

STEP 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 الاستعمال

使用说明



DOMYOS

STEP 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
يجب الاحتفاظ بهذا الدليل
请妥善保管说明书

Réalisation : EVOLUTION + 32 / 69 250 500



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

Made in Taiwan - Hecho en Taiwan - Fabricado em Taiwan -

比利时 制造 - Произведено в Тайван

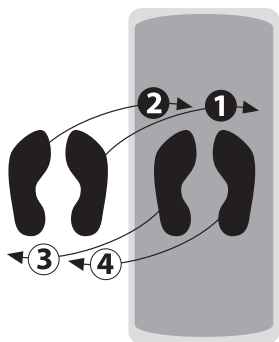
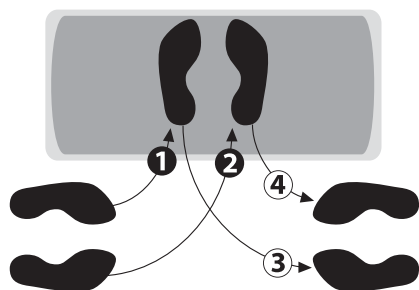
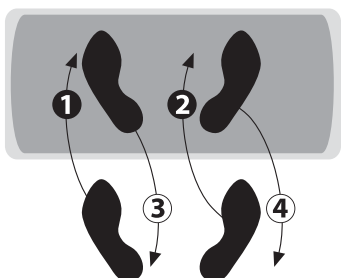
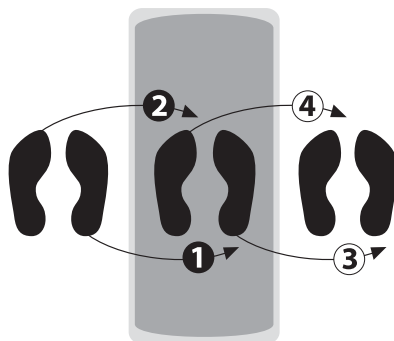
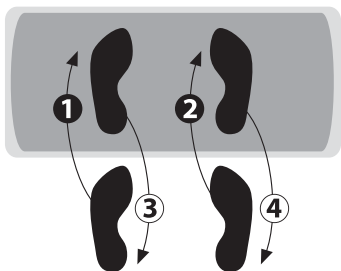
Импортер :
ООО «Октябрь», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3

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Réf. pack : 425.398 - CNPJ : 02.314.041/0001-88

合格品



SETTINGS

- Before each use, adjust each foot to the same height. Make sure that your feet are properly secured in the foot holes
- Non-slip foot rest
- Sturdy frame
- Foot height is easy to adjust using an innovative setting mechanism
- Professional use
- 5-year guarantee for the frame and 2-year guarantee for parts and labour.
- User: 110 kg maximum
- Assembled dimensions: 100*42*15 cm

PRESENTATION

1. The STEP is a step climbing simulator that uses your own body weight to resist your movement. The feet on which the STEP is mounted are part of the frame and can be adjusted to three height settings (15 cm, 20 cm and 25 cm).
The STEP is an exercise machine for cardio-training. Using cardio-training work principles (aerobic exercise), the exercises done using the STEP help you to improve your endurance (maximum oxygen absorption capacity) and physical condition and burn calories (controlling and losing weight when coupled with a diet).
Besides the cardio-vascular and respiratory benefits, the STEP tones up the buttocks, thighs and calves.
2. To ensure a consistent level of safety whenever you use this stepper, you must check it over regularly. Faulty parts must be replaced immediately and the apparatus must not be used until fully repaired.
3. Allow enough space around your STEP to ensure its safe use. Place the STEP on a stable and even surface.
4. Do not allow children to use this apparatus or play nearby when it is being used.
5. **Make sure that the feet are properly locked in place before use.**
6. This apparatus complies with standard EN-957-2 class H relating to domestic use.
7. Maximum weight of user: 110 kg
8. Avoid exposing the STEP to direct sunlight and excessive heat (in excess of 50°C)
9. Adjust each foot to the same height.
10. The DOMYOS STEP is guaranteed for 5 years against faulty materials and workmanship.
Consumable parts are guaranteed for 2 years (the STEP's mobile feet are considered to be consumable parts)
11. For beginners, the feet of the STEP should be set to the «0» position (lowest position) for the various exercises.

USER RESTRICTIONS

Do not use the Step for any other type of activity.

STORAGE

For reasons of security, we recommend that the step is stored flat on the ground. Avoid storing the Step on its side.