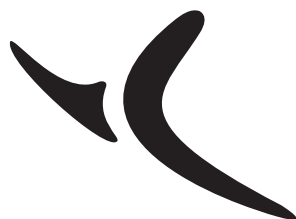
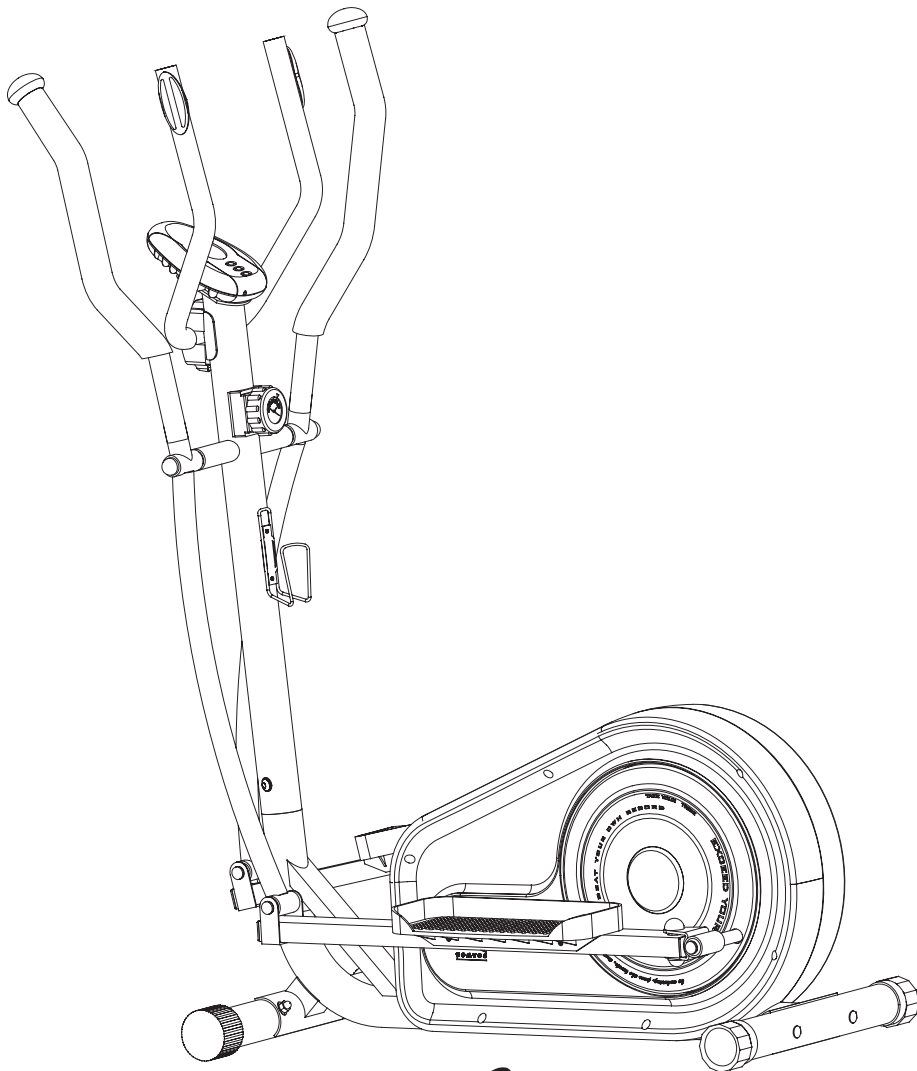


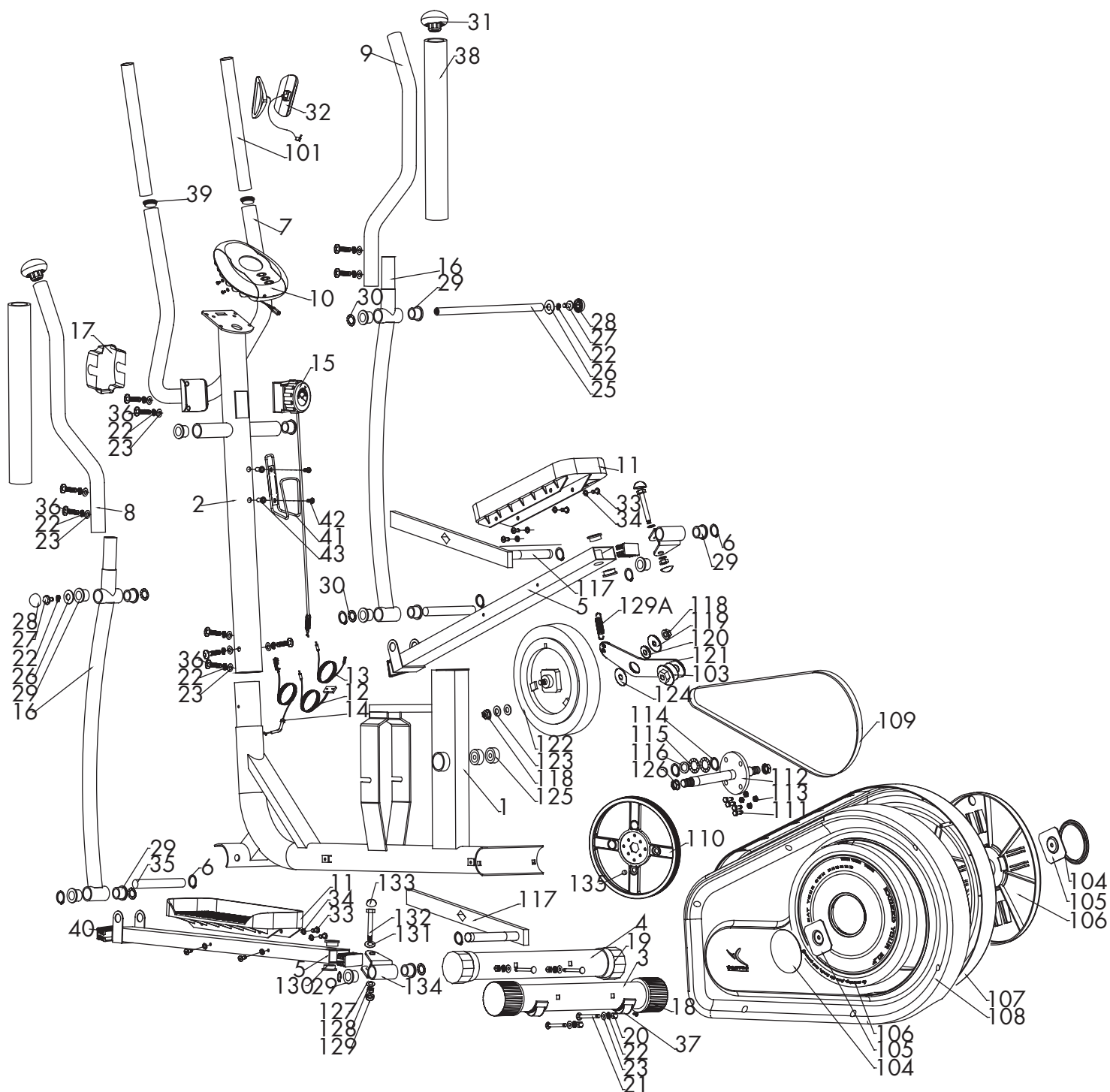
EL Xmas

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

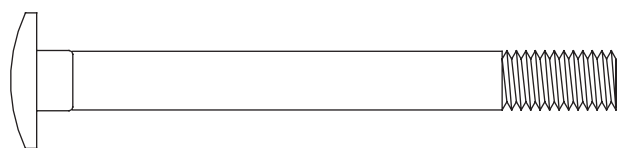
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
Инструкция по использованию
Οδηγίες χρήσης
使用说明书



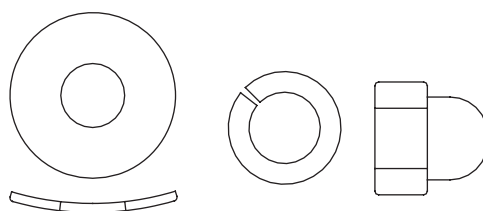
D O M Y O S



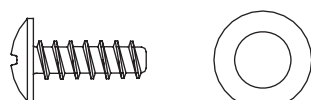
A x4



M8*77



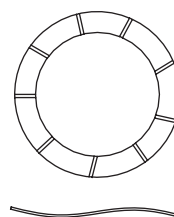
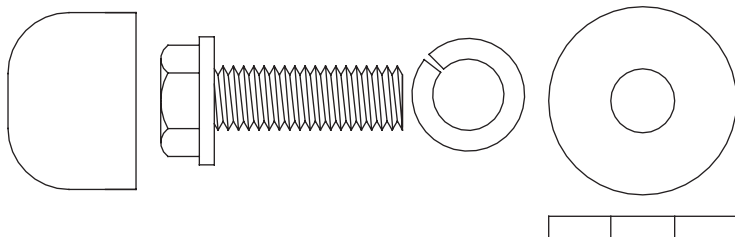
B x8



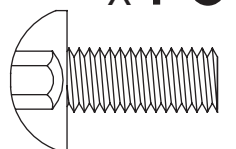
M6*15L



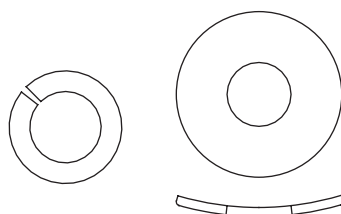
C x2



D x10



M8*20



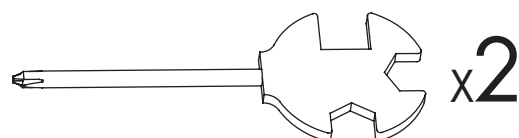
E x2



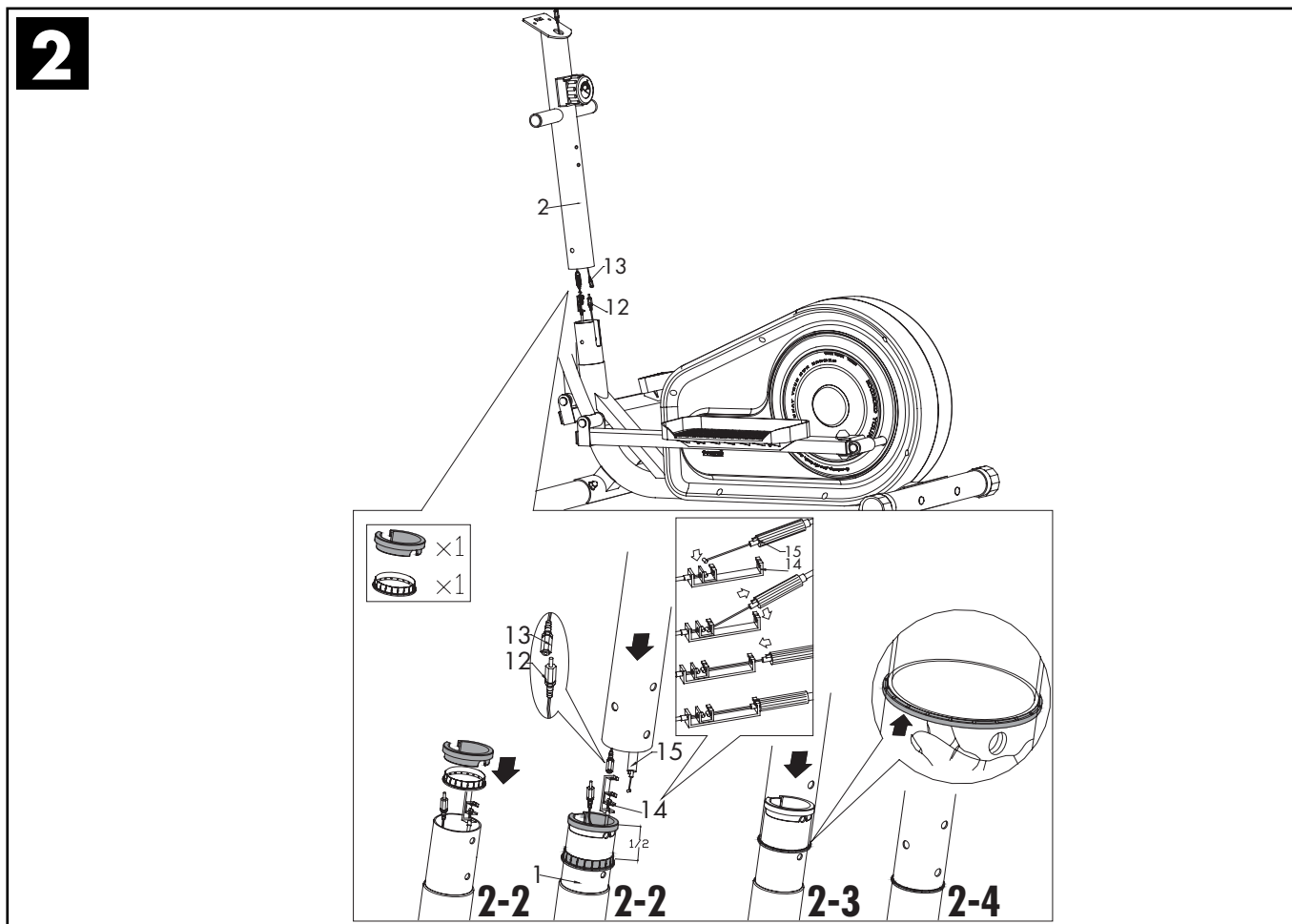
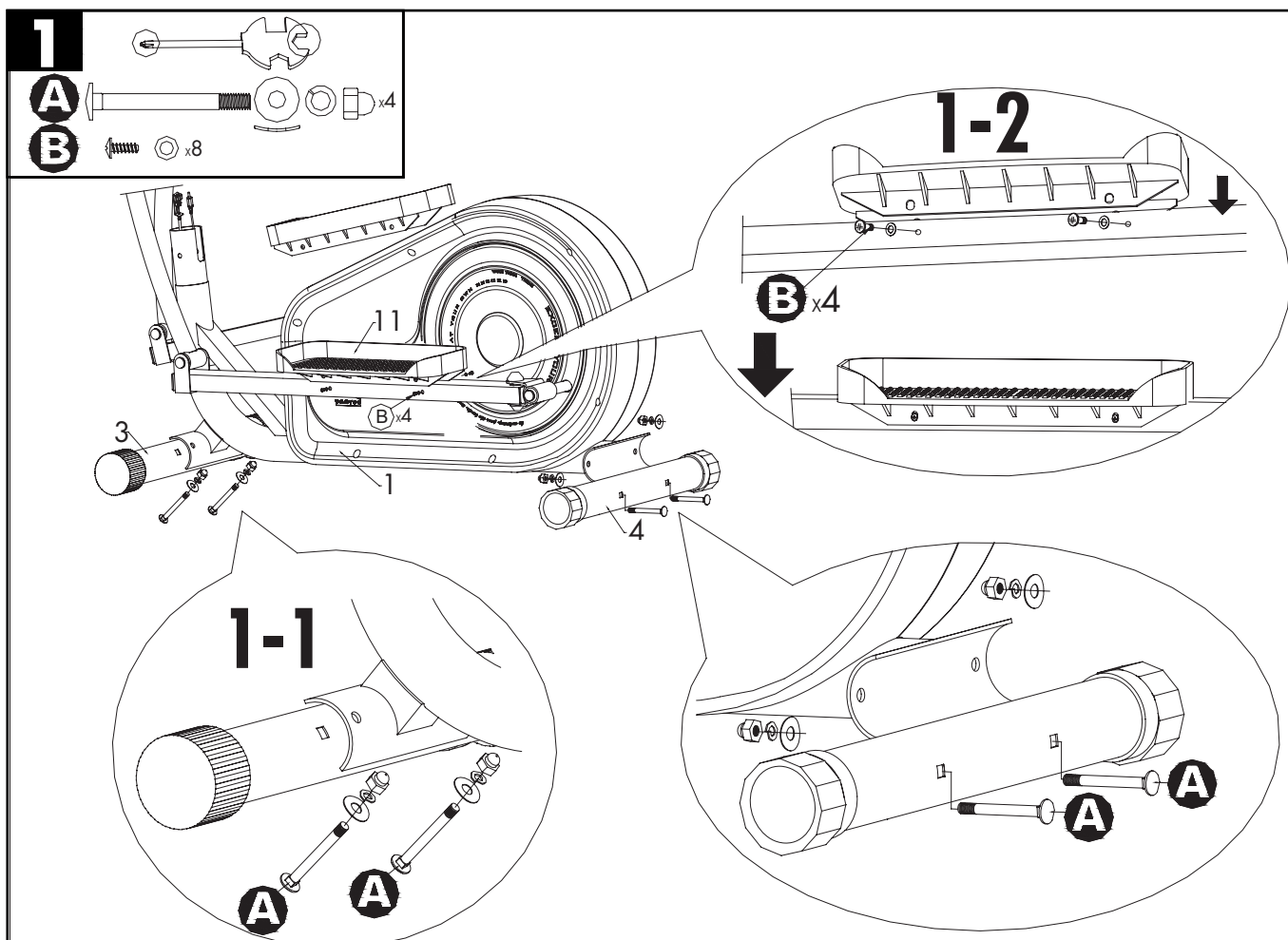
M5*15L

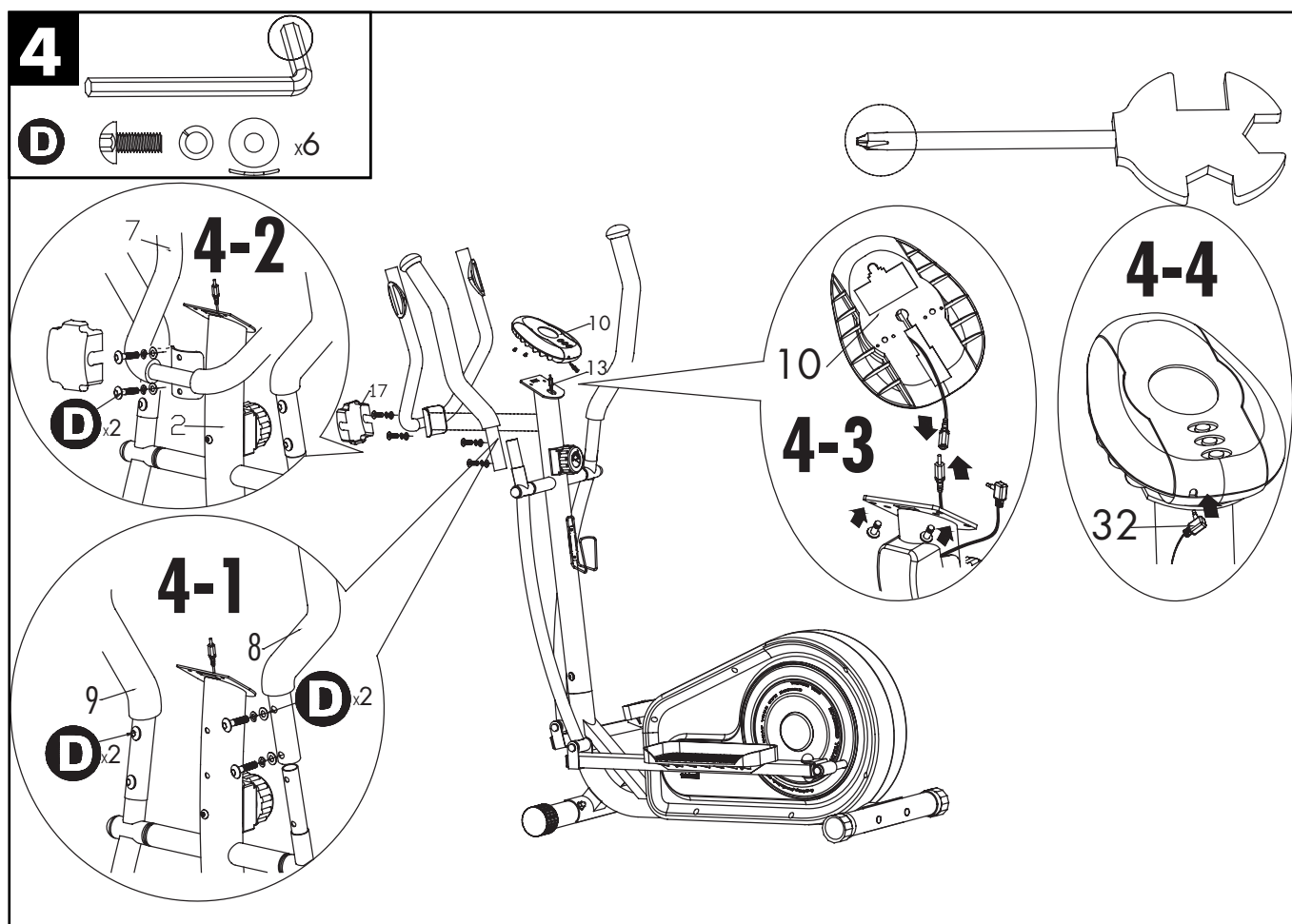
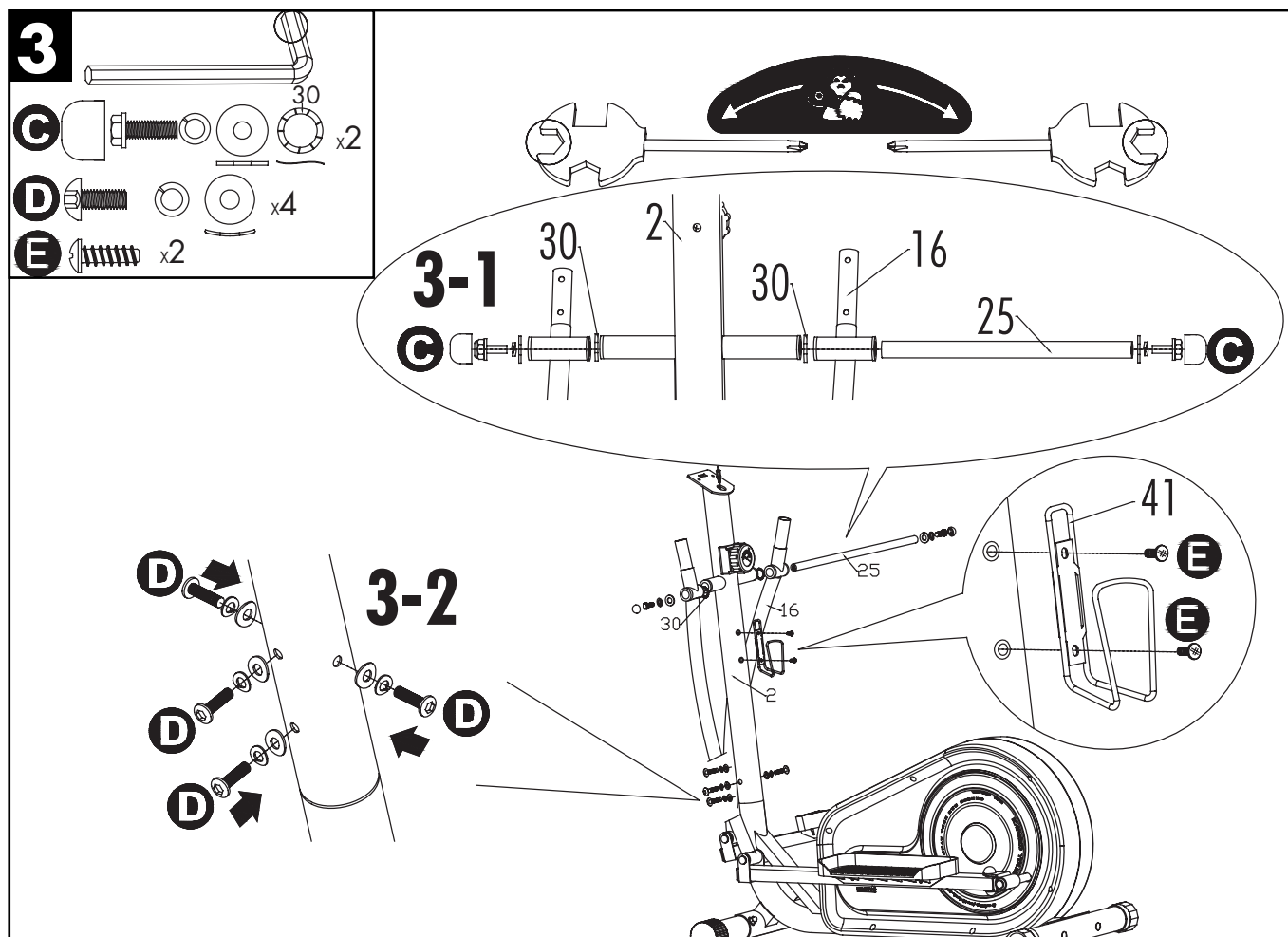


x1



x2





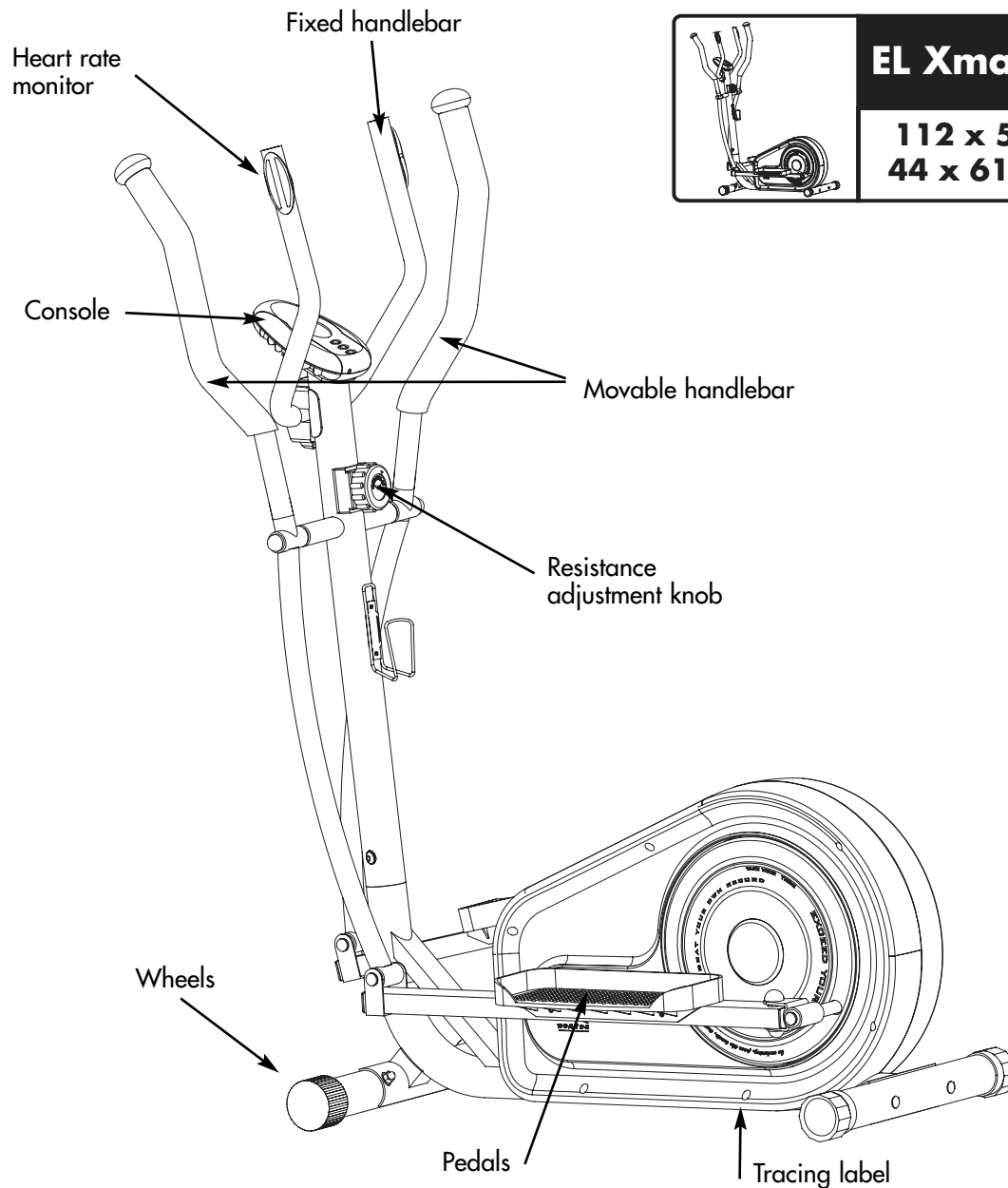
E N G L I S H

You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us.

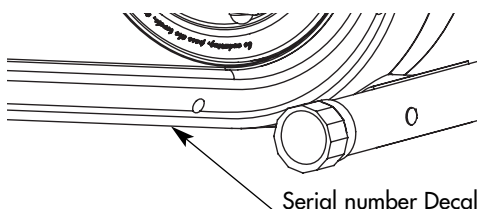
We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments and suggestions about DOMYOS products. To this aim, the staff at your local store and the DOMYOS 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.



Model N° : _____
Serial N° : _____
 Write the serial number in the space above for future reference.



CAUTION

Read all warnings affixed to the product.

Read precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

INTRODUCTION

The EL Xmas is a new-generation apparatus for getting back into shape.

This product is equipped with a magnetic transmission for great and smooth pedaling comfort.

The EL Xmas brings together the circular motion of cycling, the horizontal motion of running, and the vertical motion of stair stepping – all rolled into one! The back-and-forth elliptical movement of the feet, in combination with the arm movement, helps develop the muscles of the arms, the back, the pectorals, the gluteals, the quadriceps, and the calves.

SECURITY

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

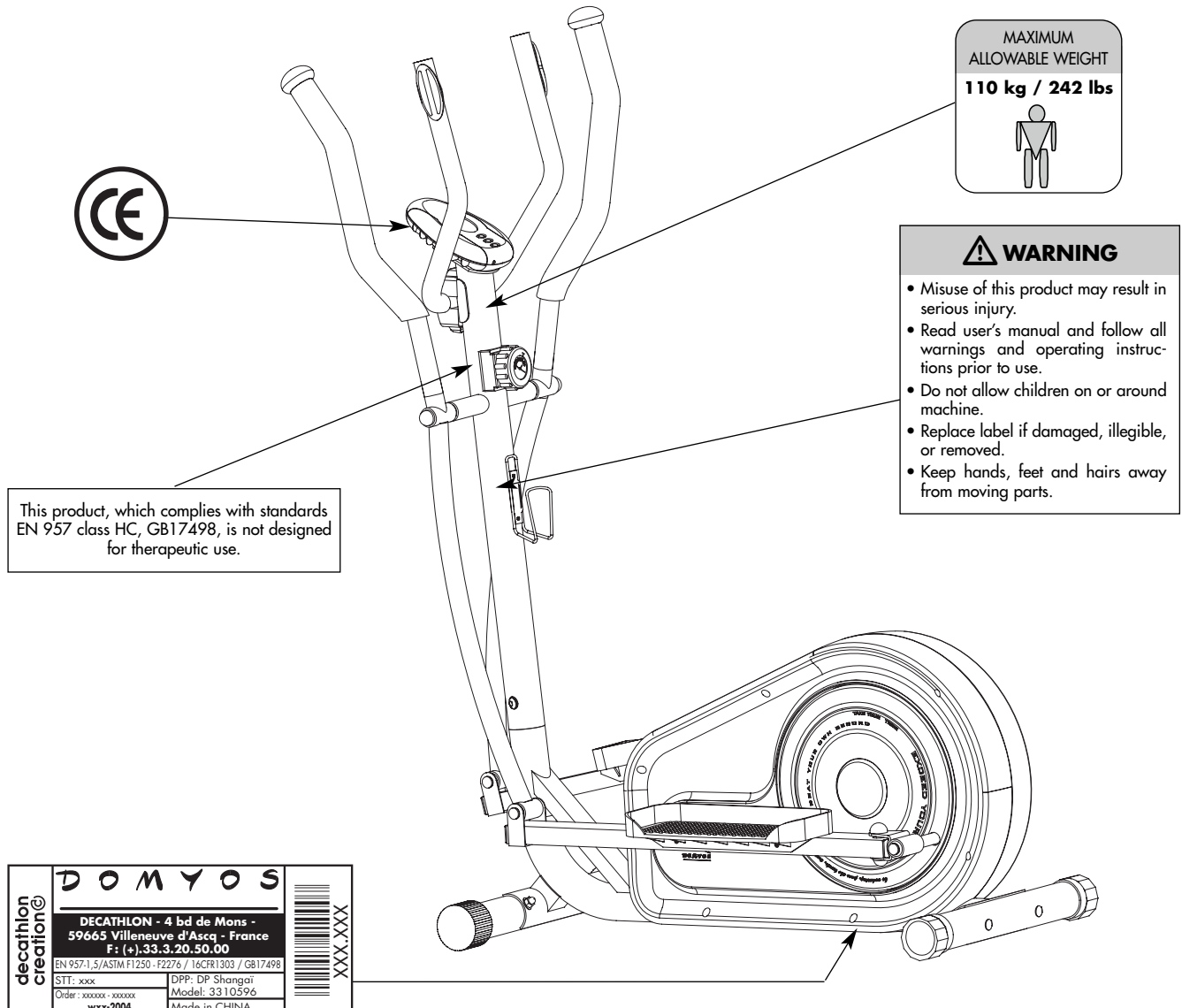
1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. This device complies with European and Chinese standards pertaining to fitness products in-home and non-therapeutic use (EN-957-1, EN 957-9 class HC / GB17498).
3. An adult should do the assembly of the appliance.
4. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
5. Domyos disclaims any responsibility in case of claim for injury or damages to any person or property resulting from improper utilization of this product by the purchaser or any other person.
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. Use the product indoors, away from moisture and dust, on a level and solid surface and in a clear area. Be sure there is enough space for safe access to and passage around the product. Cover the floor beneath the product for protection.
8. It is the user's responsibility to ensure efficient maintenance of the appliance. After assembling the product and before each use, check that the attachment elements are well tightened without extending. Check the state of wear and tear parts.
9. In the event of damage to your product, have all worn out or defective parts replaced immediately by the After-Sales Service of your nearest DECATHLON store and do not use the product before it is completely repaired.
10. Do not store the product in a humid place (edge of swimming pool, bathroom...)
11. Always wear sports shoes to protect the feet while exercising. Wear appropriate clothing when exercising. DO NOT wear loose clothing that could get caught in moving parts. Remove jewellery.
12. Tie long hair so that it does not get in the way when exercising.
13. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.

14. Keep children and pets away from the product at all times.
15. Keep hands and feet away from moving parts.
16. Before starting an exercise program, you should consult a doctor to make sure that there are no counter-indications especially if you have not practiced any sport for several years.
17. Do not let setting devices extend outward.
18. Do not tinker with your EL Xmas.
19. Keep your back straight when using the product. Do not arch your back.
20. There are many factors that may affect the precision of the readout from the heart rate monitor; it is not a medical device. It is designed merely to help you determine your general heart rate.
21. People wearing a pacemaker, a defibrillator or any other implanted electronic device are warned that they use the heartbeat sensor and body fat monitor at their own risk. Before using the equipment, we recommend carrying out a trial exercise under the supervision of a doctor.
22. Pregnant women are not advised to use the product. Please consult your doctor before using it.
23. Always hold the handlebar when getting on, getting down, or using the product.
24. Care should be taken mounting/dismounting the exercise bicycle.
25. When you stop exercising, allow the pedals to slowly come to a stop.
26. Maximum user weight: 110 kg – 242 pounds.
27. There should only be one person on the product during the exercise
28. Clean with a damp sponge. Rinse and dry thoroughly.

WARNING

Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use.

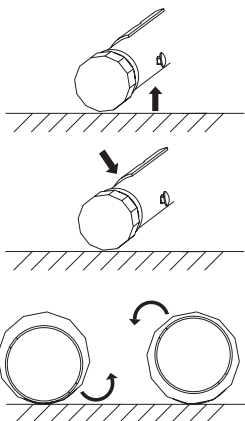
The decals illustrated on this page have been applied to the product in the locations indicated below. Please contact your DECATHLON store and order a free replacement decal if there are any missing or illegible decals. Replace the decal onto the product in the indicated location.



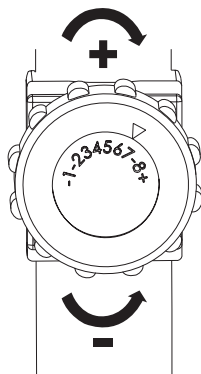
ADJUSTMENTS

Notice: it is necessary to get off the elliptical bicycle to effect all adjustments.

1



2



1 LEVELING THE BICYCLE

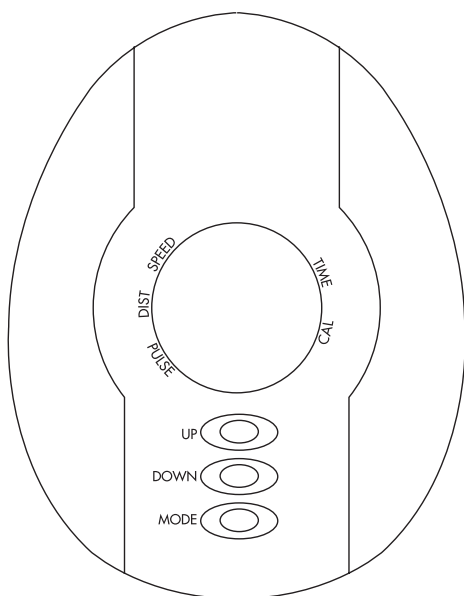
In case of instability of the bicycle during use, turn one or both of the plastic end caps on the rear support leg until the instability is eliminated

2 ADJUSTING THE RESISTANCE

Braking and resistance are connected to pedaling speed. Resistance is adjusted using the knob marked 1 through 8. Position 1 corresponds to the lowest resistance, and position 8 to the highest. You can vary the resistance while pedaling.

E N G L I S H

B C - 8 1 1 3 5 C O U N T E R I N S T R U C T I O N M A N U A L



TIME :	Time	SPEED :	Speed
DIST :	Distance covered	UP :	High
CAL :	Calories expended	DOWN :	Low
PULSE :	Heart rate	MODE :	Mode

KEY FUNCTIONS

MODE Key: Allows you to select which data you wish to program: the choice of data to be programmed follows this chronology: Exercise duration, distance to be covered, calories to be burned and desired heart rate. The data to be programmed will blink when you press on the MODE key. To avoid having to reset your data, do not press the MODE key.

Hold the key down for 2 seconds to return values to zero.

UP Key: Allows you to increase the value of the function selected: Time - Distance covered - Calories burned - Heart rate.

DOWN Key: Allows you to reduce the value of the function selected: Time - Distance covered - Calories burned - Heart rate.

USAGE

PROGRAMMING THE DEVICE:

Exercise duration:

Stopwatch function: the counter displays the exercise duration from 0 to 99 minutes 59 seconds.

Countdown function: sets the desired exercise duration from 1 to 99 minutes, with an alarm that sounds when the time has expired.

How to preset the time:

Press on the MODE key until the word "TIME" appears and blinks.
Press on the UP key to increase the exercise time. Press on the DOWN key to reduce it. Stop pressing when you have reached the desired duration.
Wait 5 seconds without pressing any keys. The recently programmed data will then be saved. Just start your exercise to start the time running.
An alarm will alert you 12 seconds before the end of the exercise. Press any key to turn it off.

Speed:

Your instantaneous speed is displayed throughout the exercise.

Calories burned:

The counter displays the number of calories burned during the duration of the exercise from 0.0 to 999 kilo calories (Kcal).

You may also program the number of calories you wish to burn from 1 to 999 Kcal (use the same procedure as for the time). An alarm will sound once you have reached the value set. Follow the same procedure for cutting the alarm.

Please note: the calculation of calories burned is an estimation and should not be interpreted as medical data.

Distance covered:

The counter displays the distance covered from the start of the exercise, from 0.1 to 999.9 km or miles (for products intended for the American market).
You can also adjust the distance you wish to cover from 0.1 to 999.9 km or miles (for products intended for the American market). An alarm sounds once that value is reached.

Follow the same procedure as for setting the time.

Heart Rate:

When your palms are positioned over the sensors, the counter displays your heart rate (pulse) in number of beats per minute (BPM) on the LCD screen, as indicated in the diagram below.

Determination of maximum heart rate:

Select the maximum value to be reached between 90 and 240 beats per minute. Follow the same procedure for setting the time. The system will determine your instantaneous heart rate and if you reach your maximum value, the display will start to blink until your pulse returns to below this value. Please note: no alarm will sound.

Comment: If you do not select a value for your heart rate, the default value of 90 beats per minute will be utilised. In this case, the display will start to blink when you exceed the threshold of 90 beats per minute.

Note: If no information on your heart rate is detected for a period of 16 seconds, the display will indicate the letter " P ".

Press on any key to restart the heart rate function.

MEDICAL WARNING

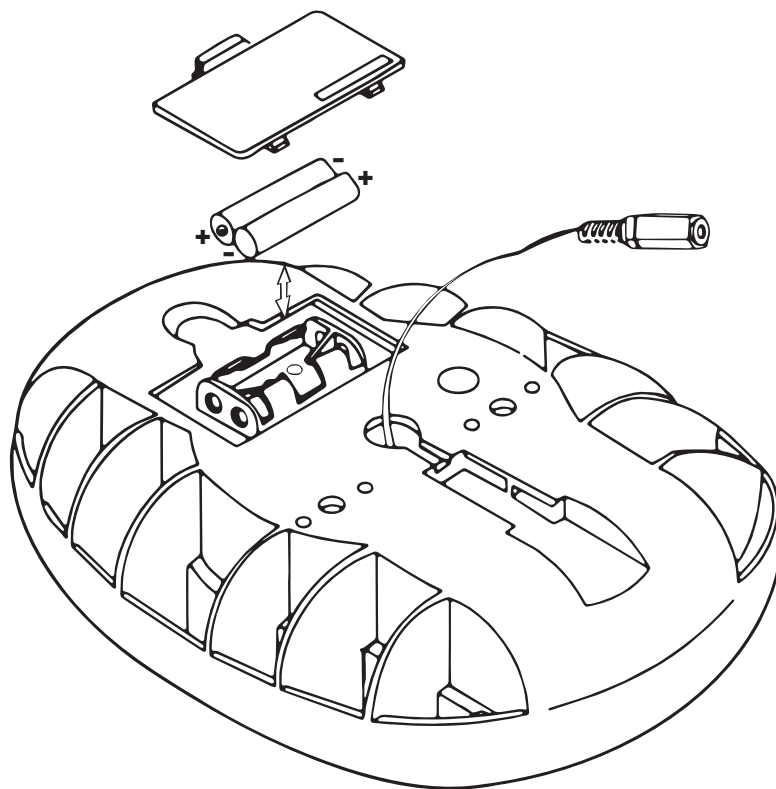
Please note: The measurement always starts from 90 PBM and requires a stabilisation time (around 30 seconds). During the exercise, the time to calculate the beats per minute requires an interval of roughly 20 seconds between the actual and displayed heart rates.

The information communicated by your counter is only a guide line and does not have scientific value. The data displayed may vary depending on the position of the palms and the pressure placed on the product. If your hands do not have good contact with the sensors, the measurement will be affected.

This device is not intended to be used to make a medical diagnosis nor for purposes of prevention of cardiac problems.

Consult a doctor before undertaking any training program, especially if you have experienced an extended period of inactivity, if you have cardiac problems, if you smoke or if you suffer from hypertension and / or excess weight.

If you use a pacemaker or cardiac stimulator, please do not use a heart monitor without first consulting your doctor.



REPLACING THE BATTERY

Make sure that you install 2 LR6 (AA) 1.5-Volt batteries in the proper place at the back of the counter.

Make sure that the batteries are correctly positioned and that you have respected the polarities.

Nonetheless, should the display not appear or appear only partially, remove the batteries, wait 15 seconds and put them back.

The display values are systematically reset to zero when the batteries are removed.

If you do not intend to use the counter for an extended period, remove the batteries in order to avoid oxidation of the contacts, which could adversely effect the functioning of your apparatus.

To protect the environment, collect used batteries and dispose of them properly.



RECYCLING:

The 'crossed out dustbin' sign means that this product and its batteries cannot be thrown out with domestic waste. They should be treated apart. When you have finished with them, drop them at an authorised collection point so they can be recycled. This gesture will go towards protecting the environment and your health.

PARTS OF THE BODY WORKED

The elliptical bicycle is an excellent means of cardio training activity.

Training on this apparatus is designed to increase your cardio-vascular capacity.

This principle will help you improve your physical conditioning, your endurance, and your calorie expenditure (a necessary step for losing weight in conjunction with a diet). The elliptical apparatus affords toning for the legs, gluteals, and the upper body (chest, back, and arms).

USAGE

When just starting out, begin by training over several days with a slight resistance and pedalling speed, without forcing, and taking rest breaks as needed. Then progressively increase the frequency or duration of your exercise sessions.

Weight Maintenance/Warm-up: progressive effort starting at 10 minutes.

For a workout designed either to keep you in shape or for re-education purposes, you may train every day for around ten minutes. This type of exercise is designed to stimulate your muscles and joints or may be used as a warm-up to additional physical activity.

To increase the muscle tone of the legs, select a higher resistance and lengthen the exercise period.

Of course, you may vary the pedalling resistance throughout your exercise session.

Aerobic fitness workout: moderate effort for a fairly long period (35 min to 1 hour).

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the quantity of energy consumed by the organism. Nevertheless, it is pointless to

push yourself beyond your limits. It is the regularity of training that will allow you to obtain the best results.

Select a fairly weak pedalling resistance and exercise at your own rhythm, but at least for a period of 30 minutes. This exercise should raise a slight sweat but should under no circumstances leave you breathless. It's the duration of the exercise, at a slow rhythm, that will require your organism to draw its energy from your fat reserves provided that you pedal for more than thirty minutes, a minimum of three times a week.

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

This type of training targets significant reinforcement of the cardiac muscle and improved respiratory activity.

The resistance and/or speed of pedalling is increased so as to increase respiration during

the exercise. The effort here is more sustained than for the maintenance workout.

As your training progresses, you will be able to sustain the effort for longer periods, at a faster rate or with a higher degree of resistance. You may train a minimum of three times a week for this type of training.

Training at a faster rate (anaerobic workout and workout in the red zone) is reserved for athletes and requires adequate preparation.

After each training session, take several minutes to pedal with diminishing speed and resistance in order to cool down and progressively bring the body to a state of 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 -

ENGLISH

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.

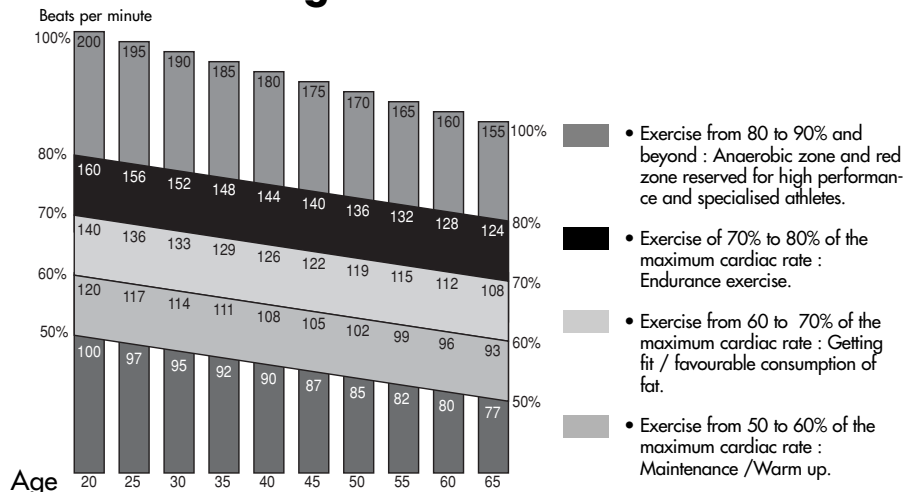
C Slowing down

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.**