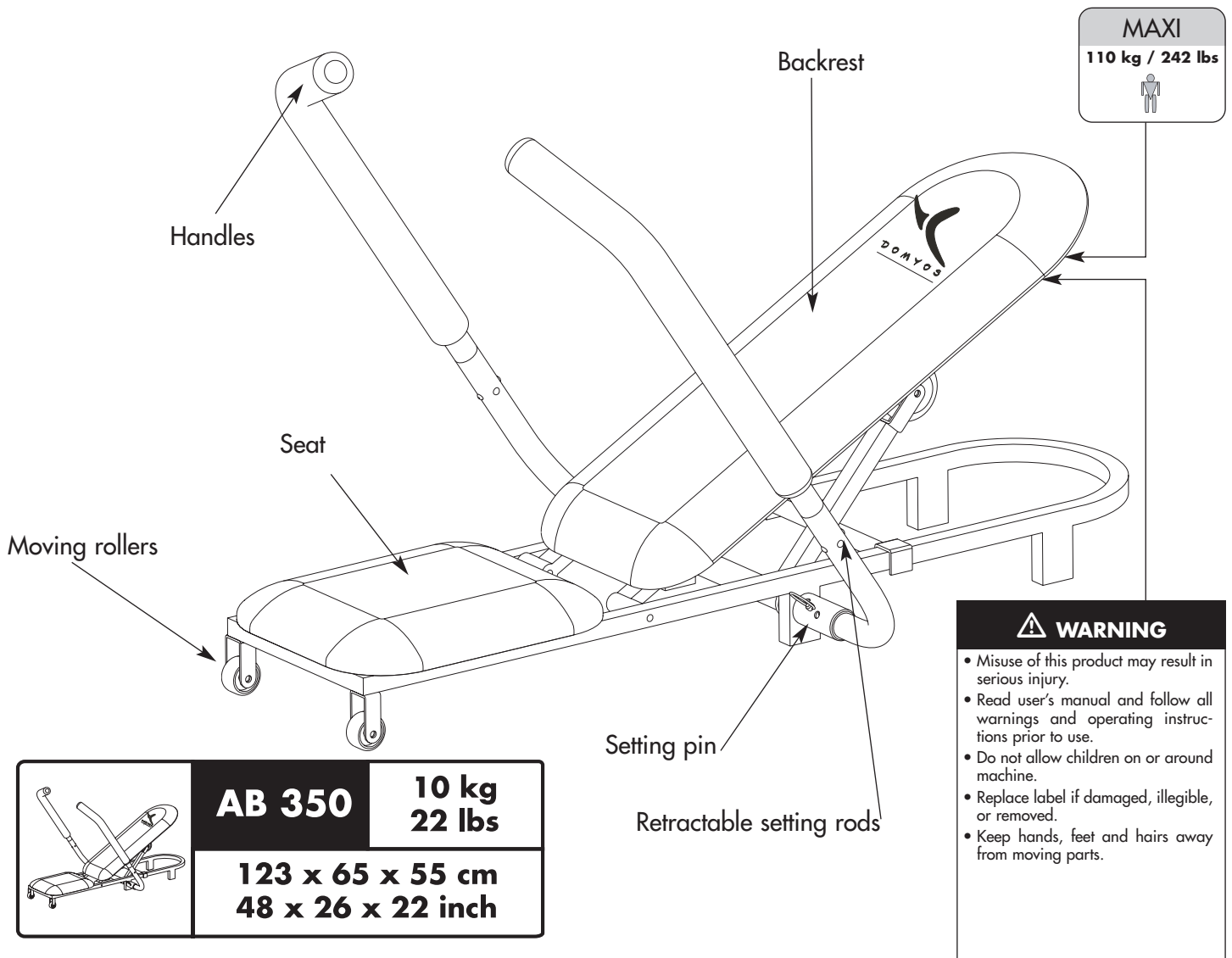


You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us. We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments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

PRESENTATION

The AB 350 is a device designed to strengthen the abdominal muscles by facilitating the performance of abdominal crunches. These exercises are designed especially to work the rectus abdominis muscles and the superior oblique muscles.



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.

MAINTENANCE

The AB 350 requires a minimum amount of maintenance:
Clean it with a slightly soapy sponge, and then dry it with a dry cloth.

SAFETY

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. An adult should do the assembly of the appliance.
3. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
4. Domyos declines all responsibility for injury or for damage inflicted on any person or property caused by the purchaser or any other person using this product.
5. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
6. 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.
7. Do not store your product in humid conditions (close to a swimming pool or bathroom...).
8. It is the user's responsibility to inspect and tighten all loose parts after assembling and every time before using the appliance. Do not let setting devices protrude. Immediately replace worn out or defective parts.
9. Always wear athletic shoes for foot protection while exercising. Always wear appropriate clothing when exercising. DO NOT wear loose clothing that could become caught in the machine. Remove all jewelry.
10. Tie long hair so that it does not get in the way when exercising.
11. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
12. If you start feeling your muscles tiring, rest for a while before continuing. Do not tire your muscles out! This could cause exhaustion or injury.
13. Keep children and pets away from the product at all times.
14. Keep hands and feet away from moving parts.
15. Do not try to repair your product.
16. In the event of damage to your product, bring the appliance back to your Decathlon store and do not use the product before it is completely repaired. Only use Decathlon spare parts.
17. Always warm up before exercising. Start training gently and fix yourself realistic objectives.
18. Maintain a continuous, smooth motion when exercising.
19. Care should be taken when mounting/dismounting the product.

CONTROLS

There are three types of controls on the AB 350.

BACK SUPPORT CONTROL: (fig A)

The back support has two positions. A metal stop under the seat allows you to raise the seat. The highest position is best for performing abdominal crunches.

HANDLE CONTROLS : (fig B)

The handles also have two positions.

To adjust the position of the handles, simply pull out the retractable lugs, place the handle in the desired position and then allow the lugs to slip back into place.

Classic grip: The supporting movement of the arms facilitates the movement and develops the serratus anterior muscles.

Hammer grip: Increases the difficulty of the crunch movement.

ADJUSTING THE ANGLE OF THE ARMRESTS: (fig C)

To adjust the angle of the armrests, use the cotter pins supplied for that purpose. Lift out the cotter pin, and then adjust the position of the pin in the armrest as well as the one in the base. Once they are properly aligned, replace the cotter pin.

Three different angles are possible, each having an impact on the difficulty of the exercises. The more the arms approach a horizontal position the more difficult the exercise will be. Conversely, the exercises will be made easier by raising the armrest to a more vertical position.

PLEASE NOTE: always set both armrests at the same angle.

USAGE

Position yourself on the AB 350's seat, your back flat against the back support.
Reach forward to grasp the handles and start your workout by performing stomach crunches while keeping your feet on the ground.

Your objective should be 3 to 4 series of each exercise, with 15 to 20 repetitions per series.
It is important to isolate the abdominal muscles and work them with controlled movements.
Add aerobic exercises such as walking, running, swimming, or cycling to your workout program.
Give your muscles at least one day of rest each week between two consecutive workout sessions.

TRAINING

If you are not used to regular exercise, stay at beginner level for the first 3 to 4 weeks.
Breathe out during effort and breathe in when returning to the start position. You should therefore be breathing out when contracting your abdominals and out when releasing them. Fit your breathing rate to the speed of your exercise so you do not get out of breath.
Vary the order of your exercises so your muscles do not become accustomed to a given rhythm and sequence.

BEGINNER LEVEL:

Warm up with a series of 10 reps. Rest for 30 seconds. Start again with a series of 12 reps.
Rest for 30 seconds. Start again with a series of 15 reps.
Rest for 30 seconds to 1 minute before moving on to the next exercise.

INTERMEDIARY LEVEL:

Warm up with a series of 12 reps. Rest for 10 to 15 seconds. Then 15 reps.
Rest less than 10 seconds. Series of 15 reps. Slow down for the last 5 reps concentrating on contraction.
For the last 5 reps, remain in high position (abdominals contracted) for 5 seconds.
Rest for 30 seconds to 1 minute before moving on to the next exercise.

ADVANCED LEVEL:

Warm up with a series of 15 reps. Rest 10 seconds.
A second series of 15 reps.
For the last 5 reps, stay in high position for 5 seconds, then return very slowly to the initial position braking the descent (count 5 seconds to return to the initial position). 15 seconds' rest.
A third series of 20 reps the last 5 of which in maximum contraction (block in high position, return controlling the descent), 15 seconds' rest.
Do maximum exercises in the last series. Do as many reps as possible carrying out the exercise completely and contracting the abdominals.
30 seconds' rest.
Go on to the next exercise.

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.