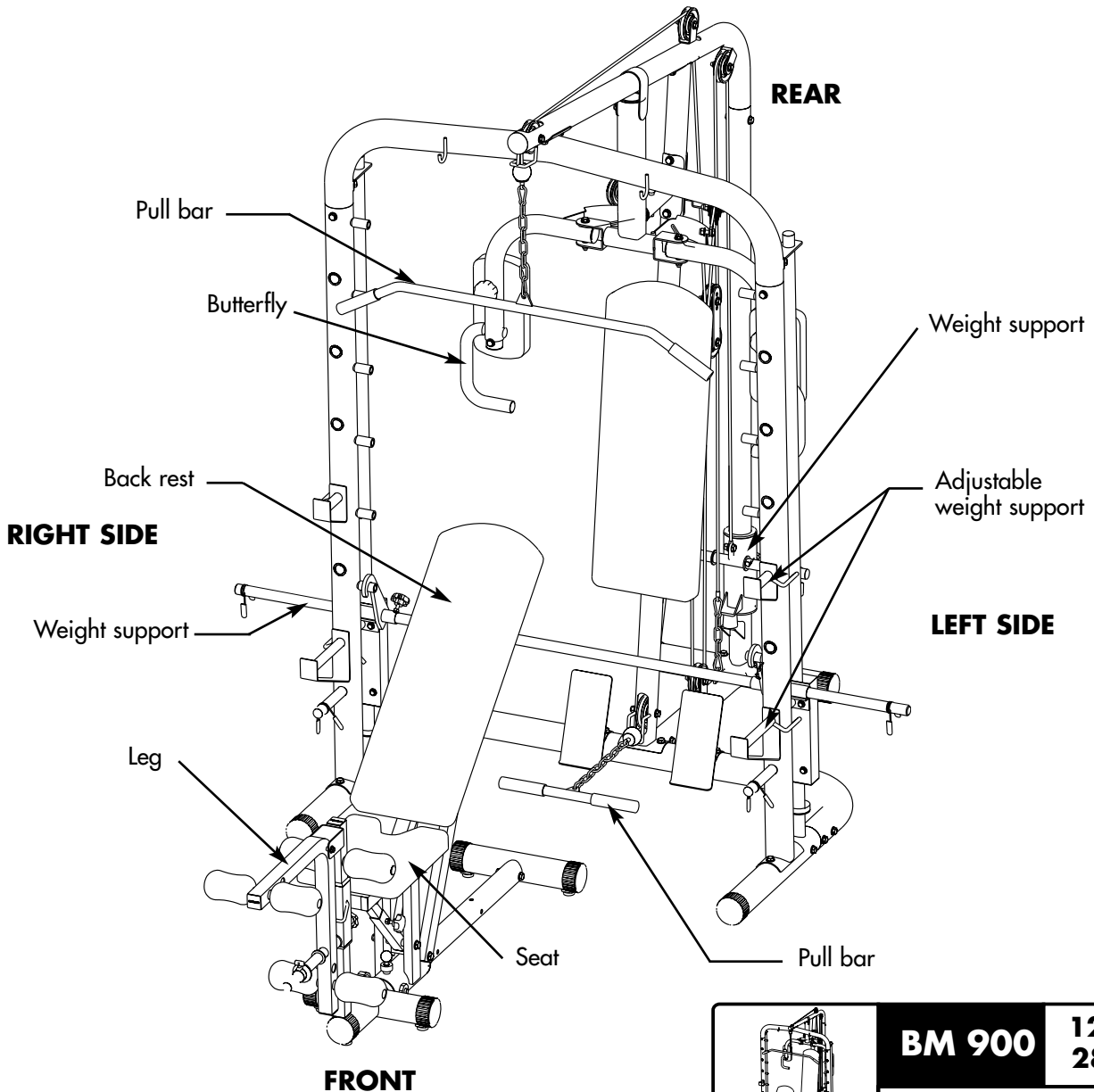
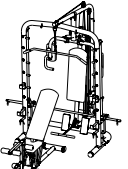


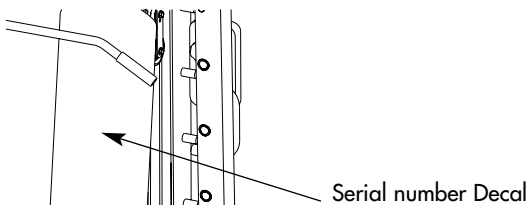
You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us. We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments 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.



	<b>BM 900</b>	<b>128 kg 280 lbs</b>
	<b>140 x 155 x 225 cm 55 x 61 x 89 inch</b>	

**Model N° :** \_\_\_\_\_  
**Serial N° :** \_\_\_\_\_

Write the serial number in the space above for future reference.



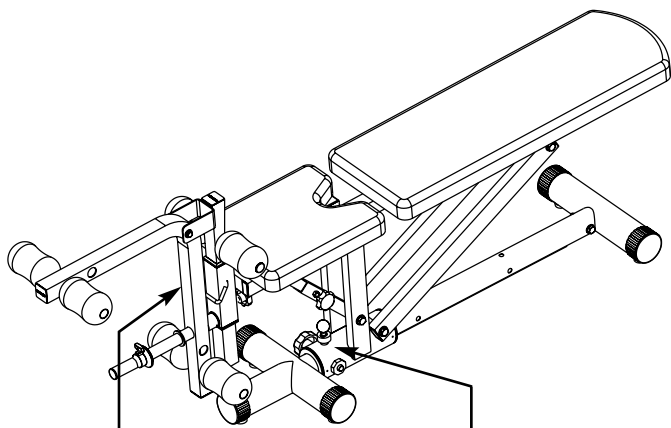
## CAUTION

Read all warnings affixed to the product.

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

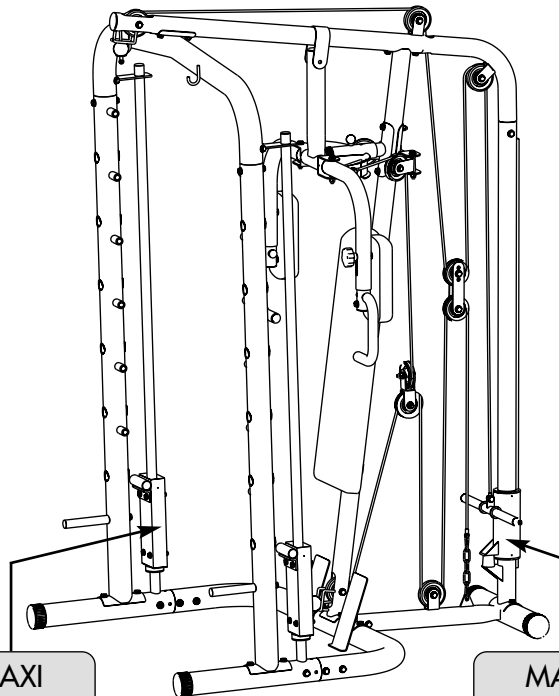
Keep this manual for future reference.

The warning decals shown on this page have been placed on the product in the locations shown below. If a decal is missing or illegible, please contact your nearest DECATHLON store and order a free replacement decal. Place the decal on the product in the location shown.



**MAXI**  
50 kg / 130 lbs

**MAXI**  
250 kg / 550 lbs



**MAXI**  
250 kg / 550 lbs

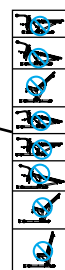
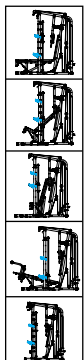
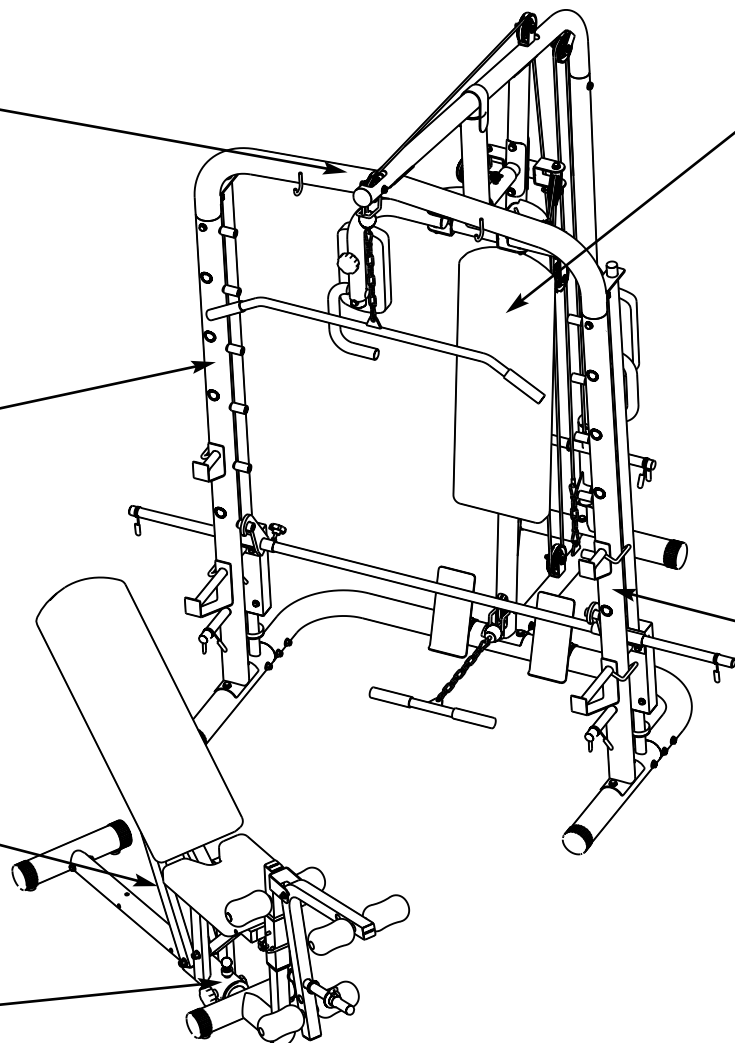
**MAXI**  
120 kg / 250 lbs



<b>DOMYOS</b>		<b>decathlon creation</b>
DECATHLON 4, bd de Mons, 59 650 Villeneuve d'Ascq - FRANCE ☎ +33 (0) 3 20 32 50 00		
Norme: EN 957-1, 4 - ASTM F 6536	Code: 5411868	DPShanghai
MADE IN CHINA	ECHO ENCHINA	STT:
法国制造	Prod:	
CNPJ: 02.314.041/0001-88		

**⚠ 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.



## I N T R O D U C T I O N

### OPERATION

The BM900 is a compact and versatile workout bench for home use. Training on this type of apparatus seeks to give a proper workout to all of your muscles and also to improve your physical condition with a localised workout muscle by muscle.

Its strong resistance and the variety of exercises proposed allow the BM900 to accompany you every step of the way as you progress. Its guide frame allows you to perform your exercises in complete safety, even with a heavy load on the bar.

### SAFETY

- This device conforms to standards EN-957-1, 2 and 4 class H, relative to home use.
- This product is not designed for therapeutic use.
- Assembly of this device must be handled by an adult.
- The apparatus should not be assembled in a rush.
- Expect assembly to take 2 hours.
- Install your BM900 in a room that is large enough for use in total safety (a minimum of 1 metre around the bench) and on a stable base that is properly level.
- For safety reasons, you must not modify this product in any way.
- Decathlon declines any responsibility in the event of an incident linked to any modification of the product.
- Remove all weights before any change in position, exercise or adjustment.
- This product uses pulleys in motion. In order to avoid pinching, please ensure that your clothing, hair, or any other object does not enter into contact with these pulleys.
- Unloading the bar: unload the weights progressively and alternative from side to side.
- Maximum load for the bar rest (outside guide frame) : 250 kg.
- Maximum weight of user on the bench with this load: 250 kg.
- Maximum load on leg: 50 kg.
- Maximum load "weight column 120 kg".
- For exercises where you work at 100% of your maximum load, be sure to rely on the guide frame.
- Do not allow children to play close to the apparatus during training.
- Do not allow children to use this apparatus.
- Before beginning an exercise programme, consult your doctor.
- Carefully read the exercise instructions and recommendations before beginning your workout.
- Before each use, verify that:
  - the cotter pins are correctly engaged,
  - the adjustment mechanisms (wheels) are properly tightened
  - all the weight discs are solidly blocked by disc locks.

### MAINTENANCE

To ensure that sweat does not damage the seating, use a towel or wipe down the seating after each use.

Lightly grease the moving parts to improve their operation and to avoid premature wear.

A check of the parts and the elements of attachment and tightening should be performed every month.

Immediately replace any defective part and do not use the bench until it has been repaired.

### 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 -

### EXERCISES

The following exercises are described here for the harmonious development of your musculature.

## EXERCISES

### PECTORALS

#### Seated press (1)

**POSITION:** Adjust the height of the handles so that they are parallel to the chest. Sit on the seat, place your back flat against the seat back. Grip the horizontal or vertical handles. Two adjustment positions allow you to adjust the depth of the apparatus in relation to your height.

**EXERCISE:** Breathe in, push the press lever toward the front while exhaling, bring back the press lever while inhaling, without resting.

**MUSCLES WORKED:** pectorals, triceps, front of the shoulders.

#### Reclining press (2-3-4)

**POSITION:** Adjust the position between the bar rest and the bench so that the bar is vertical in relation to your shoulders. With a flat bench, lying on the back, grip the bar on the bar rest. The handgrip must be wider than the width of your shoulders. (Your arm and forearm must form an angle of 90° when you are at the midpoint of the movement.) Your head should be positioned on the bench. Your back should be completely flat. To avoid any curving at the lumbar area, you can place your heels on the bench or bend your legs.

**EXERCISE:** Breathe in, bringing the bar to the height of your chest without setting it down, push the bar while exhaling, in one fluid movement. Your elbows should be spread (your arms and your torso should form a 90° angle).

**MUSCLES WORKED:** Pectorals, triceps, front of the shoulders.

#### Incline press

The same exercise and the same recommendations while inclining the seat back to 45° and raising the seat in order to avoid curving at the lumbar area. This position also works the pectorals but places a more localised focus on the upper part of the muscle.

#### Decline press

The same exercise and the same recommendations while setting the bench on an inverse incline. This position also works the pectorals but places a more localised focus on the lower part of the muscle.

#### Reclining Butterfly (5-6)

**EQUIPMENT:** BM900. Pair of dumbbells.

**POSITION:** Unhook the bench from the frame.

Same position as the reclining press. Instead of grabbing the bar, you take one dumbbell in each hand. Start with the arms raised above the chest (without locking the elbows).

**EXERCISE:** Breathe in, spread the arms in order to bring the dumbbells towards the floor. Your elbows should arch slightly. Do not lower the dumbbells lower than the height of the bench, so as not to force the articulation of the shoulders. Bring the dumbbells back above the chest while exhaling.

**MUSCLES WORKED:** Pectorals, front of the shoulders.

#### Pull over (7-8)

**EQUIPMENT:** BM900. Short barbell.

**POSITION:** Unhook the bench from the frame. Same position as the seated press. Grab the barbell with two hands, making sure that the iron discs are solidly blocked with a disc lock. Start with the arms partly flexed, the barbell above the chest.

**EXERCISE:** Breathe in to fill your rib cage, lower the arms behind the head in order to bring the barbell to the level of the bench. While exhaling, bring the barbell back above the chest. The back must remain flat and should not curve.

**MUSCLES WORKED:** Pectorals, triceps, dorsals.

#### Butterfly (9)

**POSITION:** While sitting on the seat, place your back flat against the seat back. Place the forearms against the arm pads. Your arm should make a right angle with your chest. Two positions of adjustment allow you to adjust the depth of the apparatus in relation to your height.

**EXERCISE:** Breathe in, push the arm pads while exhaling, using the inside of your forearms. Do not use the hands, but use the elbows to apply pressure. Return to the start position, while breathing in, without resting.

**MUSCLES WORKED:** Pectorals, front of the shoulders.

### DORSALS

#### Neck pull (10)

**POSITION:** Seated facing the back rest, with the arms holding the latissimus bar with a wide grip.

**EXERCISE:** Pull the bar to the back of the neck while inhaling. Return slowly to the start position while exhaling, without resting. Do not pull the bar lower than your neck.

**MUSCLES WORKED:** Pectorals, dorsals (latissimus dorsi), back of the shoulders.

#### Chest pull (11)

**POSITION:** Raise the seat back of the BM900 to 90°. Same exercise as above, but this time bringing the bar to the top of the chest. You may place your hands with a wide or tight grip, with the palm towards the bottom or towards the top.

**EXERCISE:** Keep your back flat while performing the exercise. Your back should not move during the exercise.

**MUSCLES WORKED:** Dorsals (latissimus dorsi), back of the shoulders.

## EXERCISES

### Lower pulley pull (12)

**POSITION:** Seated on the ground, the back straight, block your feet on the footrest of the apparatus.

**EXERCISE:** Grab the short bar with your palms facing the ground. While inhaling and filling your rib cage, bring the bar to the level of your navel, pulling your elbows towards the rear. Return to the start position while exhaling, without resting. Your chest should form a right angle in relation to your thighs during all the movements.

Do not lean forwards or backwards!

**MUSCLES WORKED:** Dorsals, back of the shoulders, lower part of the back. Also relies on the biceps.

## TRAPEZIUS

(13)

**POSITION:** Standing, facing the frame in the direction of the lower pulley. 13

**EXERCISE:** Grab the short bar with palms facing the ground. While inhaling and filling the rib cage, bring the bar to the top of the chest, drawing your elbows upwards. Return to the start position while exhaling, without resting. Keep the back perfectly straight throughout the exercise. Do not lean forwards or backwards!

**MUSCLES WORKED:** Trapezius, deltoids. Also relies on the biceps.

## SHOULDERS

### Neck press (14-15)

**POSITION:** Adjust the seat back to 85°. Raise the seat. Adjust the position of the bench and the bar rest so that you can easily grab the bar, which should be vertical in relation to the back of the neck.

**EXERCISE:** Grab the bar with a hand grip that is broader than the width of your shoulders. Bring the bar behind the neck while inhaling. Breathe while raising the bar above your head, until the arm is extended but without completely locking the elbows.

**MUSCLES WORKED:** Outer deltoids.

## TRICEPS

### French press (16-17)

**POSITION:** Same position as the reclining press. Grab the bar in the middle with a close grip (distance between the hands about 20 cm), with the palms facing up.

**EXERCISE:** Bring the bar to the front while inhaling. Return the bar to its upright position while exhaling. Only the forearms should move. The elbows, torso and arms should not participate in the movement.

**MUSCLES WORKED:** Triceps (extensors).

### Seated extension (18)

**EQUIPMENT:** BM900, short barbell.

**POSITION:** Seated on the bench, the back perfectly straight. Check that the discs are solidly blocked with a disc lock. Grab the barbell with two hands.

**EXERCISE:** Bring the barbell behind the back of the neck while inhaling. Return the barbell to its position above the head while exhaling. Only the forearms should move. The elbows should remain steady.

**MUSCLES WORKED:** Triceps.

## BICEPS

### Pulley curl (19)

**POSITION:** Standing, facing the BM900 in the direction of the lower pulley, the palms turned upwards. The elbows should be firmly held against the body, the knees slightly bent or one foot slightly in front of the other to protect the lumbar.

**EXERCISE:** Raise the bar towards the chest while exhaling. Return the bar to its low position while inhaling. The elbows and body should not move during the exercise.

**MUSCLES WORKED:** Biceps (flexors).

## THIGHS

### Squats (20-21-22-23)

**WARNING:** This exercise requires a certain degree of skill and a perfect posture to avoid any risk of doing harm to yourself. If you are a beginner, seek advice from an experienced trainer before beginning this exercise. Do not place too much weight on the bar. Do not perform this exercise if you are unsure of the proper position. A weight-lifting belt is also necessary to protect the lumbar.

**POSITION:** Move the bench away from the bar rest. Position yourself with your back to the bar rest. Grab the bar behind your trapezius muscles. The bar should rest on the base of the trapezius muscles and not on the back of the neck. Take one step forward. The tips of the feet should be turned outward, with the distance between the feet slightly greater than the width of your shoulders.

**EXERCISE:** While inhaling, squat while keeping the back and head perfectly straight. Your knees should be turned slightly outwards. Your knees should go no further than your feet during the movement. As soon as your thighs arrive at a horizontal position, return to an upright position while exhaling. Do not lock the knees. Return to a squat position while inhaling, then rise back up again while exhaling.

**MUSCLES WORKED:** Quadriceps, ischios, gluteals.

### Quadriceps (24)

**POSITION:** Adjust the bench to a horizontal position, adjust the leg to the low position and install the diabolo bar. Take a seated position, with the back perfectly straight, and the diabolo under the knees. Adjust the height of the lower diabolos so that they are at ankle level. Load the iron discs onto the leg.

**EXERCISE:** Extend the legs while exhaling. Return to the start position without letting go of the weight. Do not completely lock the knees during extension.

**MUSCLES WORKED:** Quadriceps.

## EXERCISES

### Ischio-tibials (25)

**POSITION:** Adjust the seat back to a declining position, and set the seat on the low position. Adjust the leg to the high position. Remove the diabolo bar. Lie face down on the bench, adopting an angular position (the angle will protect the lumbar during the exercise). Adjust the leg so that the diabolos are at ankle level, as close as possible to the heel. Load the iron discs onto the leg.

**EXERCISE:** Raise your heel as close as possible to your buttocks. Return the leg to the start position without letting go of the weight. Your hips should not move during the exercise.

**MUSCLES WORKED:** Ischio-tibials.

### Adductors (26)

**POSITION:** Standing, in profile in relation to the BM900 in the direction of the lower pulley, place the ankle strap on the leg closest to the apparatus.

**EXERCISE:** With the leg stretched, pull the leg towards the other leg, then go beyond it. Return to the start position.

**MUSCLES WORKED:** Adductors.

### Abductors (27)

**POSITION:** Standing, in profile in relation to the BM900 in the direction of the lower pulley, place the ankle strap on the leg farthest from the apparatus.

**EXERCISE:** With the leg stretched, move the leg away from the other leg, then return to the start position.

**MUSCLES WORKED:** Abductors.

### Gluteals (28)

**POSITION:** Standing, facing the BM900 in the direction of the lower pulley, place the strap on the ankle.

**EXERCISE:** With the leg stretched, pull the leg to the back. Return to the start position.

**MUSCLES WORKED:** Gluteals.

## ABDOMINALS

### Upper body (29-30-31)

**POSITION:** Reclining on the bench. The legs should be bent at 90° and must remain in this position throughout the exercise.

**EXERCISE:** Raise the chest to the knees while exhaling. Return to the start position. Your legs must always form a maximum 90° angle in relation to your torso.

**MUSCLES WORKED:** Abdominal rectus, focus on the upper abdominals.

### Inclined situps (32)

To increase the intensity of the exercise, you can use the bench as an abdominal bench. Place the bench in a declining position, then sit on the bench with your feet hooked under the diabolos.

### Lower body (33-34)

**POSITION:** Seated on the edge of the bench. The legs should be bent and should form a 90° angle in relation to the torso.

**EXERCISE:** Raise the knees towards the chest while exhaling. Return to the start position, with the legs forming a maximum 90° angle in relation to the torso. The legs should remain bent during the exercise.

### Leg lifts (35-36)

To increase the intensity of the exercise, you can use the bench as an abdominal bench. Place the bench in a declining position. Lie on your back, with the head level with the diabolos. Grip the diabolos and lift your legs. Raise your legs towards your chest.

## OPERATION

For optimal training results, please observe the following recommendations:

- If you are a beginner, start by working out for several weeks with lighter weights to accustom your body to muscular exercise.
- Before each session, warm up with a cardio-vascular workout, and do a series of exercises without weights or do floor exercises and stretch your muscles. Increase the weight progressively.
- Ensure that all movements are steady, with no sudden gestures.
- Always keep your back straight. Avoid bending or curving the back during exercise.

- For a beginner, work in series of 10 to 15 repetitions, in general with 4 series per exercise. Do not work all the muscles every day, but spread out your training regime.

*Example of training schedule:*

MONDAY: PECTORALS/TRICEPS

TUESDAY: SHOULDERS/ABDOMINALS

WEDNESDAY: BACK/BICEPS

THURSDAY: REST

FRIDAY: THIGHS/ABDOMINALS

SATURDAY/SUNDAY: REST