

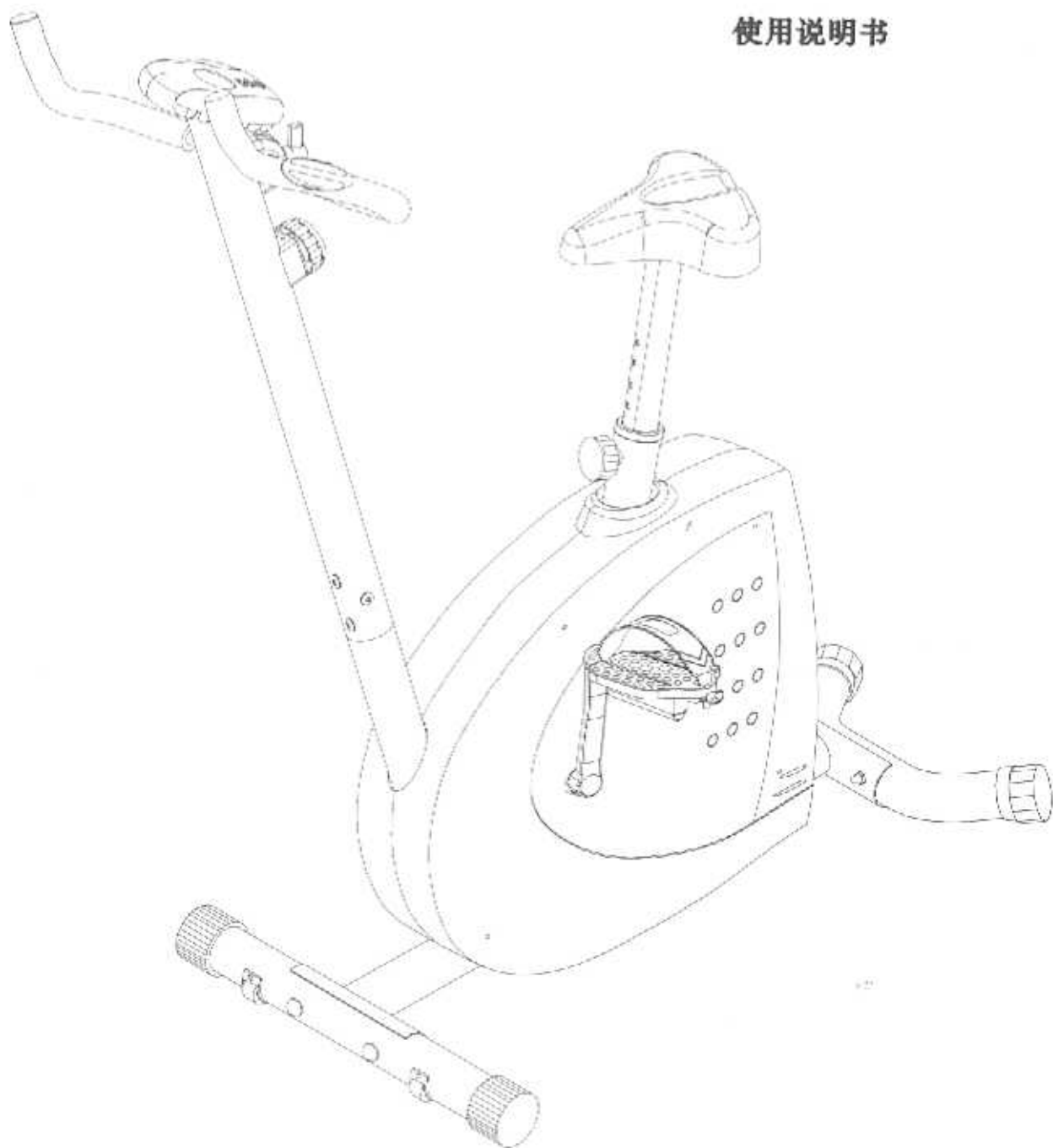
MAGNET 6000

RALCO

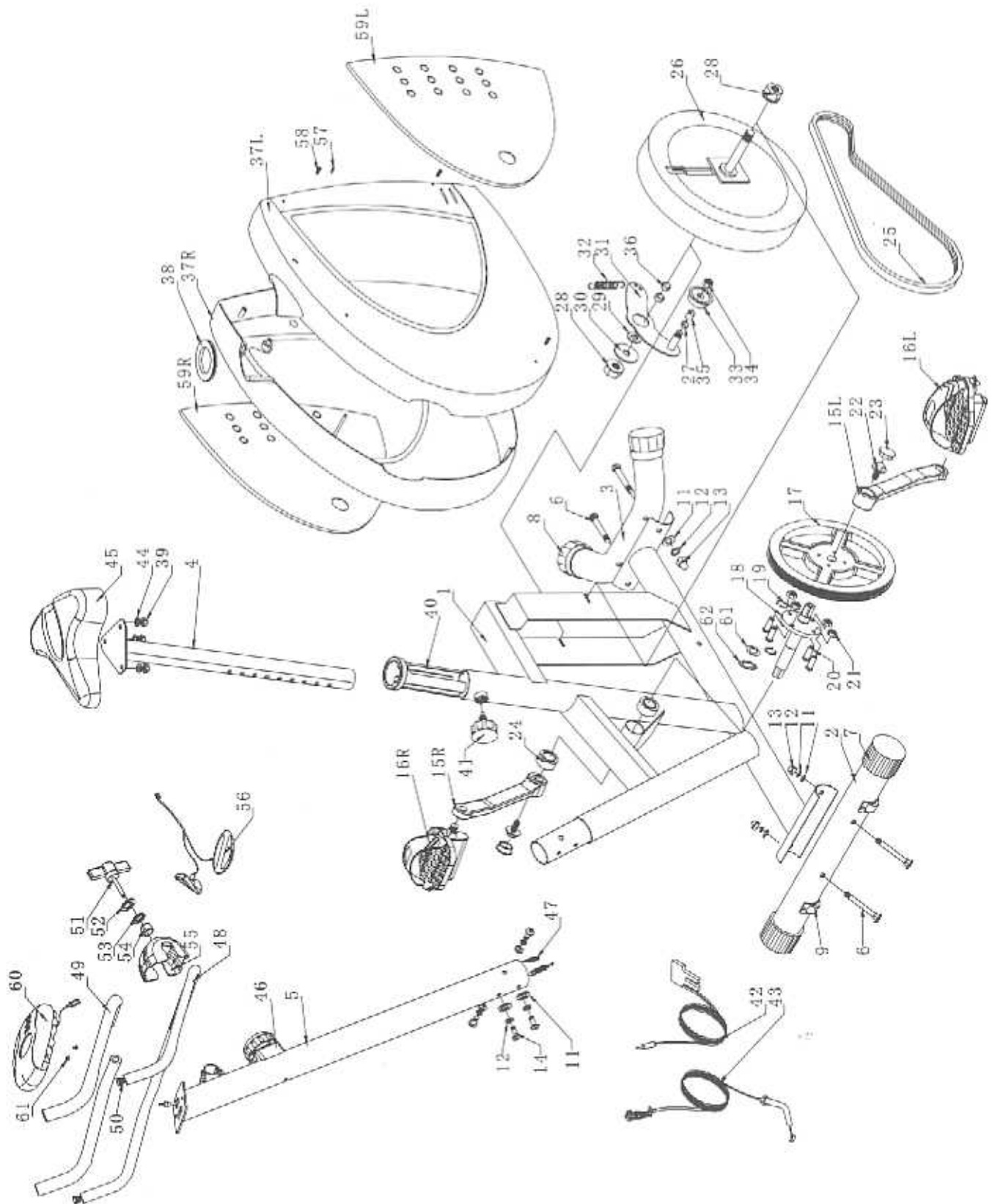
NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG

ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA

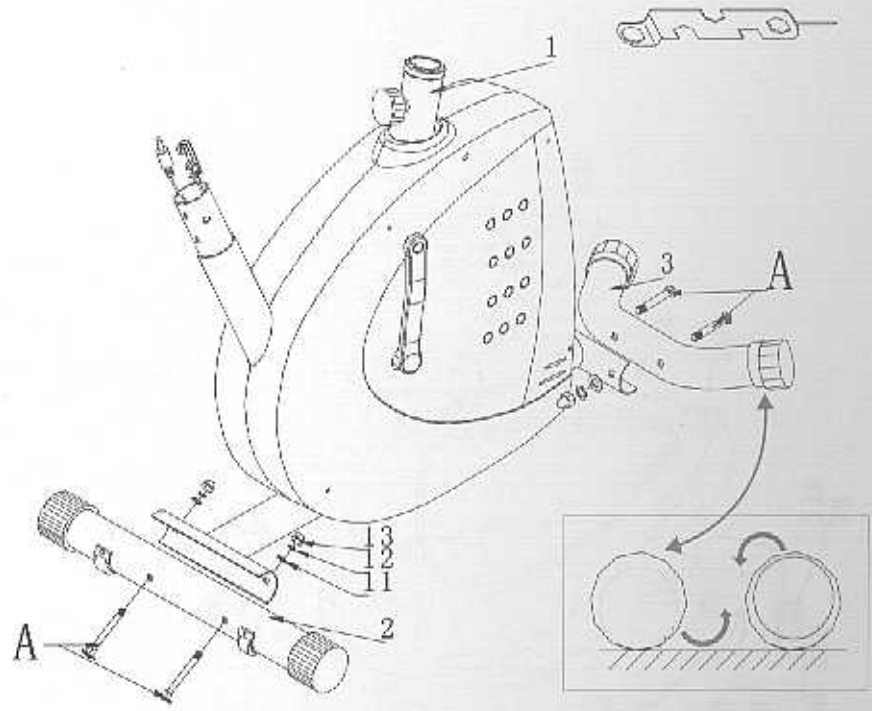
使用说明书



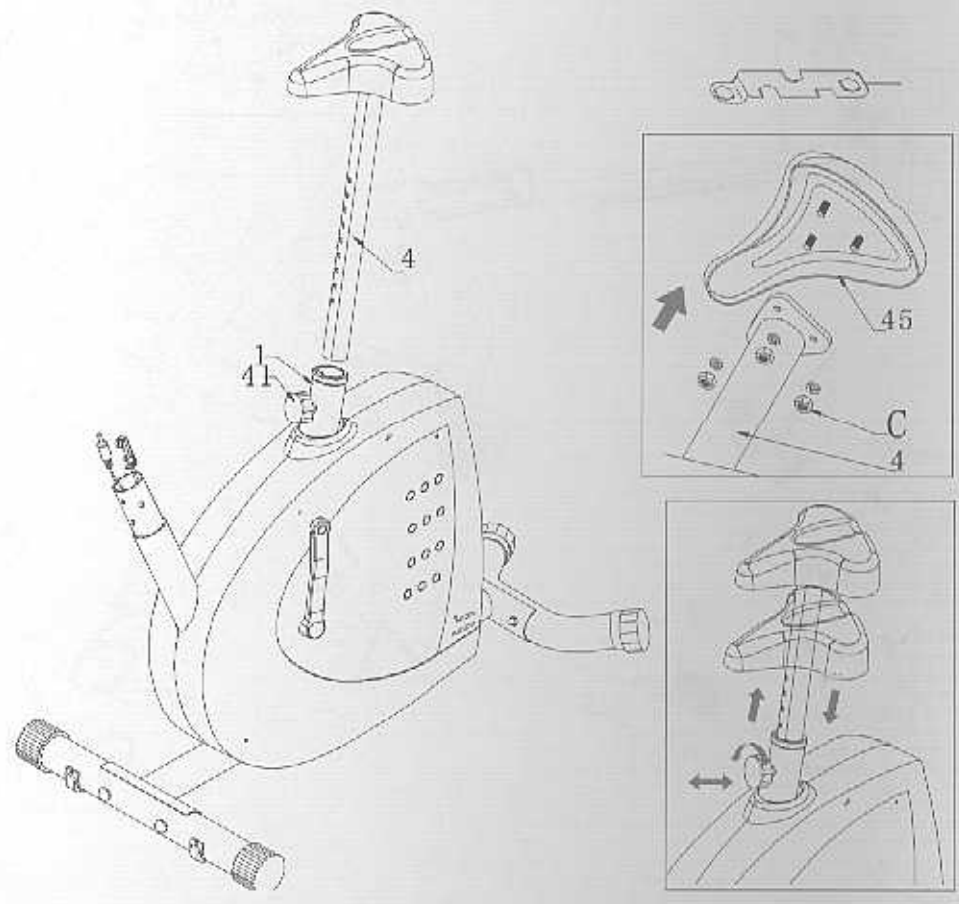
DOMYOS

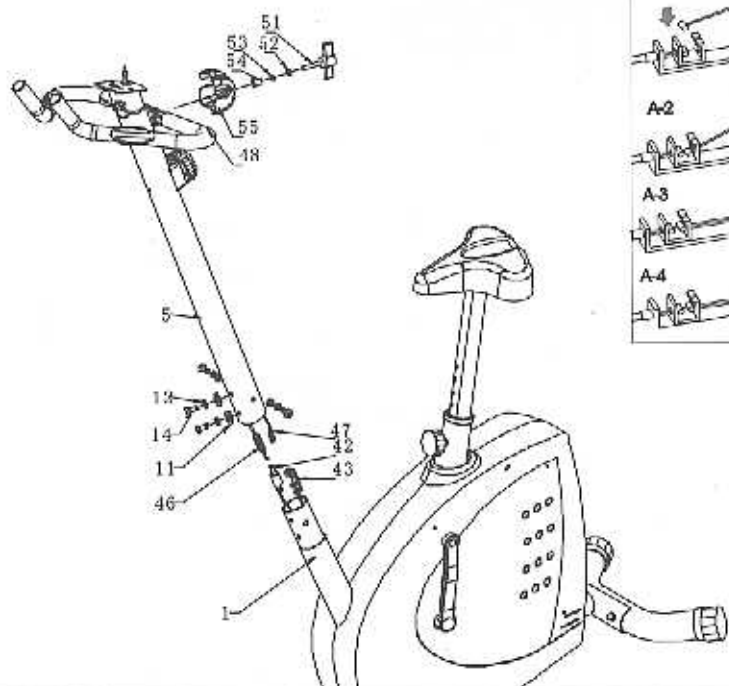
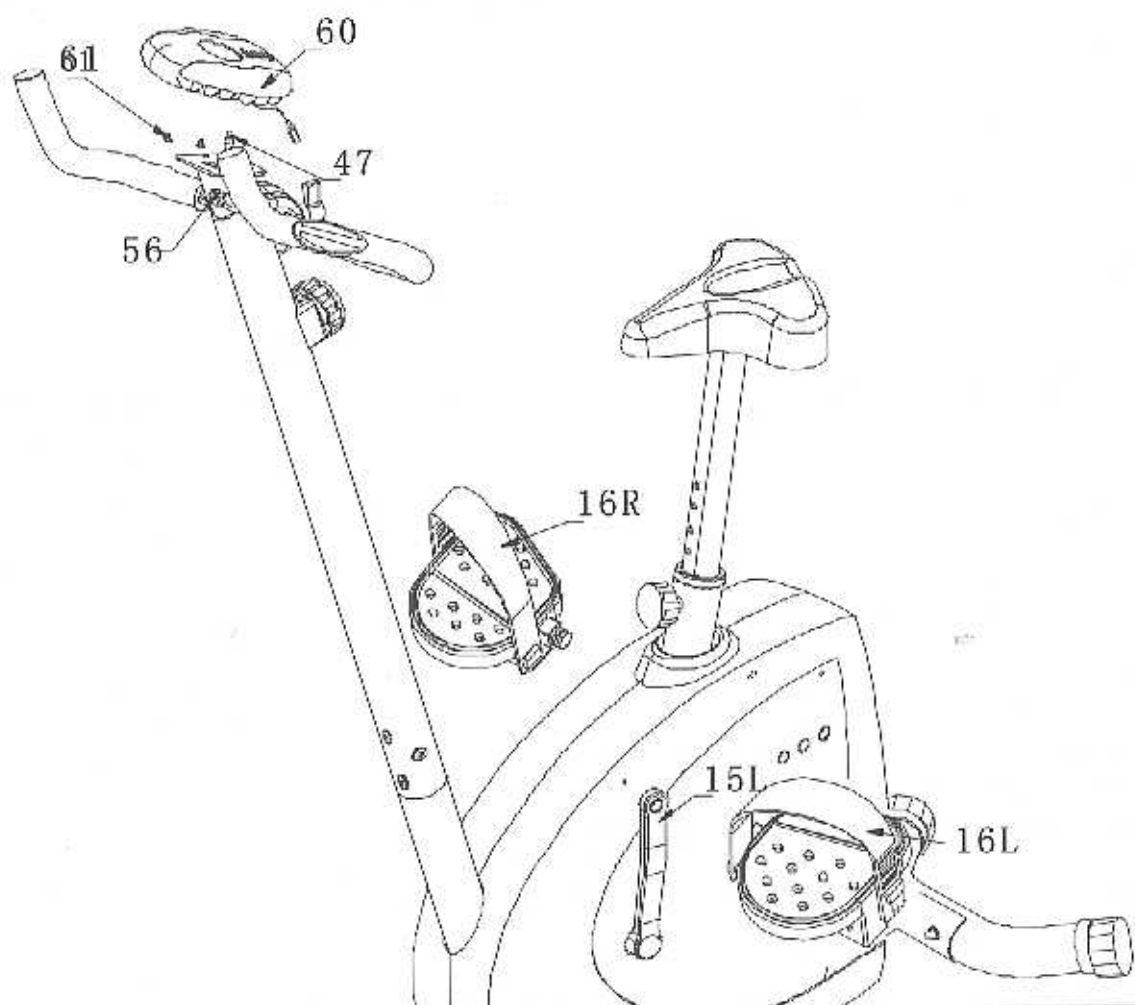


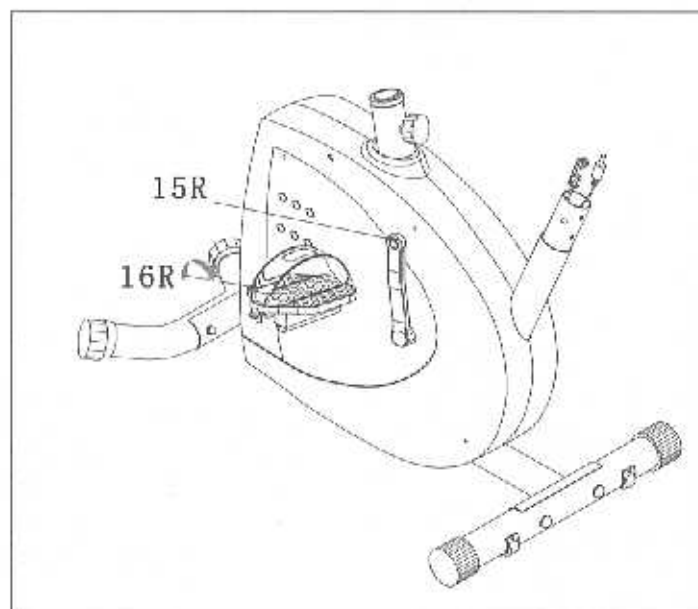
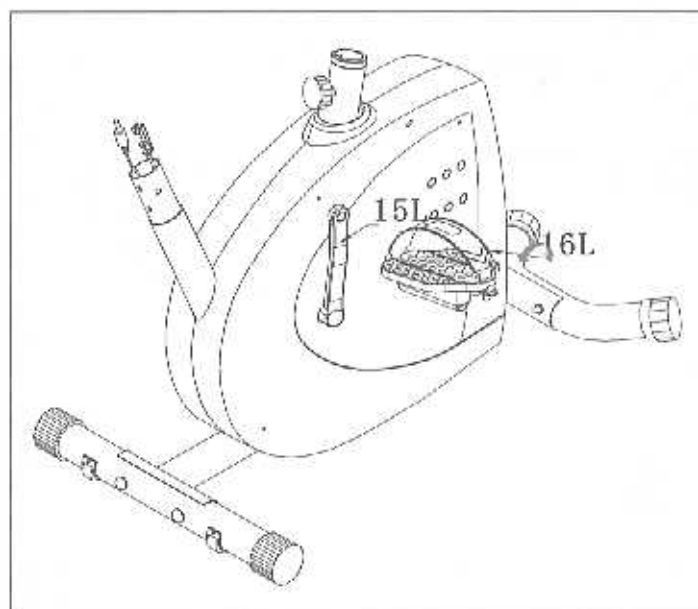
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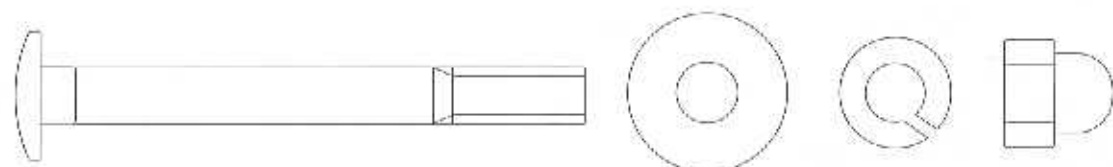


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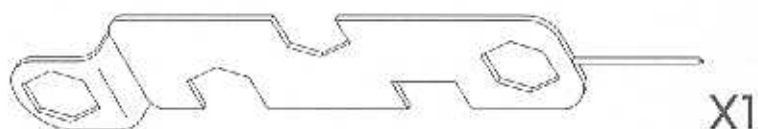
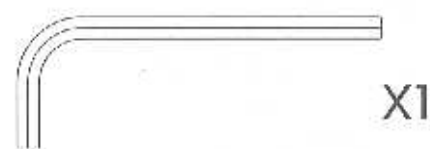
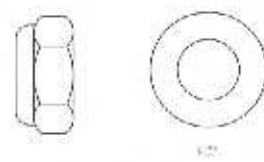
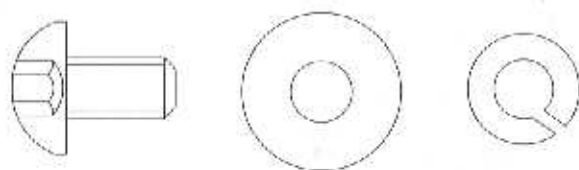
A X4

TRCC M8X75



B X4 M8X20

C X3 M8



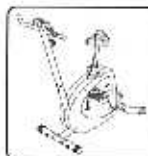
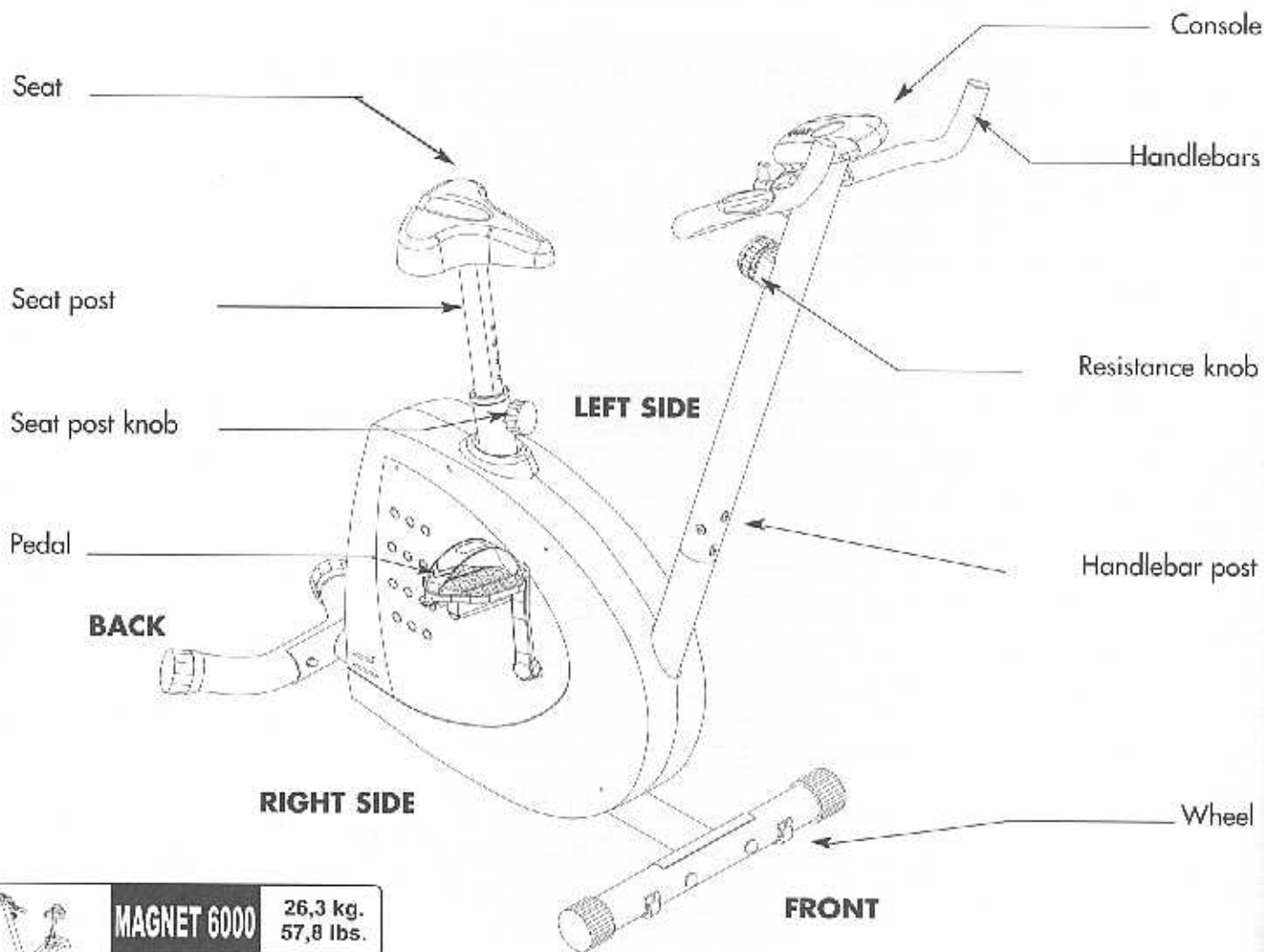
E N G L I S H

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.fr.

We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.

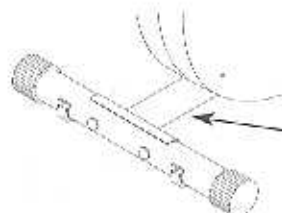


MAGNET 6000	26,3 kg. 57,8 lbs.
121 x 60 x 99 cm 47,6 x 23,6 x 39 in.	

Model N° : _____

Serial N° : _____

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



Serial number
Deca

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 MAGNET 6000 is a new generation exercise bike.
This bike places you in an anatomic position, the back straight and the arms in a resting position.
This product is equipped with magnetic transmission for greater pedaling comfort without jolts.

WARNING

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 appliance is in compliance with European, American and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 5 classes HC / ASTM F1250 / 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 all responsibility concerning claims for injury or for damages suffered by any persons or property arising from the normal or abnormal use of this product by the purchaser or by any other person (valid only in the United States).
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 finker with your MAGNET 6000.
19. Keep your back straight when using the product. Do not arch your back.
20. The pulse sensor is not a medical device. Various factors may affect the accuracy of rate readings. The pulse sensor is intended only as an exercise aid in determining heart-rate trends in general.
21. Notice to persons with pacemakers, defibrillators or other implanted electronic devices. Persons who have a pacemaker use the pulse sensor at their own risk. Before starting use, an exercise test under a doctor's supervision is advised.
22. Pregnant women are not advised to use the MAGNET 6000. 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.

WARNING

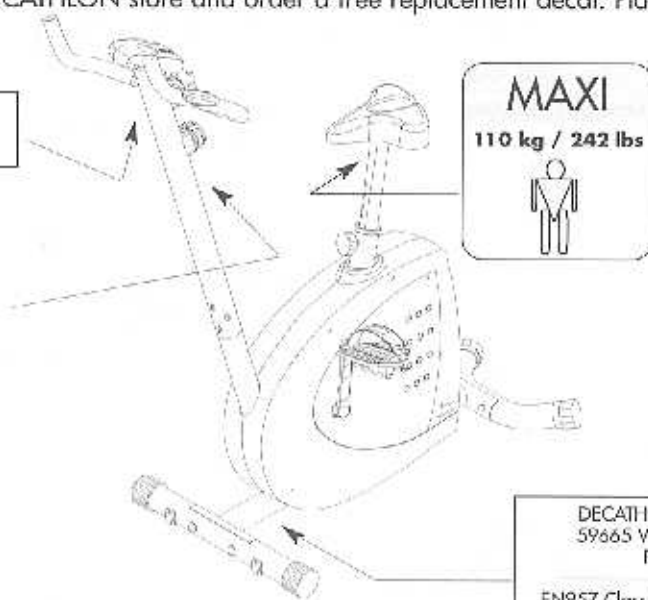
Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use.

The 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.

Product in accordance with EN 957 class HC, ASTM F 1250 class B, GB17498, not suitable for therapeutic purposes.

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.



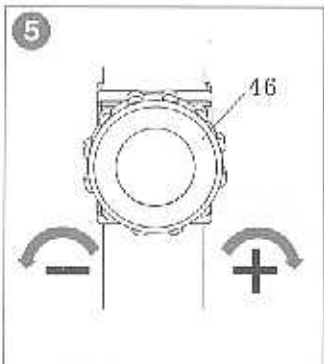
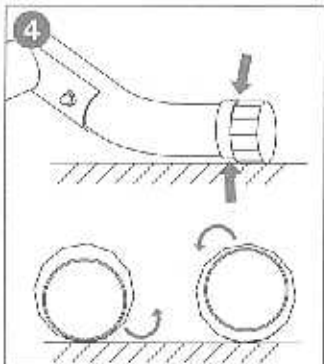
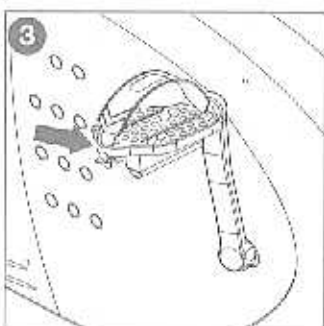
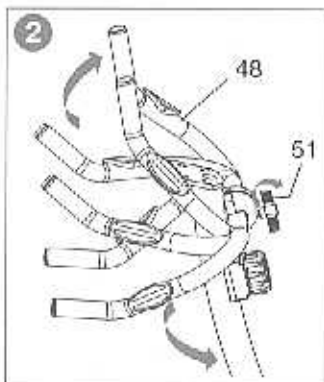
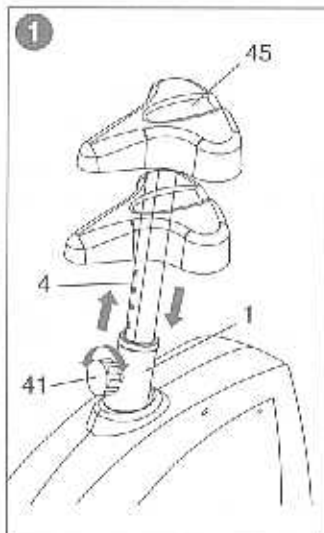
MAXI
110 kg / 242 lbs

DECATHLON - 4, bvd. de Mans - BP299
59665 Villeneuve d'Ascq Cedex - France
F : (+) 33.3.20.33.50.00

EN957 Class HC, ASTM F1250 class B, GB17498
Item n°: x/xxxxxxx Order n°: xxxxxxxxxx
Supplier code: xxxxxx Made in China

SETTINGS

Warning: It is necessary to get off the bike to proceed to the settings (saddle, handlebar)



1 HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercising, the seat should be at the proper height. As you pedal, there should be a slight bend of the knees when the pedals are at the lowest position. To adjust the seat, first hold the seat (45) and loosen the seat post knob (41). Align one of the holes in the seat post (4) with the hole in the frame tube (4). Insert the seat knob into the frame and the seat post, and tighten the seat knob into the frame.

CAUTION :

- Be sure to insert the seat post knob through one of the holes in the seat post, and firmly tighten the seat post knob.
- Never exceed the maximum saddle height.

2 HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar (48), loosen the handlebar knob (51). When the handlebar is in the suitable position, tighten the knob (51).

3 HOW TO ADJUST THE PEDAL STRAP

To adjust the pedal strap, first release the brake system under the pedal. Adjust the strap to the desired position and then press the brake to block the strap.

4 HOW TO LEVEL THE BIKE

If the bike rocks during use, turn one or both plastic caps (8) at the end of the back foot (3) until the rocking stops.

5 SETTING THE RESISTANCE

The brakes system and the resistance are coupled with the pedaling speed.

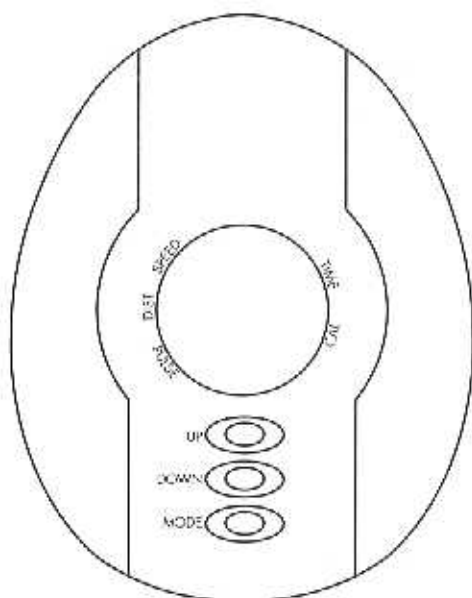
The resistance setting is done with the knob indexed (16) from 1 to 8.

Position 1 corresponds to the least resistance and position 8 to the highest resistance.

You can adjust the resistance while pedaling.

E N G L I S H

BC - 85352 COUNTER INSTRUCTION MANUAL



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 (USA only).

You may also set the distance you wish to cover from 0.1 to 999.9 km, or Miles (USA only). An alarm will sound once the value has been 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

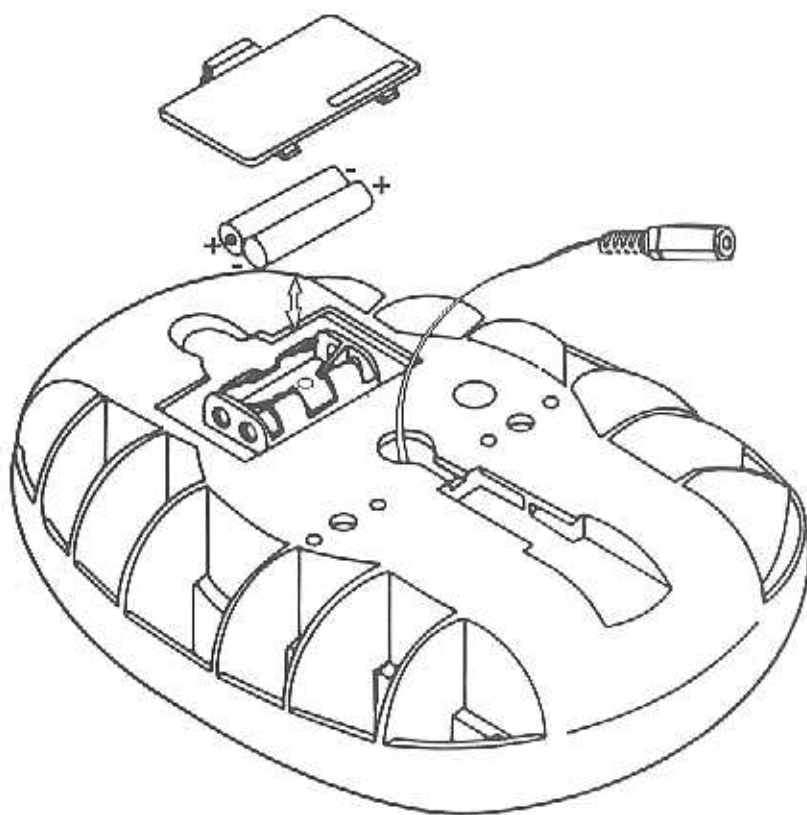
Please note: The measurement always starts from 90 PBM and requires a stabilisation time (around 30 seconds). During the exercise, the time to calculate the beats per minute requires an interval of roughly 20 seconds between the actual and displayed heart rates.

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

PARTS OF THE BODY WORKED

The exercise bike provides an excellent kind of cardio-training activity. Training on this equipment is designed to increase your cardio vascular capacity. On this principle, you improve your physical condition, your endurance and you burn calories (an indispensable activity for weight loss in association with dieting).

Finally, the exercise bike allows you to tone the muscles in the legs and buttocks. The muscles in the calves and the lower abdominals are also worked.

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. To have the product repaired, bring it to a DECATHLON store.

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 -