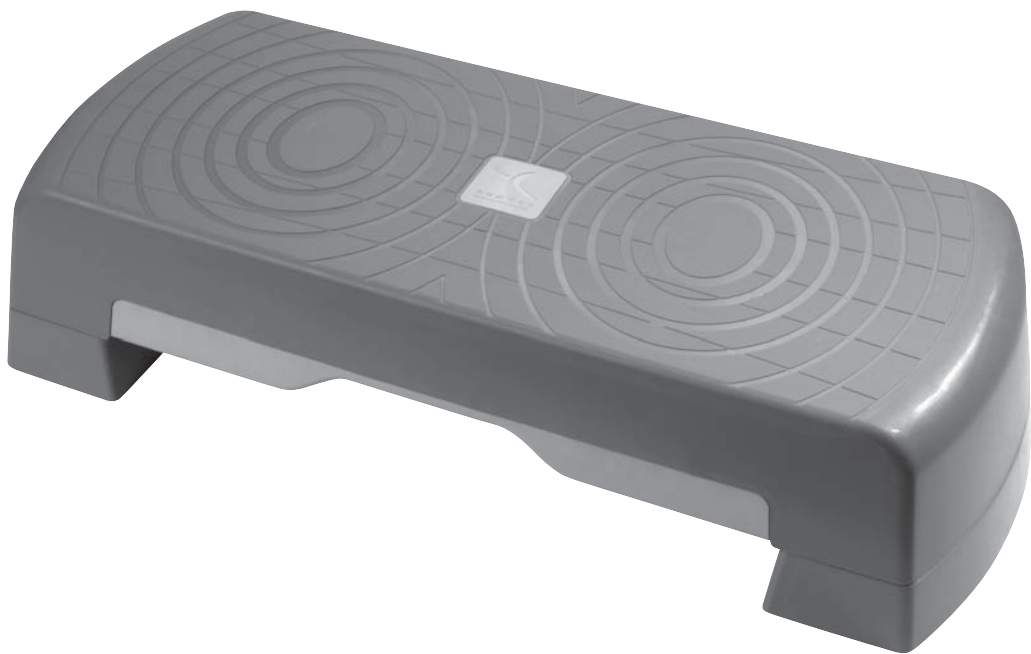


STEP 160

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

MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
ISTRUCIUNI DE UTILIZARE
NÁVOD NA POUŽITIE

NÁVOD K POUŽITÍ
BRUKSANVISNING
УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
ІНСТРУКЦІЯ ВИКОРИСТАННЯ
دليل الاستخدام
使用说明



D O M Y O S

STEP 160

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
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保存说明书



DOMYOS

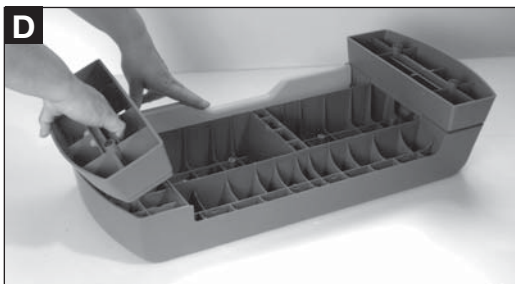
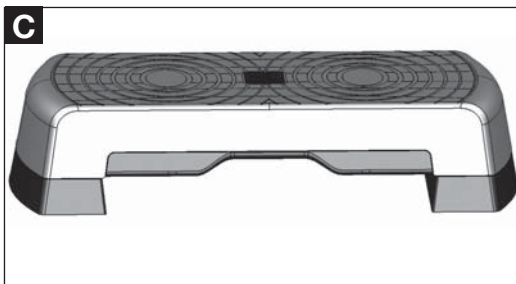
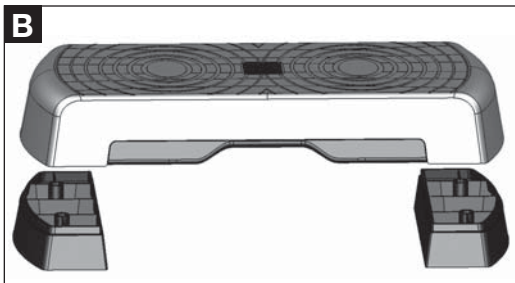
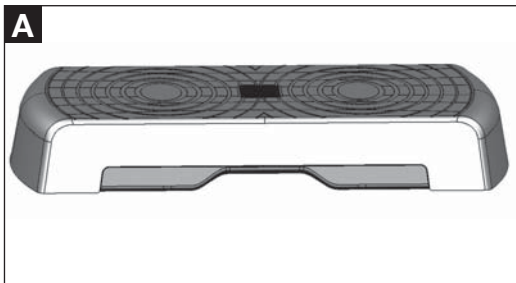
**decathlon
creation**

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in Spain - Hecho en España - 西班牙 制造 - Произведено в Испании

Réf. pack : 1101.758 - CNPJ : 02.314.041/0001-88 - 合格品



**MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING
• MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ
• MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • МОНТУВАННЯ • التركيب
• 安裝**



**RÉGLAGES • SETTINGS • AJUSTE • EINSTELLUNG • IMPOSTAZIONE
• INSTELLEN • CONFIGURAÇÃO • USTAWIENIE • BEÁLLÍTÁS • Настройка
• REGLARE • NASTAVENIE • NASTAVENÍ • INSTÄLLNING • РЕГЛАЖ • AYAR
• РЕГУЛЮВАННЯ • الضبط • 调节**

FR • Avant toute utilisation réglez chaque pied sur la même hauteur. Veillez à ce que les pieds soient bien emboîtés dans les espaces prévus à cet effet.

EN • Before any use, adjust each foot to the same height. Ensure that each foot is properly inserted into its housing.

ES • Antes de utilizarlo, ajuste cada pie a la misma altura. Compruebe que los pies están perfectamente insertados en los espacios previstos a tal efecto.

DE • Zu Beginn müssen sich die FüÙe auf ein und der selben Höhe befinden. Achten Sie darauf, Ihre FüÙe in die dafür vorgesehenen Aussparungen zu stellen.

IT • Prima dell'utilizzo, regolare ogni piedino alla medesima altezza. Accertarsi che i piedini siano ben inseriti negli spazi previsti a tale scopo.

NL • Stel voor elk gebruik elke voetsteun in op dezelfde hoogte. Ga na of de voeten goed vastzitten in de hiervoor voorziene plaatsen

PT • Antes de qualquer utilização, regule cada pé para a mesma altura. Certifique-se que os pés ficam devidamente colocados no interior dos espaços previstos para esse efeito.

PL • Przed rozpoczęciem używania steppera ustawić taką samą wysokość każdej nóżki. Sprawdzić, czy nóżki są dobrze zagnieżdżone w przeznaczonych do tego miejscach.

HU • Minden használat előtt állítsa be azonos magasságra minden lábát. Ügyeljen arra, hogy a lábak jól illeszkedjenek a nekik szánt helyre.

RU • Перед использованием отрегулируйте каждую педаль на одинаковую высоту. Следите за тем, чтобы ступни находились на специально предназначенных для этой цели местах. Во время выполнения упражнений держите спину прямой.

RO • Înainte de orice utilizare, reglați fiecare picior la aceeași înălțime. Verificați ca picioarele să fie bine încastrate în spațiile prevăzute în acest scop.

SK • Pred použitím prístroja nastavte všetky nohy do rovnakej výšky. Dbajte na to, aby ste podstavce zasunuli do otvorov vyhradených na tento účel.

CS • Před každým použitím nastavte všechny nohy na stejnou výšku. Dejte pozor, aby byly nohy dobře zasazeny v prostoru určeném k tomuto účelu.

SV • Ställ in varje fotsteg till samma höjd innan du använder produkten. Se till att fotstegen sitter fast ordentligt på de anvisade platserna.

BG • Преди всяка употреба регулирайте стойките на еднаква височина. Краката трябва да са пхнати на местата, предвидени за тази цел.

TR • Her kullanım öncesi, her ayađı aynı yükseklik üzerine ayarlayınız. Ayakların bu amaçla öngörölmüş olan yerlere iyi oturduklarından emin olun.

UK • Кожного разу перед використанням встановлюйте опори на однакову висоту. Опори мають бути правильно встановлені у належні гнізда.

AR • قبل أي استعمال قم بضبط كل قدم على نفس الارتفاع. تأكد من وضع الأقدام في الحيز المخصص لهذا الغرض.

ZH • 在使用前，将每一支脚调到一样的高度。确保支脚嵌入应该嵌入的地方。

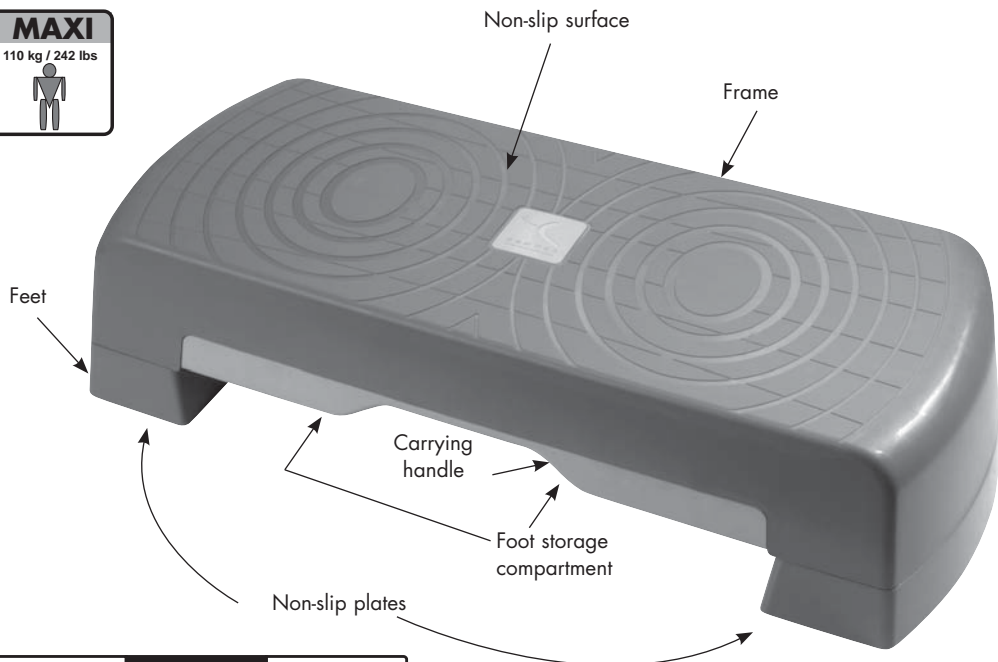
E N G L I S H

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 by athletes for athletes.

We would like to receive your comments and suggestions concerning DOMYOS products.

Therefore, your store team and the DOMYOS product design departments are ready to listen. If you would like to write to us, please send an e-mail to the following address: domyos@decathlon.com

We wish you successful training and hope that you will enjoy using this DOMYOS product.



STEP 160

**2,4 kg
5,5 lbs**

69 x 28,3 x 15 cm
27,2 x 11,1 x 5,9 inch

INTRODUCTION

The STEP is a stair simulator that provides resistance using the force of gravity exerted by your weight. The feet on which the STEP rests are an integral part of the frame and are height adjustable (10 cm / 3.9 inches and 15 cm / 5.9 inches). The STEP is a cardio-training device. Exercising on it will enable you to work on your endurance and your overall physical condition and to burn calories. In addition to the beneficial cardiovascular and respiratory effects of exercise, the STEP improves the muscle tone in your buttocks, thighs and calves.

SAFETY

Before beginning any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all the instructions before use. DECATHLON does not accept any responsibility for any personal injury or property damage sustained by or through use of this product.

WARNINGS

Warning: To reduce the risk of serious injury, read the important instructions for safe usage 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 disclaims any responsibility for injuries or damage sustained by any person or property caused by improper use of this product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
5. Use this product indoors, away from moisture and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is enough room to move around the equipment safely. Ensure that the STEP does not damage your floor.
6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled; and prior to each use, check that the non-slip surfaces are undamaged. Check the condition of the parts that are the most subject to wear and tear.
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 the product in a damp place (near a swimming pool, in a bathroom etc.), avoid exposing your STEP 160 to sunlight and to temperatures higher than 50° C or 122° F.
9. Wear athletic shoes to protect your feet while exercising.
10. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
11. Keep children and pets away from the product at all times.
12. Before undertaking this exercise program, you must consult a physician to be sure there are no contraindications, particularly if you have not participated in sports for several years.
13. Maximum user weight: 242 lbs. – 110 kg

CARE AND MAINTENANCE

The STEP only requires minimum maintenance.
To clean it, use a sponge and clean water, and then dry it with a dry cloth.

USE

Before doing any cardio-training activity, regardless of your age, consult your physician, who will recommend an exercise program suitable for your physical condition. While exercising, try to keep your back straight.

PHASES OF PHYSICAL ACTIVITY

A Warm-up phase: progressive effort.

The warm-up is the preparatory phase for exercise and gets your body FULLY READY to start working out. It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES. It involves two steps: WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.

- 1) Wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.
- 2) The overall warm-up get the cardio-vascular and respiratory system going progressively, for a better blood supply to the muscles and better preparation for exercising. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that the warm-up should be longer for people age 55 and older, and in the morning.

B Training

The workout is the main phase of your physical activity. By working out on a REGULAR basis, you can improve your physical fitness.

- Anaerobic work, for improving endurance.
- Aerobic work for improving cardio-pulmonary strength.

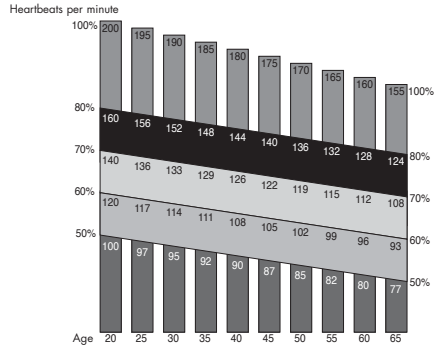
C Warming down

This corresponds to low-level activity; it is the progressive "resting" phase. WARMING DOWN brings your cardiovascular, respiratory and circulatory systems and your muscles back to normal functioning (thereby preventing undesirable side effects such as lactic acid, the accumulation of which is one of the major causes of muscle pain, namely, cramps and stiffness).

D Stretching

Stretching must follow the warm-down phase, while your joints are still warm, in order to reduce the risk of injury. Stretching after exertion: minimizes MUSCLE STIFFNESS due to the accumulation of LACTIC ACID, and stimulates BLOOD CIRCULATION.

Exercise zone



- Training at 80% to 90% and beyond: anaerobic and red zones reserved for competitive, specialized athletes.
- Training at 70%-80% of maximum heart rate: endurance training
- Training at 60% to 70% of maximum heart rate: getting into shape/burning off fat.
- Training at 50% to 60% of maximum heart rate: Maintenance/Warm-up.

WARRANTY

DOMYOS guarantees this product under normal conditions of use for 2 years from the date of purchase, as indicated by the date on the receipt. This warranty only applies to the initial purchaser.

The obligation of DOMYOS with regard to this warranty 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 returned to DOMYOS at one of its approved facilities (a DECATHLON store) transport prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases 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

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