

PA 250

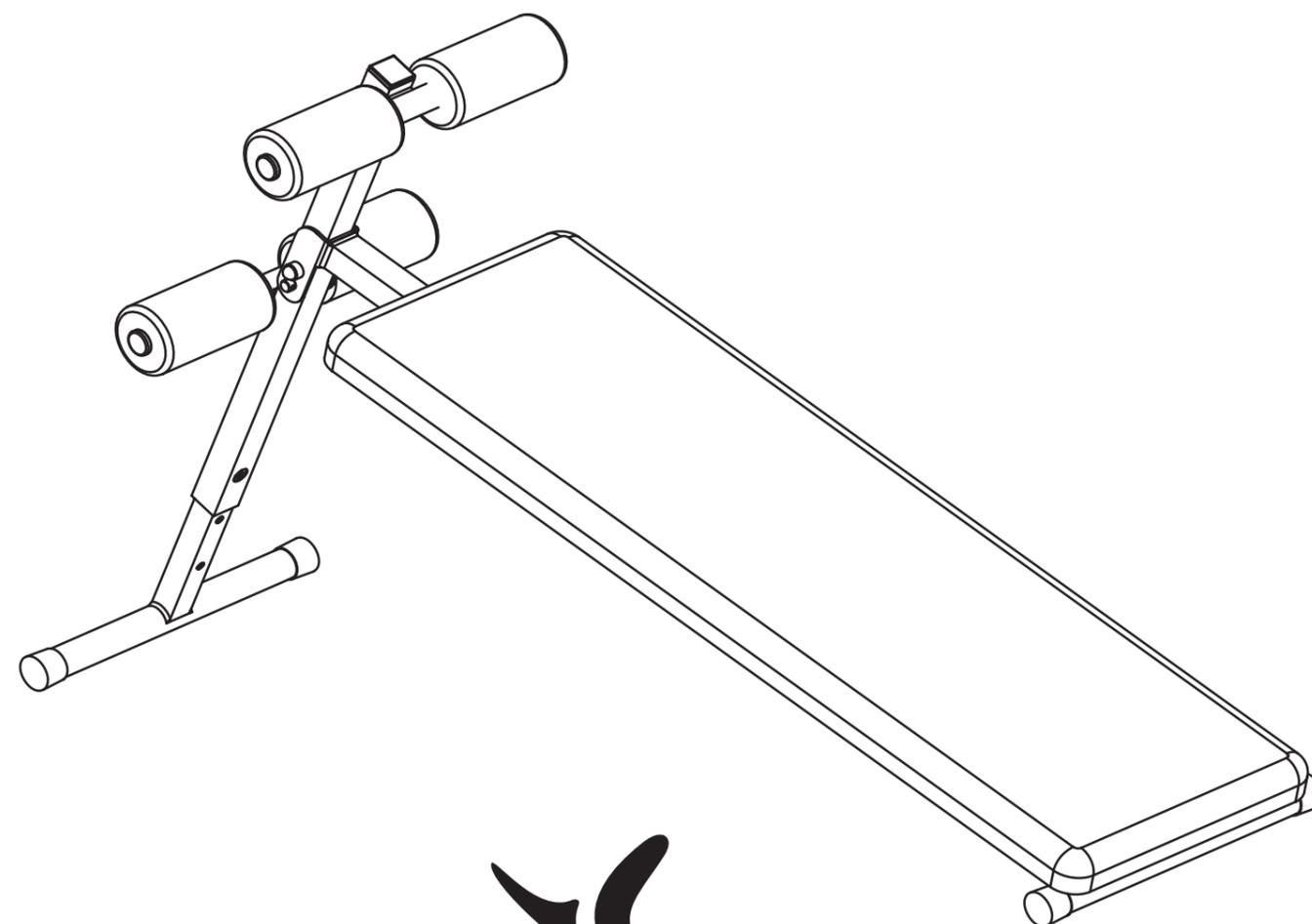
PA 250

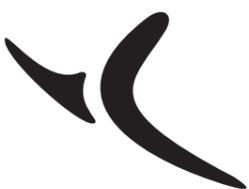
**NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO**

**GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
Инструкция по использованию
使用说明书**

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
请妥善保存说明书

Réalisation : EVOLUTION + 32 / 69 250 500




DOMYOS

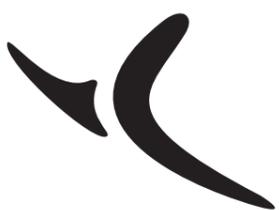


**decathlon
creation©**

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

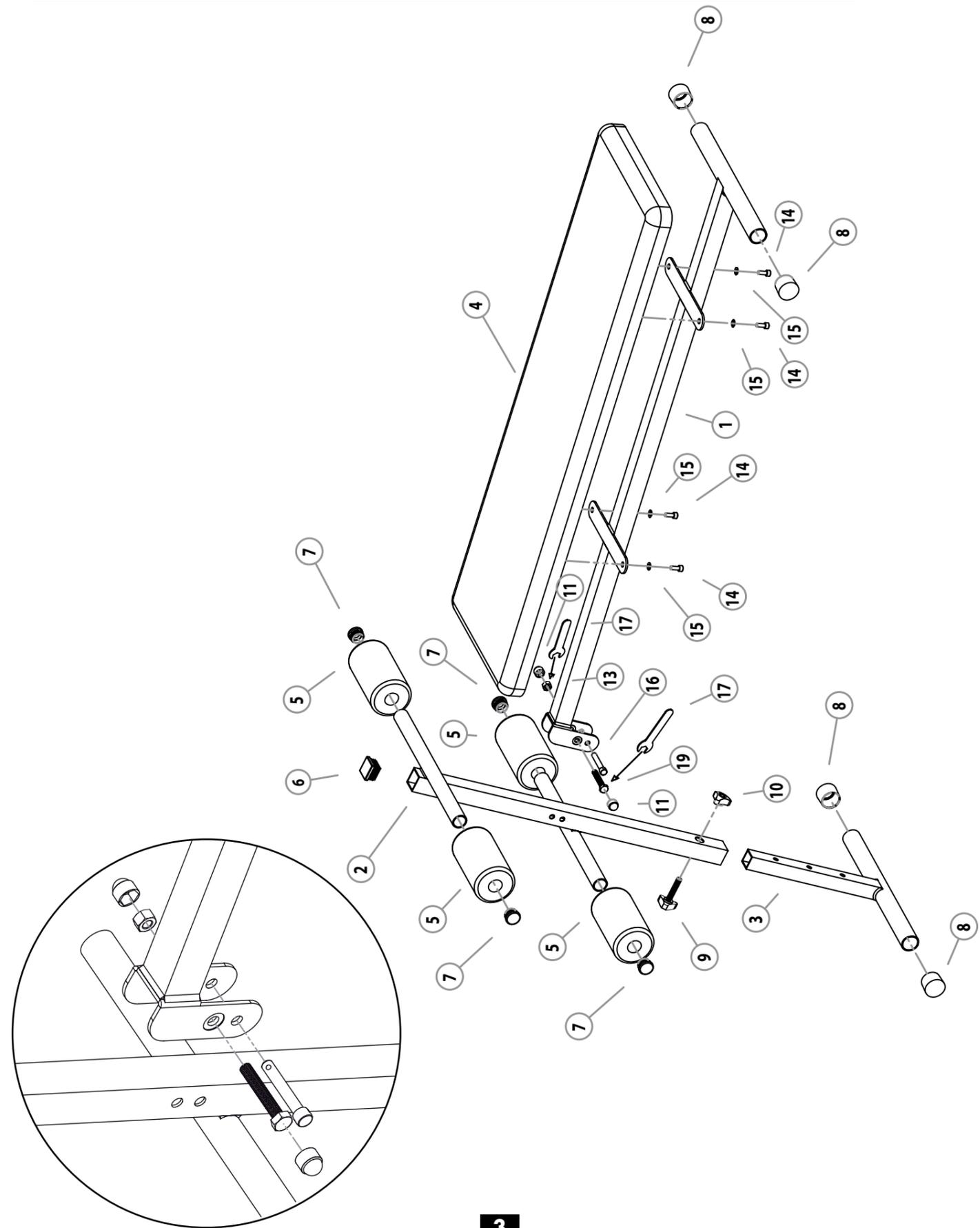
www.decathlon.com Made in Turkey - Hecho en Turkey - 突尼斯制造 - Произведено в Тунисе

Réf. pack : 950.529 - CNPJ : 02.314.041/0001-88 - 合格品


DOMYOS

FRANÇAIS	4-5
ENGLISH	6-7
ESPAÑOL	8-9
DEUTSCH	10-11
ITALIANO	12-13
NEDERLANDS	14-15
PORTUGUÊS	16-17
WJĘZYKU POLSKIM	18-19
MAGYAR	20-21
Русский язык	22-23
中文	24-25

Numéro	Quantité
1	1
1,1	1
1,2	2
1,3	1
1,4	1
2	1
2,1	1
2,2	2
3	1
3,1	1
3,2	1
4	1
4,1	1
4,2	1
4,3	1
4,4	4
5	4
6	1
7	4
8	4
9	1
10	1
11	2
12	1
13	1
14	4
15	4
16	1
17	2



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.

⚠ 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.

⚠ WARNING

- Keep clear of this area

MAXI
110 kg / 240 lbs

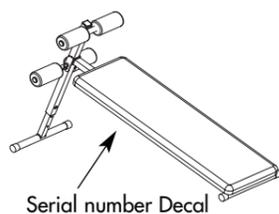


PA 250 **11 kg**
 25 lbs

140 x 66 x 34 cm
55 x 26 x 13 inch

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.

PRESENTATION

The PA250 is an appliance designed to strengthen the stomach muscles. The abdominal board is designed to take chest-raising exercises. The exercises notably aim at working on the long straight and long oblique muscles.

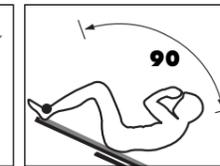
SAFETY

- This machine must only be assembled by adults.
- Ask your doctor for advice before starting the training programme.
- Attentively read all the advice as to the utilization of the equipment before beginning your training.
- The equipment's safety level can only be maintained if it is regularly checked. Immediately replace any deficient components and do not use the equipment until it is repaired.
- Place your fitness equipment in a sufficiently large area so as to be able to use it safely and on a stable base with a good leveling.
- Do not leave children to play near the machine whilst you train. Do not allow children to use the machine.
- Suitable for those weighing less than 110 kg (15 3/4 stone).

USE

RAISING THE CHEST :

This exercise will more specifically develop the upper part of the stomach muscles. Set the board's slant according to the degree of difficulty and the intensity you want for this exercise. Sit down on the board so as to prop the front of your feet on the lower foot props. (To intensify the exercise, you can prop your feet between the board and the upper foot props).



MOVEMENT DECOMPOSITION :

Starting position, seated on the board, place your hands along the body at chest or front level. Breathe in and lean backward without ever going beyond an angle superior to 90° between your thighs and your chest. It is useless to go beyond that point. Furthermore, if you lean backward too far you could injure yourself in the loins. While puffing, curl yourself up so as to bring your chin close to your knees. Think of curling up so as to contract your stomach muscles by bringing together your sternum and your pelvis. Come back to your original position while breathing in, your stomach muscles should remain contracted. Your head and your shoulders should not be relaxed. Start the movement again while breathing out.

Exercise variant : for a better localization of oblique muscles, do the exercise while alternatively bringing together a shoulder and the opposite knee.

RAISING THE LEGS :

This exercise will more specifically develop the lower part of the stomach muscles. Set the board's slant according to the degree of difficulty and the intensity you want for this exercise. Lie down on your back, grab the upper prop spurs with your hands.



MOVEMENT DECOMPOSITION :

With your knees bent. Start the exercise with your thighs at a 90° angle with your chest. It is useless to bring the legs down too far. Furthermore, you run the risk of placing your back in hyperextension. Bring together your knees and your shoulders while breathing out. Your knees should remain bent. The hollows should remain slightly off of the board so as to

contract your stomach muscles. You should always think of contracting your stomach muscles. To do so think of bringing your pubis and your sternum together in order to create the stomach muscles' contraction. Come back to your original position while breathing in, without bringing your legs down too low.

TRAINING :

Work in series of 10 to 50 repetitions. Start progressively if you are a beginner (3 series of 10 repetitions at the start and progressively increase the number of repetitions and of series). For more efficiency, exercise your stomach muscles every other day. Stomach muscle training can be done every day.

SAFETY ADVICE :

When raising the chest, do not place your hands behind your neck. You could try to help yourself by pulling on your arms and injure yourself. When raising the chest, only rest the small of the back on the board. Your thighs and your chest should be at a maximum angle of 90° throughout the whole exercise. Do not lean backward during the "raising of the chest" and do not tend to lower your legs during the "raising of the legs".

MAINTENANCE

To avoid having sweat stains on your board and to keep it looking nice, clean the equipment with a cloth soaked in soapy water. Regularly check the tightening of all screws. Do not store the board in a damp place (near a swimming pool, bathroom, etc.).

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

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