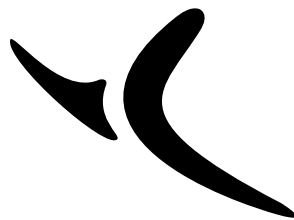
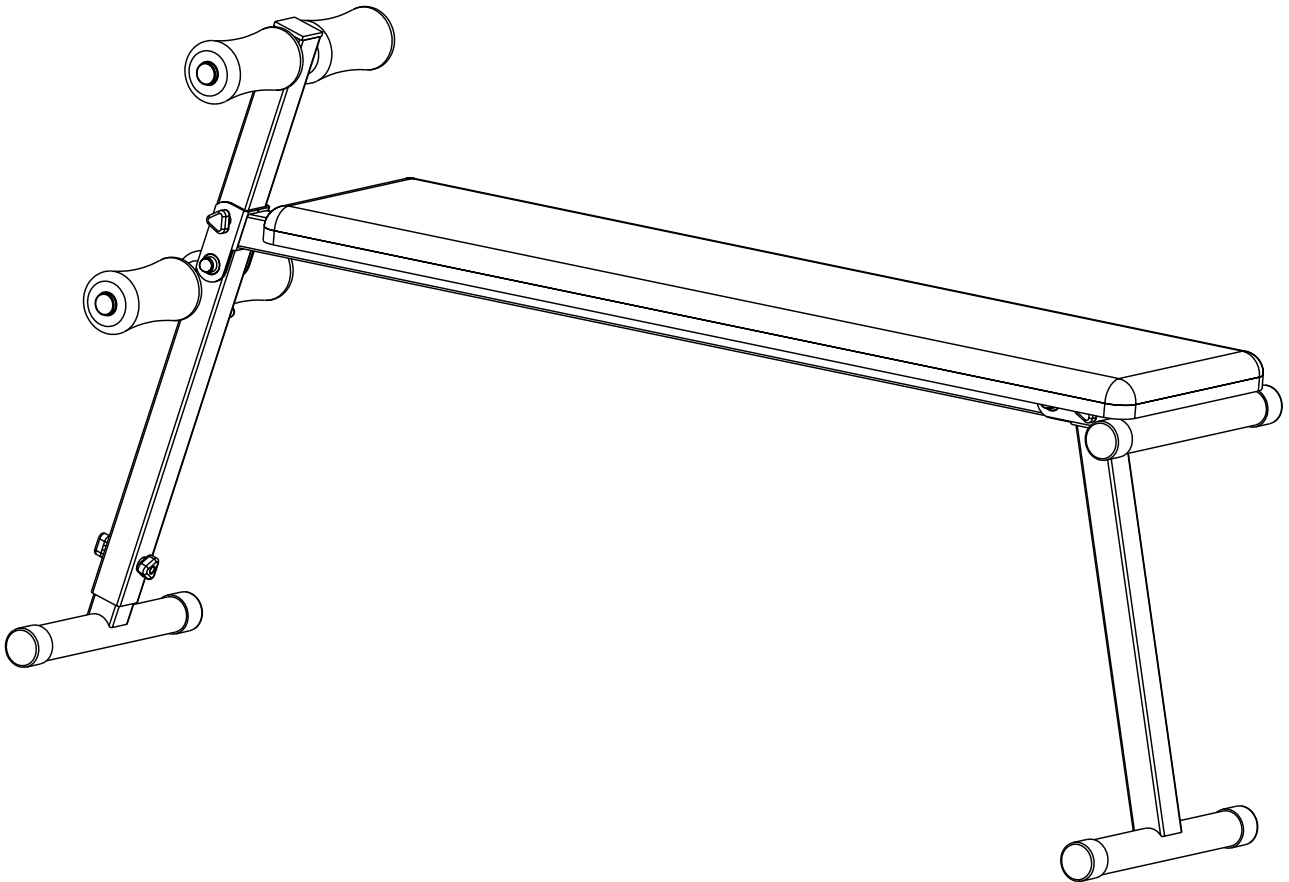


PA 350

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

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

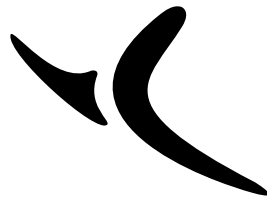


D O M Y O S

PA 350

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
请妥善保管说明书
Őrizze meg a használati útmutatót
Сохранить инструкцию

Réalisation : EVOLUTION + 32 / 69 250 500



DOMYOS

decathlon
creation©

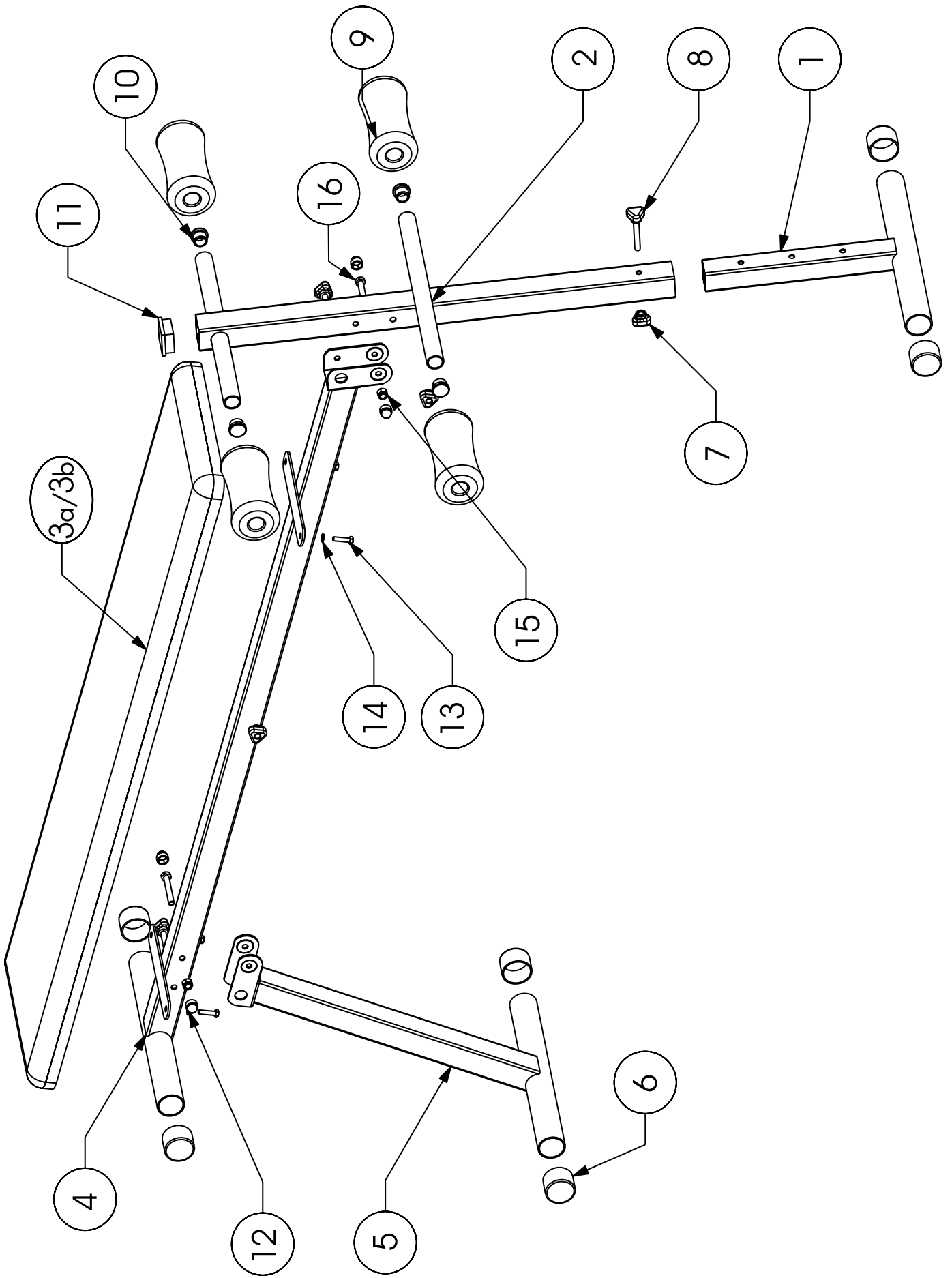
DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

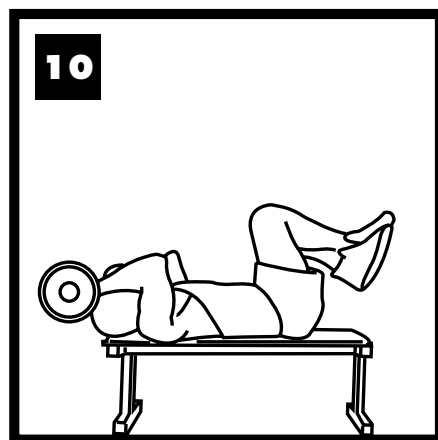
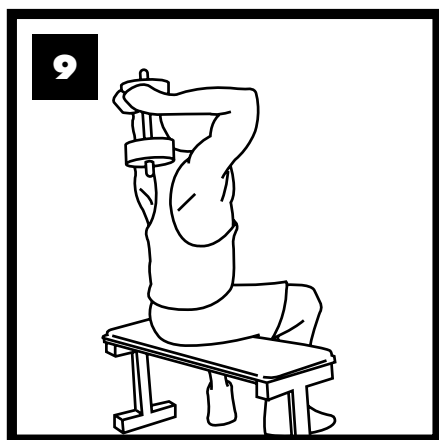
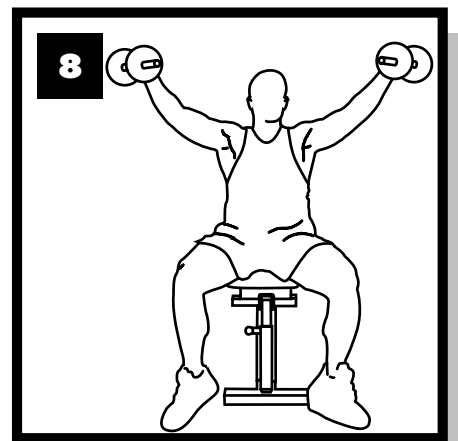
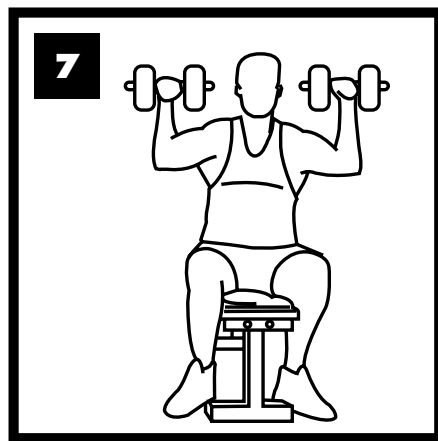
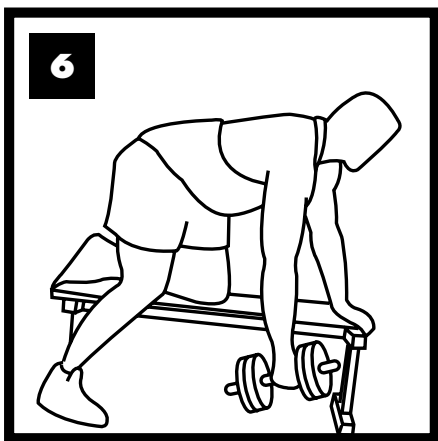
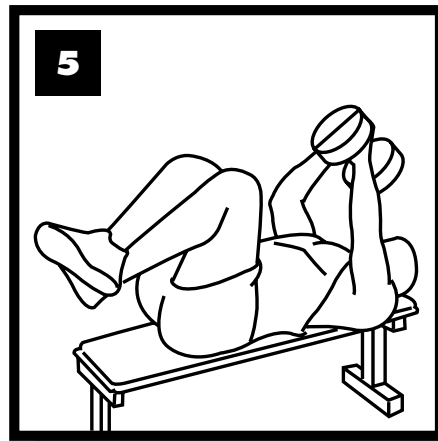
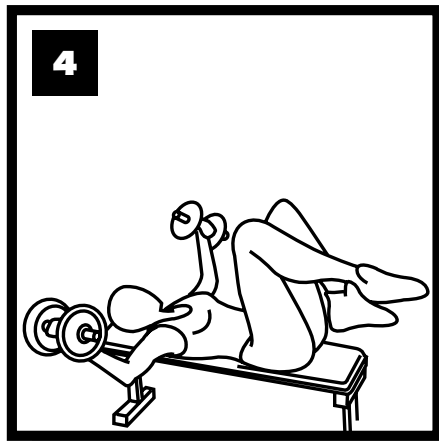
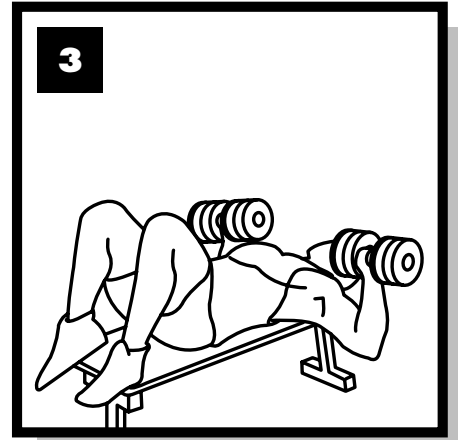
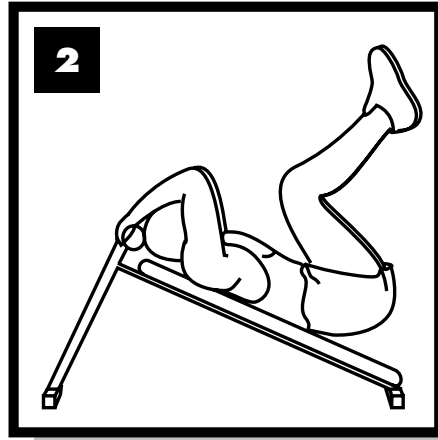
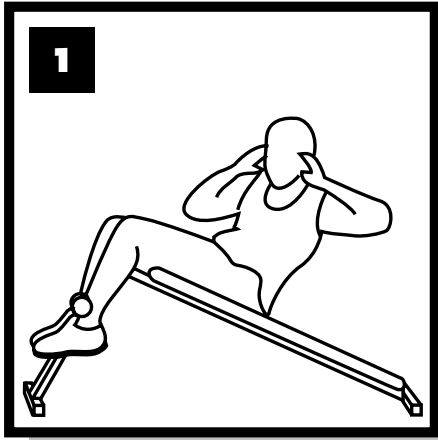
www.decathlon.com

Made in China - Hecho en China - 制造中国 - Сделано в Китае

Réf. pack : 950.532 - CNPJ : 02.314.041/0001-88







E N G L I S H

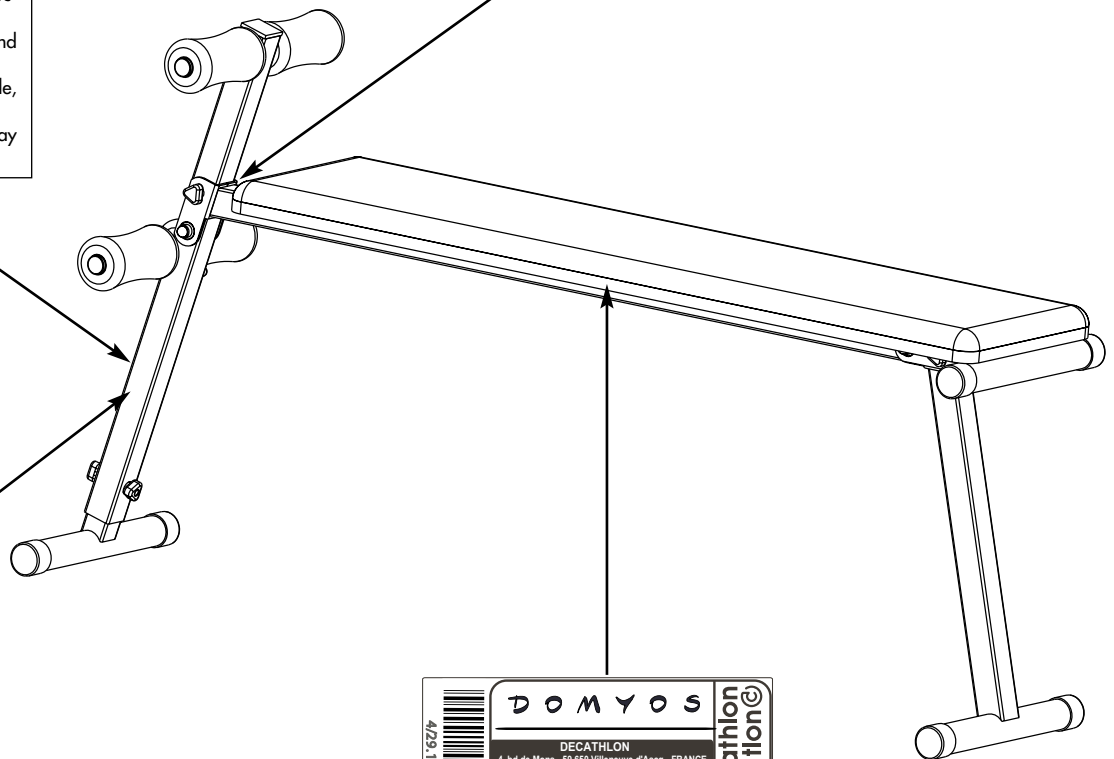
You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us. We created the DOMYOS brand to enable all sports aficionados to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments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

! 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

DOMYOS

DECATHLON
4, bd de Mons - 59 650 Villeneuve d'Ascq - FRANCE

Model: 3403284
Prod: 123456789
WW-YY

DP Shanghai
ST: 00000000

MADE IN CHINA
ECHO EN CHINA

decathlon creation®

4/29/1921

PA 350 **16 kg**
 35 lbs

147 x 74 x 34 cm
58 x 28 x 13 inch

Model N° :
Serial N° :

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

Serial number Decal

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 PA350 is an abdominal board which can be transformed into a flat board. In addition to exercise for strengthening the abdominals (rebuilding the bust, rebuilding the legs), the PA350 allows you, with a pair of dumb-bells or a weighted bar, to exercise the shoulders, the pectorals, the arms and the back.

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)
- Maximum load user + weight of barbells = 200 kg.

TRAINING

Start by warming up with short series without forcing yourself.
Exercise your muscles in series. Choose 3 exercises per session and do 4 series of 10 to 15 repeats.

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

- 4 BOULEVARD DE MONS - BP299 -
- 59665 VILLENEUVE D'ASCQ - France -

E N G L I S H

E X E R C I S E S

ABDOMINALS

Raising the chest (1)

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.

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 (2)

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.

SAFETY TIPS FOR THE ABDOMINALS : 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".

CHEST

Press with barbells (3)

This overall exercise brings into play all the pectorals (upper part of body). On your back, legs crossed, elbows at 90°. Push the two barbells upwards. Your lumbar must remain in contact with the board while this effort is going on. This exercise calls for control and co-ordination of both arms, unlike the press with one bar.

Isolated (4)

This exercise brings the pectorals into play individually, and exercises the outer part at the beginning of the movement. On your back, legs crossed, elbows half-bent (120°). Bring the barbells to the vertical position, moving them together until they touch. The position of the elbows does not change during the movement. The palms of the hands must face each other to bring the pectoral muscles into play as much as possible.

Pull-over (5)

This exercise brings the upper part of the pectorals into play. It enables you to exercise the opening of the thoracic cage. On your back, legs crossed, the disc of the barbell held in the palms of your hands. Move the barbell to behind your head then bring it back in front of you vertically above your eyes. Ensure that the disc fasteners are correctly tightened before starting this exercise.

BACK

Rowing with one arm (6)

This exercise bring the middle and lower part of the back into play. Use your palms and knees to bring your back to a horizontal position. Bring the barbell to the level of your waist while breathing in, bringing your elbow as high as possible. Your back must not move during this movement.

SHOULDER

Press with barbells (7)

This exercise brings the outer deltoids into play. Seated on a bench, with the back straight. Bring the barbells up to the level of your shoulders. Push the barbells upwards while breathing out. Do not arch you back in order to push.

Side lifts (8)

This exercise brings the outer deltoids into play. Seated, back straight, elbows not locked. Bring the barbells up to above the horizontal while breathing in.

ARMS

Seated extension (9)

This exercise brings the triceps into play (brachial triceps and internal/external vessels) Seated, hands together on the disc of the barbell. With arms straight up, let the barbell come down behind your head. Do not arch your back. Bring you arms back to the vertical position while breathing out. Ensure that the disc fasteners are correctly tightened before starting this exercise.

Lying extension (10)

This exercise brings the triceps into play (external and internal vessel) On your back, legs bent, holding the bar very tightly. With arms almost stretched, bring the bar down behind your head or at the level of the forehead. Bring the bar back to vertically above the shoulders. The elbows must remain fixed.