile pe care acesta le conține.
- Nu permiteți copiilor să utilizeze această mașină și țineți-i departe de aceasta.
- Dacă autocolantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.

## UPOZORNENIE

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré sú tu uvedené.
- Nedovoľte deťom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že je samolepiaci štítek poškodený, nečitateľný alebo štítok chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

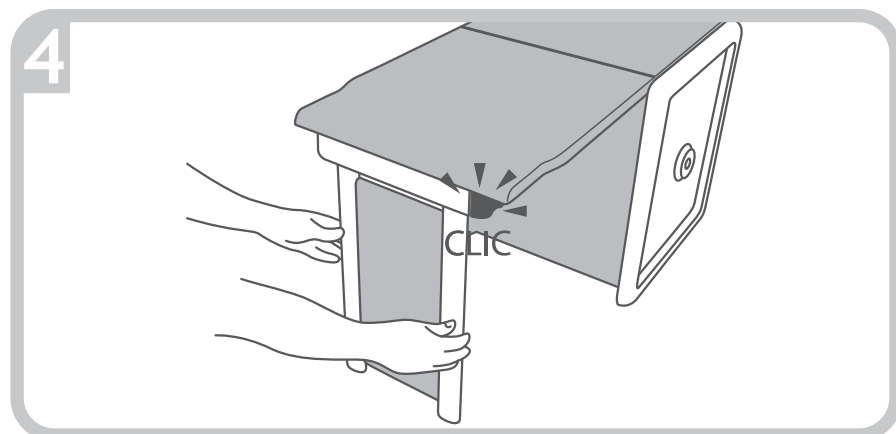
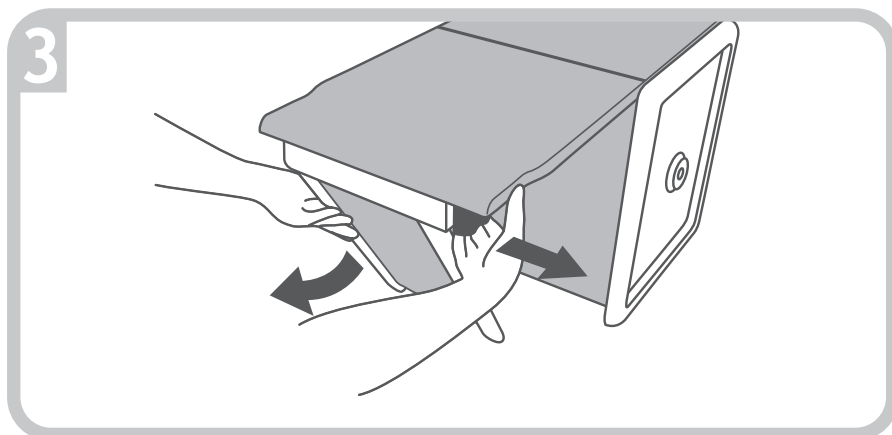
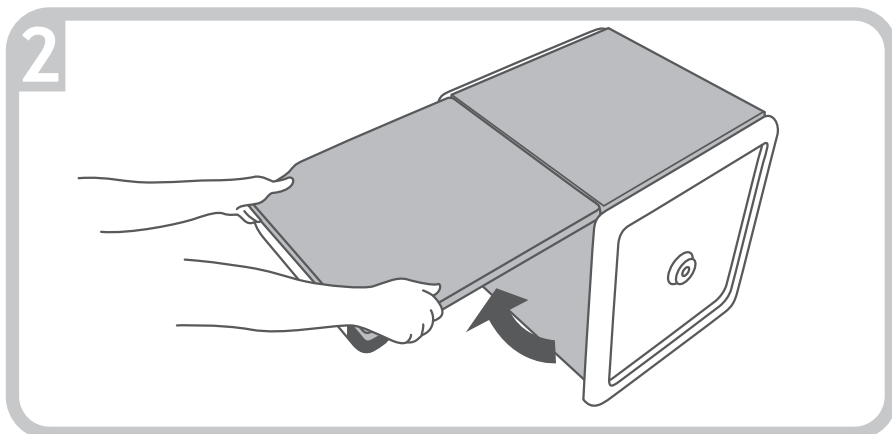
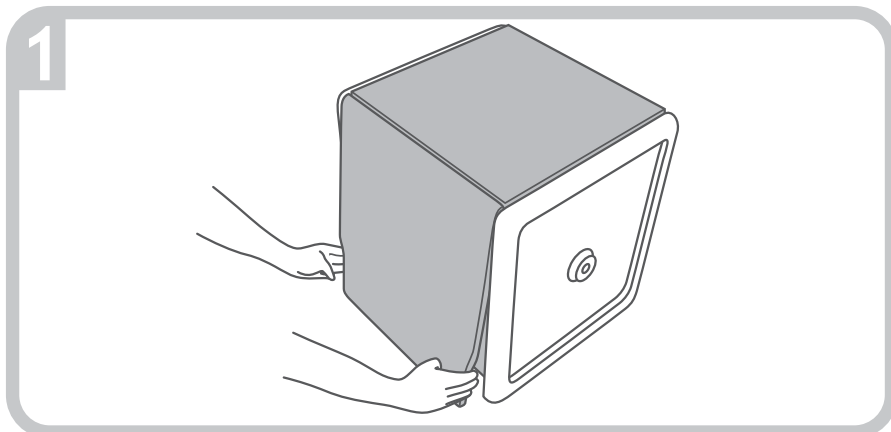
## UPOZORNĚNÍ

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě přečtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabraňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohyblivým se součástkám.

## 注意

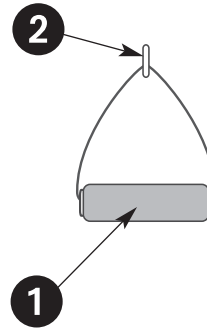
- 滥用本产品有造成严重伤害的可能。
- 使用前请阅读使用说明，遵守其中的有关注意事项和操作规定。
- 不要让儿童使用本产品或在产品周围玩耍。
- 若标签受损、印刷模糊或无标签，则应更换标签。
- 使手、脚和头发远离运动的部位。

DÉPLIAGE DU BANC • OPENING OUT THE BENCH • DESPLIEGUE DEL BANCO • AUSKLAPPEN DER BANK • ESTENSIONE DELLA PANCA • HET OPENVOUWEN VAN DE BANK • DESDOBRAMENTO DO BANCO • ROZKLADANIE ŁAWKI • A PAD SZÉTNYITÁSA • РАСКЛАДЫВАНИЕ СКАМЬИ • Αναδιπλωση Πάγκου • DEPLIEREA BĂNCII • ROZLOŽENIE LAVIČKY • ROZLOŽENÍ LAVICE • 展开长凳



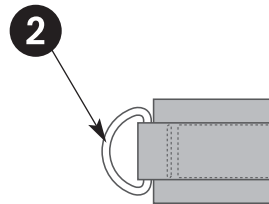
## Poignée simple de tirage Simple pull handle

Empuñadura simple de tracci3n • Einfacher Zuggriff • Impugnatura semplice di trazione • Eenvoudig trekhandvat • Pega simples de trac3o • Uchwyt pojedynczy do pociągania • Sima fogantyú bicepszezéshez • Ручка для тяги • Απλή λαβή έλξης • Măner simplu de tracțiune • Jednoduché držadlo na Ťahanie • Jednoduché držadlo pro tažení • 牽引簡易手柄



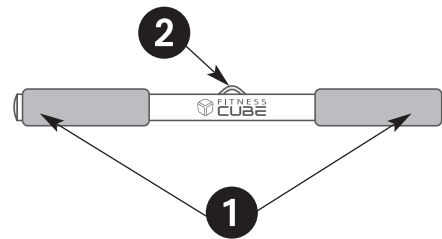
## Sangle de cheville Ankle strap

Correa de tobillo • Fußgelenksgurt • Cavigliera • Enkelband • Correia da cavilha • Ορασκα kotka ustalajqcego • Bokaheveder • Ремешок на лодыжку • Ζώνη αστραγάλων • Curea de gleznă • Popruh na členok • Popruh na kotník • 脚踝固定皮带



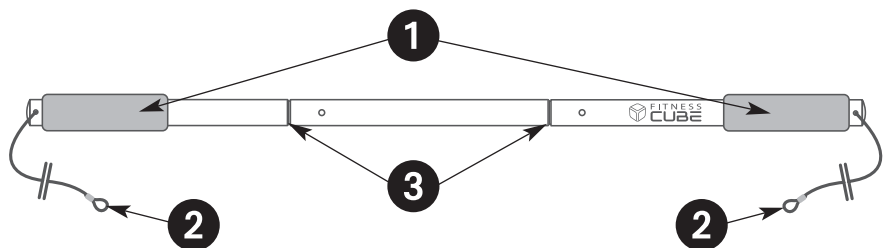
## Barre courte de tirage Short pull bar

Barra corta de tracci3n • Kurze Zugstange • Barra corta di trazione • Korte trekstaaf • Barra curta de trac3o • Kr3tki drążek treningowy • Rövid lehúzókar • Перекладина для тяги короткая • Κοτή μπάρα έλξης • Bară scurtă de tracțiune • Krátka tyč na zdvíhanie • Krátká tyč na zvedání • 牽引短棒



## Barre longue de tirage Long pull bar

Barra larga de tracci3n • Lange Zugstange • Barra lunga di trazione • Lange trekstaaf • Barra longa de trac3o • Długi drążek treningowy • Hosszú lehúzókar • Перекладина для тяги длинная • Μακριά μπάρα έλξης • Bară lungă de tracțiune • Dlhá tyč na zdvíhanie • Dlouhá tyč na zvedání • 牽引长棒

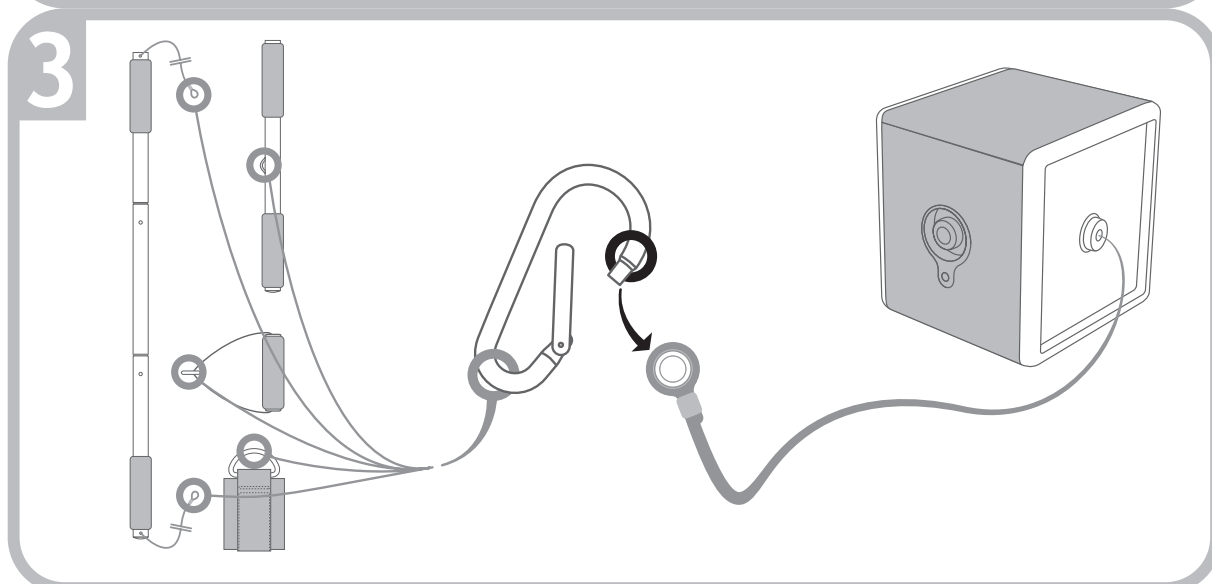
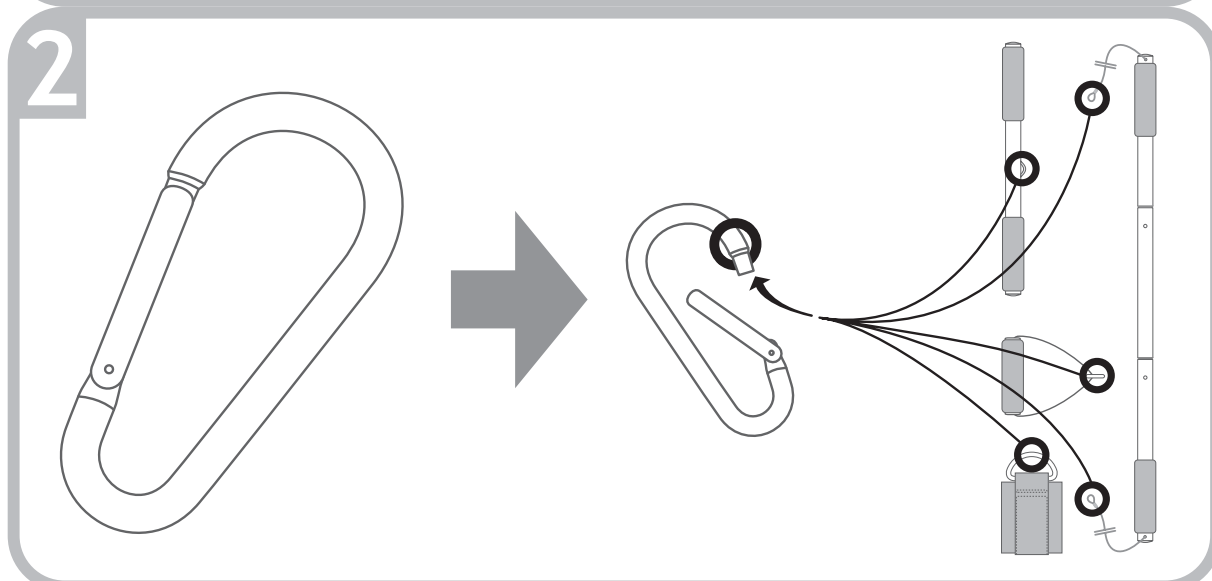
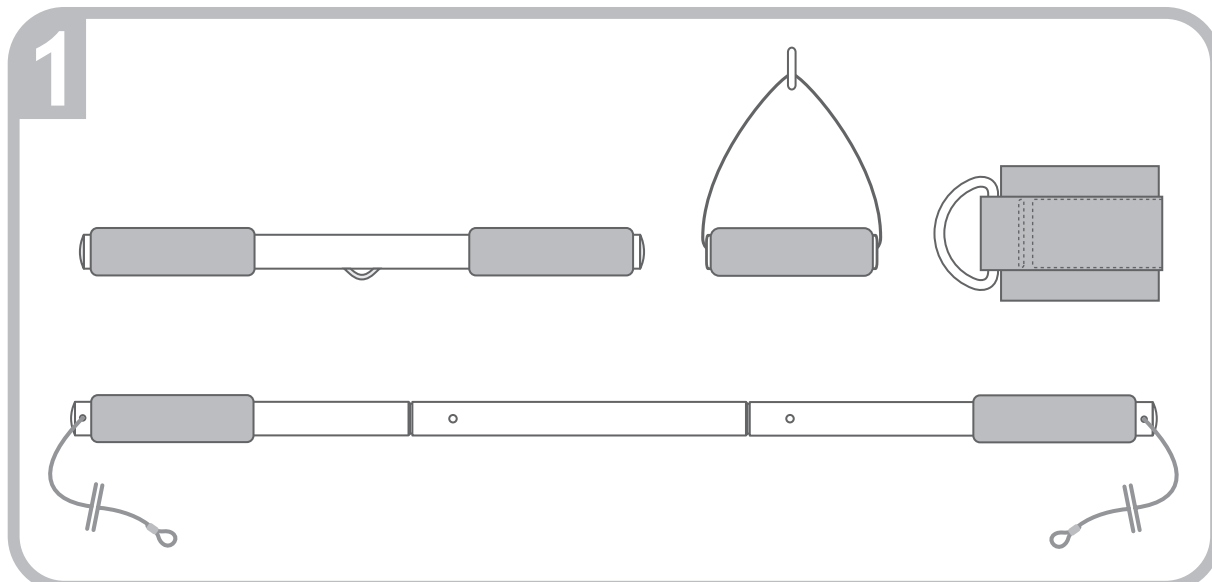


**1** Mousse de protection antidérapante.  
Non-slip protective foam  
Espuma de protecți3n antideslizante  
Rutschfeste Schutzpolsterung  
Schiuma di protezione antiscivolo  
Beschermingsmousse met antislip  
Espuma de protecç3o antiderrapante  
Gąbka ochronna przeciwpoślizgowa  
Csúszásgátló, véd3 habanyag  
Несколькокий защитный пеноматериал  
Αντιολισθητικός προστατευτικός αφρός  
Spumă de protecție antiderrapantă  
Protišmyková ochranná pena  
Protiskluzová ochranná pěna  
防滑保护海绵

**2** Anneau d'accroche du câble.  
Cable attachment ring  
Anillo de enganche del cable  
Kabel-Befestigungsring  
Anello di aggancio del cavo  
Befestigungsring van de kabel  
Anel de fixaç3o do cabo  
Pierścien do zaczepienia kabla  
Kábelakasztó gyűrű  
Кольцо для крепления троса  
Κρίκος στερέωσης καλωδίου  
Inel de prindere a cablului  
Kružok na zavesenie kábla  
Kroužek pro zavěšení kabelu  
繩索的悬挂环

**3** Points de pliage.  
Fold points  
Puntos de plegado  
Klappstellen  
Punti di piegatura  
Plooiipunten  
Pontos de dobragem  
Punkty składowania  
Összehajtási pontok  
Точки складывания  
Σημεία αναδίπλωσης  
Puncte de pliere  
Body na rozloženie  
Body pro rozložení  
可折迭处

MONTAGE DES ACCESSOIRES SUR LE FITNESS CUBE • ATTACHING ACCESSORIES TO THE FITNESS CUBE  
MONTAJE DE LOS ACCESORIOS SOBRE EL FITNESS CUBE • MONTAGE DER ZUBEHÖRTEILE AM FITNESS  
CUBE • MONTAGGIO DEGLI ACCESSORI SUL FITNESS CUBE • MONTEREN VAN DE ACCESSOIRES OP DE  
FITNESS CUBE • MONTAGEM DOS ACESSÓRIOS NO FITNESS CUBE • MONTAŻ AKCESORIÓW W URZĄD-  
ZENIU FITNESS CUBE • A KELLÉKEK FELSZERELÉSE A FITNESS CUBE-RE • МОНТАЖ АКЦЕССУАРОВ НА FITNESS  
CUBE • Τοποθέτηση αξεσουάρ στο Fitness Cube • MONTAREA ACCESORIILOR PE FITNESS CUBE • MONTÁŽ PRÍS-  
LUŠENSTVA NA FITNESS CUBE • MONTÁŽ PŘÍSLUŠENSTVÍ NA FITNESS CUBE • 在FITNESS CUBE上安装配件



You have chosen a piece of fitness equipment by DOMYOS.  
 We thank you for your confidence in us.  
 We have created the DOMYOS brand to provide a way for all athletes to stay in shape.  
 A product created for athletes by athletes.  
 We would be pleased to receive your comments and suggestions concerning DOMYOS products.  
 Therefore, your store team is ready to listen, as is the DOMYOS products design department.  
 You can also find us at [www.domyos.com](http://www.domyos.com)  
 We wish you successful training and hope that you will enjoy using this DOMYOS product.

## PRESENTATION

The FITNESS CUBE is a compact and versatile muscle toning device.  
 Training on this type of equipment aims to:  
**Tone your whole muscle mass using a focused muscle-by-muscle approach.**

## WARNING

**Warning: To reduce the risk of serious injury, read the important usage precautions below before using the product.**

1. Read all the instructions in this manual before using the product. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. Domyos cannot accept any responsibility for complaints of injury or damage caused to any person or object resulting from the misuse of this product by the buyer or any other person.
4. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional settings.
5. Use this product indoors, away from humidity and dust, on a flat, hard surface and in a sufficiently large space. Ensure that you have enough space to move around the product completely safely. To protect the floor, put down a mat under the product.
6. The user is responsible for ensuring proper care and maintenance of the equipment.
7. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
8. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
9. Wear sports shoes to protect your feet while exercising. DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewellery.
10. Put your hair up so that it does not get in the way during exercise.
11. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
12. Keep children and pets away from the product at all times.
13. Before undertaking this exercise program, you must consult a doctor to be sure there are no counter-indications, particularly if you have not participated in sports for several years;
14. Do not modify your product.
15. Any disassembly operations must be carried out by a technician from the shop where the bench was bought.
16. Maximum user weight: 242lbs – 110kg

## SAFETY

Consult your doctor before starting any exercise programme, particularly if you are over the age of 35 or have had medical problems in the past.  
 Read all instructions before use.  
 DECATHLON cannot accept any responsibility for any bodily injuries or damage caused to objects resulting from the use of this product.

## CARE

So that perspiration does not damage the saddle, use a towel to cover it, or wipe it after each use.  
 If you want to clean your Fitness Cube, use a dry cloth or a damp sponge and clean water.

## USE

**For best training results, please follow the following recommendations.**

- If you are a beginner, start training for several weeks with a low resistance to get your body used to muscular work.
- Warm up before each session with cardiovascular work, movements using the lowest resistance or ground exercises and stretches. Gradually increase the weights you use.
- Movements should be smooth; avoid sudden movements.
- Always keep your back straight. Avoid bending or arching your back during movements.

Beginners should use series of 10 repetitions, usually 4 series per exercise with a minimum recovery time between each series (this recovery time could be set by your doctor during your check-up). Alternate muscle groups.  
 Don't work on all your muscles every day, but spread your training over several days.

Whatever type of exercise you do:  
 Breathe out while taking strain.  
 Breathe in as you relax.

## SETTINGS

Your FITNESS CUBE gives you the chance to exercise using eight different levels of resistance.  
 Position 1 corresponds to the lowest resistance, and position 8 to the highest.  
 All you have to do is turn the knob on the front side clockwise.  
 Always start training by making warm-up movements.

## WARRANTY

DECATHLON guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and workmanship, starting at date of purchase as indicated by the date on the cash register receipt. This guarantee only applies to the first purchaser.

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

All products for which the warranty is applicable must be received by DOMYOS in one of its approved centres (a DECATHLON store, for example), postage paid, along with proof of purchase.

This warranty does not apply in the event of:

- Damage caused during transport.
- Improper or abnormal use.
- Repairs made by technicians not approved by DOMYOS.
- Use of the product in question for commercial purposes.

This warranty does not exclude any legal guarantees applicable according to country and/or province.

DOMYOS, 4 BOULEVARD DE MONS – BP299 – 59665 VILLENEUVE D'ASCQ – France