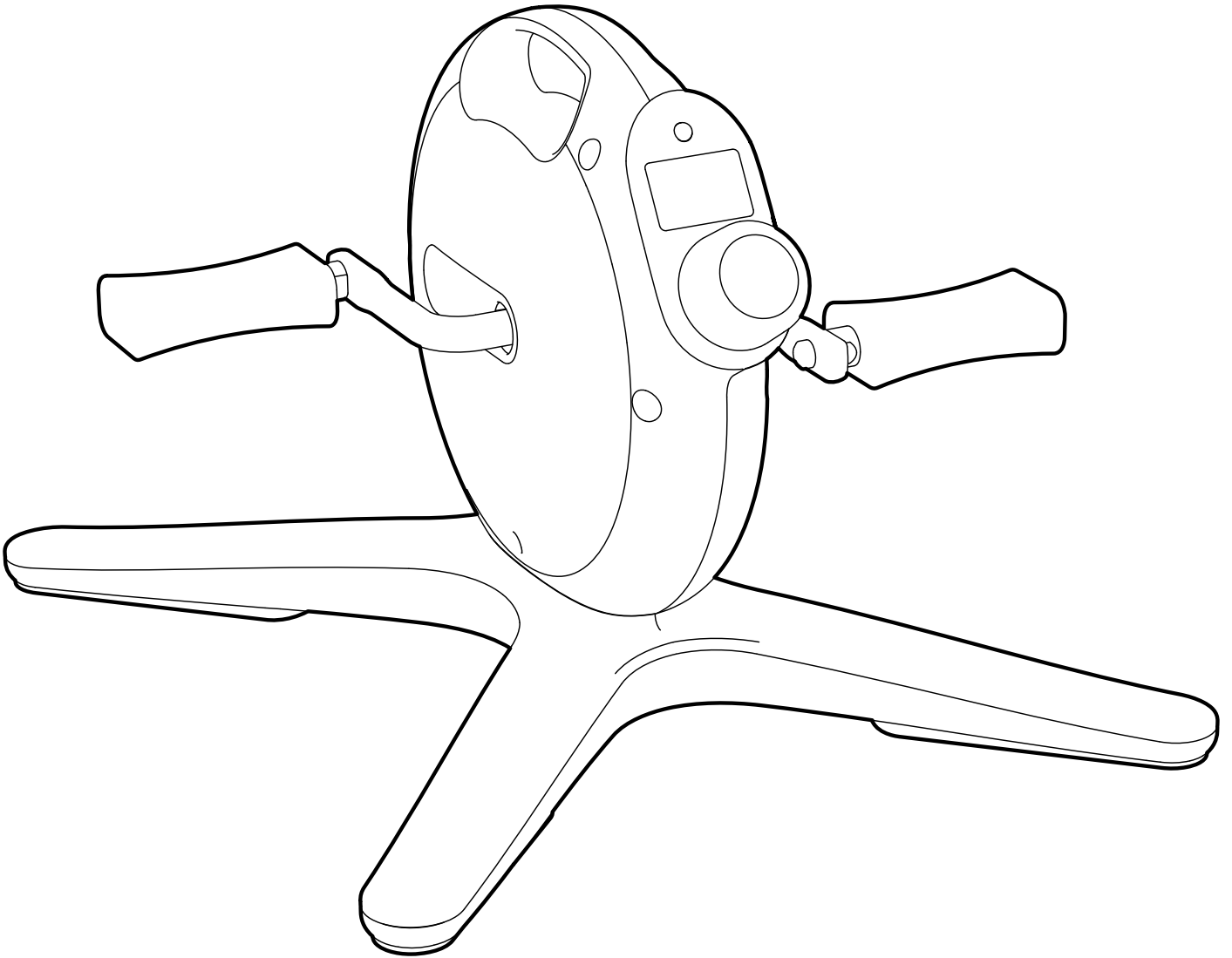


DOMYOS

Mini bike Mini vélo

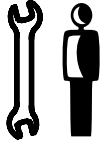


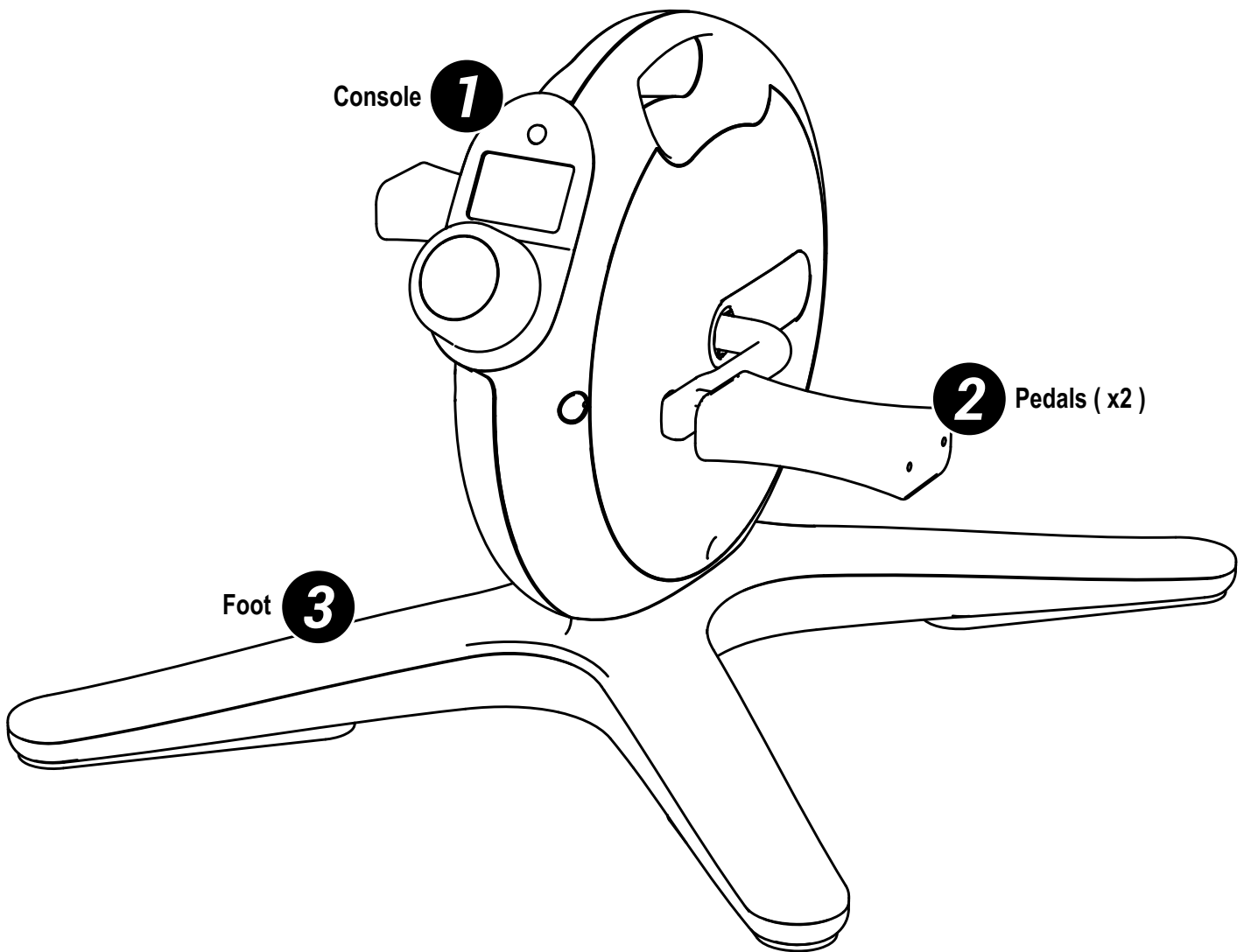
MINI BIKE 100

3.6 kg / 6.61 lbs
47 x 41.5 x 32 cm
18.5 x 16.3 x 12.6 in

MAXI
130 kg
286.6 lbs




10 MIN



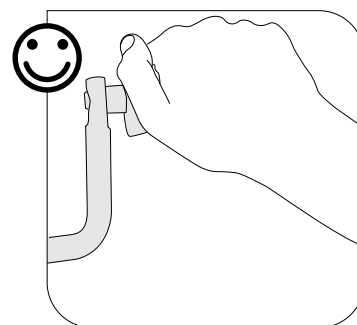
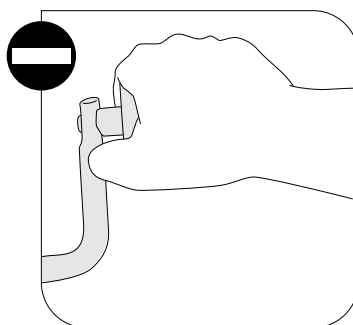
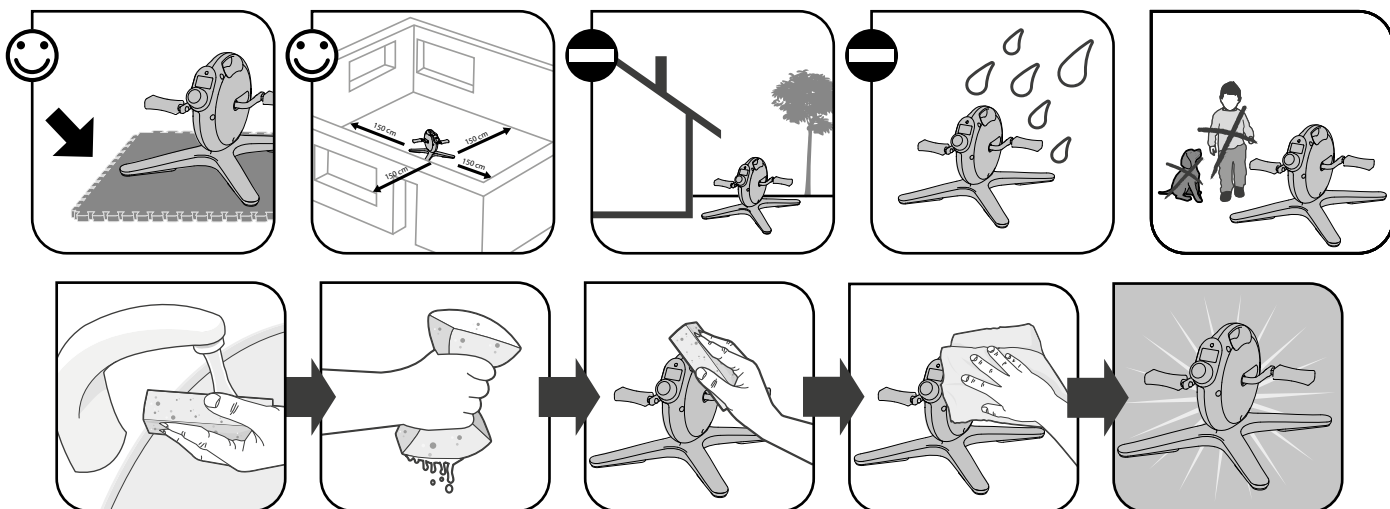
WARNING

- Any use of this product other than that intended may lead to serious injury
- Prior to use, read the instructions carefully and comply with all warnings and instructions
- Do not let children use this appliance, keep them away from it
- You must replace the sticker if it is damaged, illegible or missing
- Keep your hands, feet and hair away from all moving parts
- Not suitable for high accuracy purposes
- Remove the plastic cover on the battery then insert on the back of the console by respecting the polarity.
- Non-rechargeable batteries are not to be recharged;
- Rechargeable batteries are to be removed from the appliance before being charged;
- Batteries are to be inserted with the correct polarity;Exhausted batteries are to be removed from the appliance and safely disposed of;
- If the appliance is to be stored unused for a long period, the batteries should be removed,
- The supply terminals are not to be short-circuited.
- CAUTION: This is not a toy and is intended for use by or under the supervision of adult



IMPORTANT SAFETY INSTRUCTIONS

Read all instructions

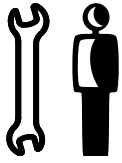


AFTER-SALES SERVICES

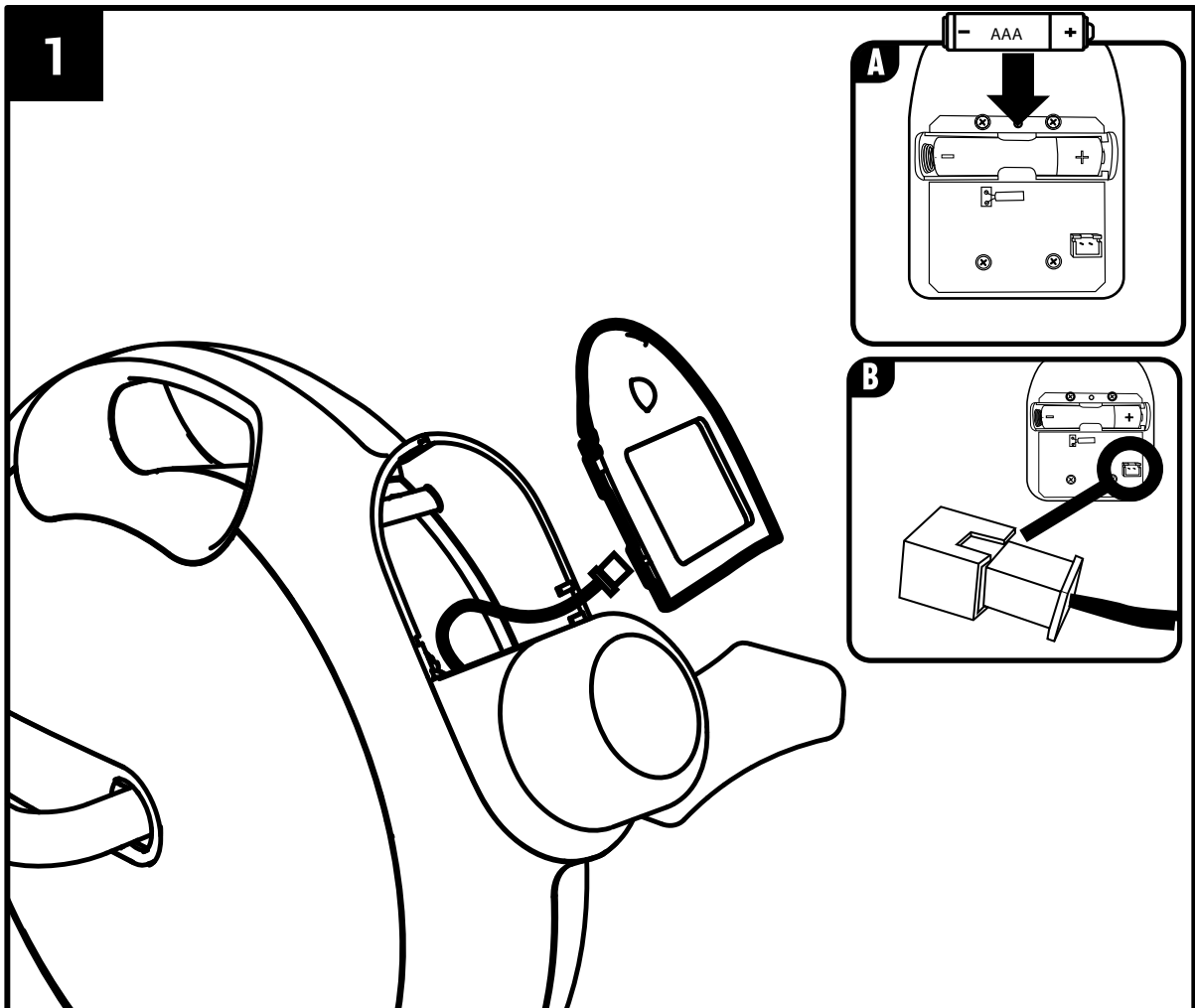
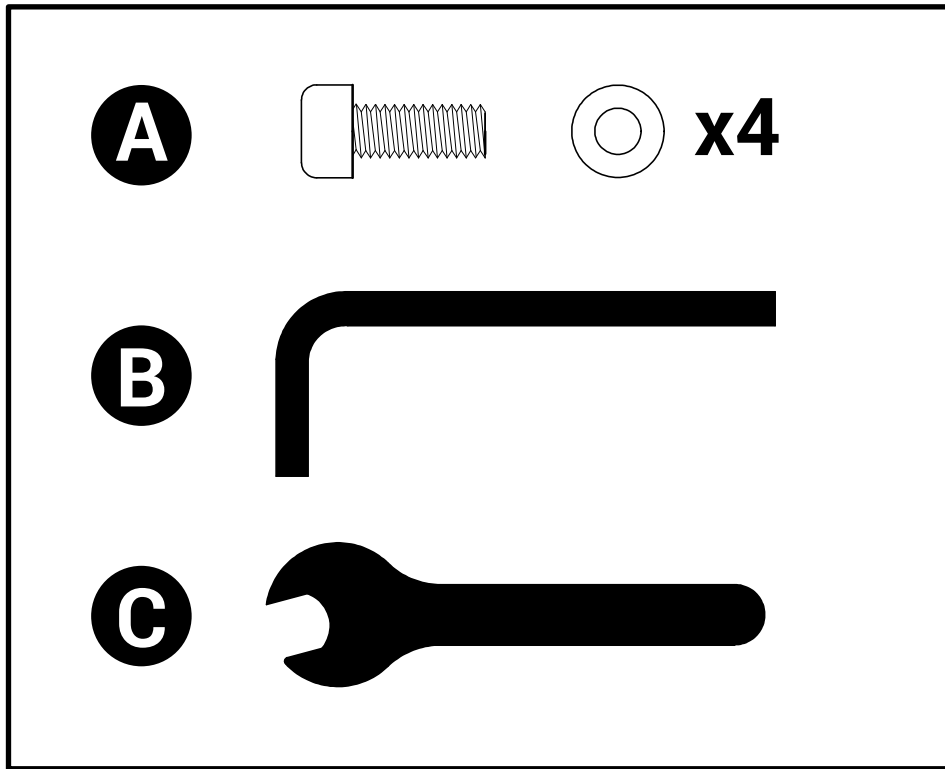


WWW.SUPPORTDECATHLON.COM


ASSEMBLY



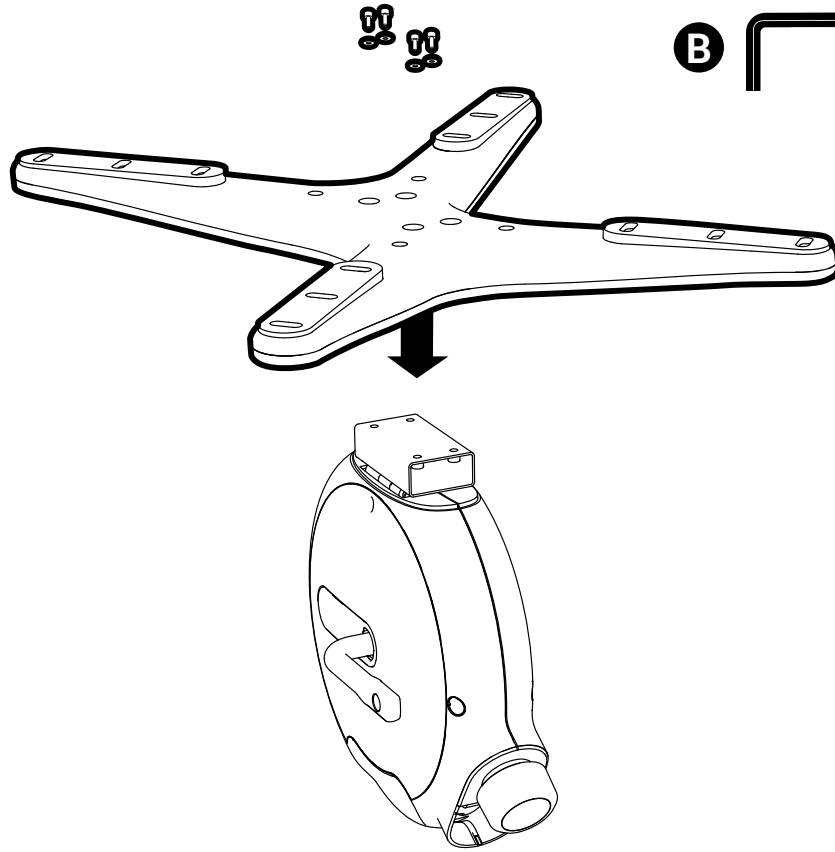
10 min



2

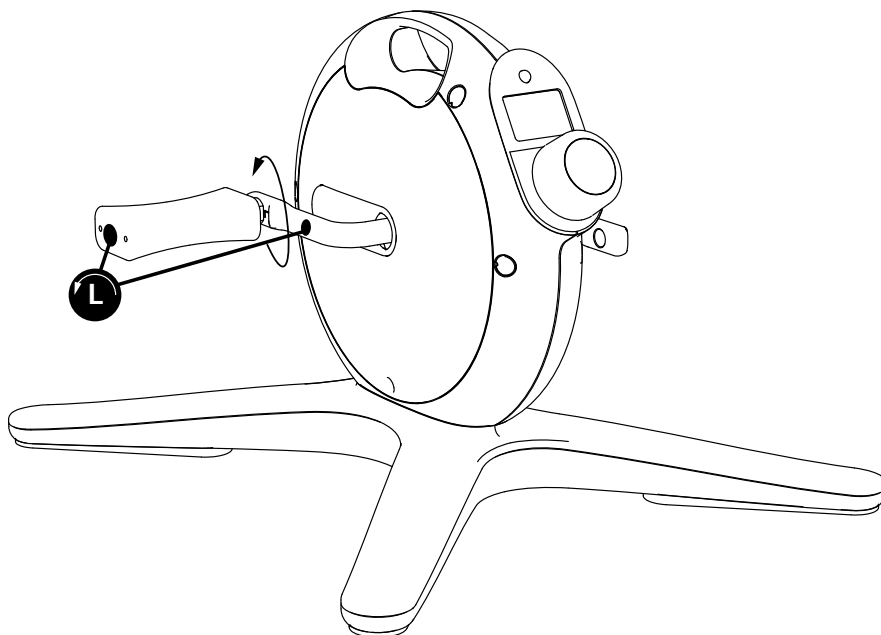
A  x4

B 

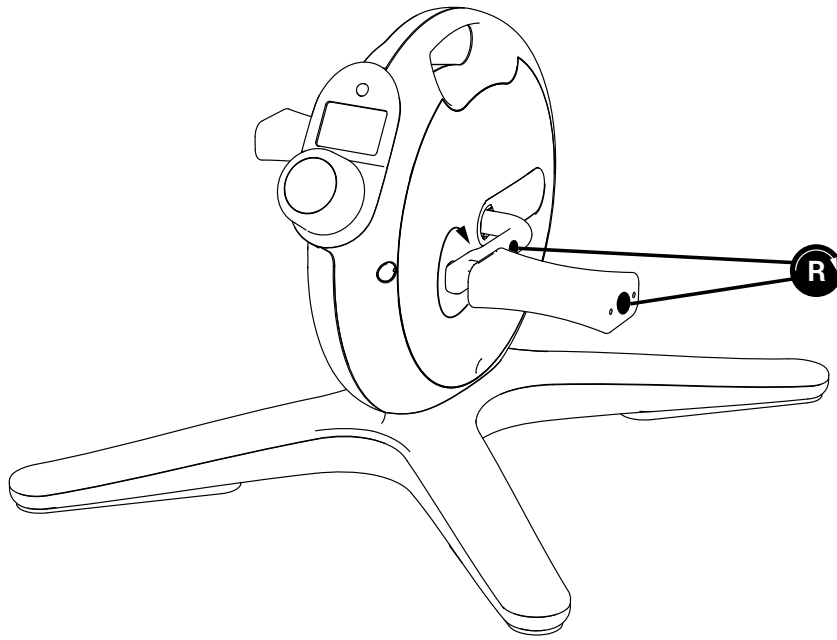


3

C 



4



You have chosen a DOMYOS product and we would like to thank you for your trust in us.

Whether you are a beginner or a high-level sportsman or woman, DOMYOS is by your side to help you stay fit or get fit. Our teams always strive to design the best products for your needs.

PRESENTATION

The Mini Bike is a cardio training activity that mimics the movement of a bike. Regular use of the Mini Bike will help you improve your fitness and stamina while burning calories (ideal for maintaining and/or losing weight in combination with a balanced diet). Besides the cardiovascular and respiratory benefits of the exercise, the Mini Bike tones the glutes, thighs, calves and arms with an impact-free movement.

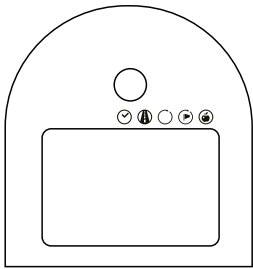
WARNING

Getting into shape must be done in a CONTROLLED manner. Consult your doctor before starting any exercise program. This is particularly important if you are over 35 or have experienced health problems before, or if you have not exercised for several years. Read all instructions before use.

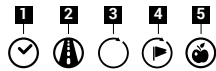
GENERAL RECOMMENDATIONS

- It is the owner's responsibility to ensure that all users of the product are properly informed of all the user precautions.
- DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
- This product is intended for domestic use only. (usage class HC).
- Do not use the product in a commercial, rental or institutional context.
- The equipment must be placed on a flat, stable surface.
- Any assembly or disassembly of the product should be carried out with care.
- 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. Tie long hair so that it does not get in the way when exercising.
- People wearing a pace maker, a defibrillator, or any other electronic implant are advised that they use the pulse sensor at their own risk.
- Pregnant women are advised not to use the pulse sensor.
- In order to guarantee your safety, it's your responsibility to inspect all the pieces before each use of the product by tightening the screw which are more exposed to wear.
- If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.
- Keeps hands well away from all moving parts.
- Do not let the adjustment devices stick out.
- The resistance is adjusted using the wheel; turn clockwise to increase the resistance.
- Use this product indoors, away from moisture and dust on a flat, solid surface.
- The braking system of this device does not depend on the speed.

CONSOLE



To scroll through all the information on the console, press the grey button several times



1. Workout duration(MM:SS)
2. Distance display (km)
3. Number of revolutions
4. Number of pedal revolutions since the start of use
5. Calories expended display (Kcal)

Before using for the first time, make sure the console is plugged in and the supplied battery is inserted in the correct direction. (see step 1 of the user guide). To turn on the console, start your workout or press the button on the console.

You will have 2 options:

Either the information on the console will be displayed randomly: SCAN MODE

Or you can decide to freeze on the information of your choice.

To do so, repeatedly press the button to scroll through the information; when the arrow on the screen blinks, this means that SCAN MODE is activated.

Finally, to reset all your information the indicators 1, 2, 3 and 5 to ZERO, press and hold the button of the console for 3 s. To reset the indicator 4 to 0, remove the battery, then insert it again.

TROUBLESHOOTING

Display fault:

Check the batteries and replace them if necessary. Use LR03 1.5V AAA batteries and respect the +/- polarity of the battery.

Counting fault:

Check that the cables at the back of the console are connected.

USE



Always start by warming up at a slow pace for several minutes.

if you are a beginner, start by training for several days at a low speed, without overexerting yourself, and taking rest periods if necessary. During your workout, be sure to ventilate the room in which the Mini Bike is located.

POSITION:

Sitting with your back straight, be sure not to arch your back.

The position of your back is crucial, so that you do not hurt yourself and for the exercises to be effective.

DO NOT pedal standing up

Maintenance/Warm-up: Progressive effort from 10 minutes

For keeping fit and staying in shape or undertaking physiotherapy, you must exercise everyday for around ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity. To improve leg toning, choose a stronger resistance and increase exercise time. Evidently you can vary pedalling resistance throughout your workout.

Keep in shape/Lose weight: Moderate effort for a relatively long time (at least 22 minutes/day)

You are advised to practise this activity regularly and moderately. Your cardiologist can advise you about your limits after a cardiac stress test. Ideally, you should sweat slightly when exercising, without feeling out of breath. The WHO recommends a session of this type lasting at least 22 minutes every day, in order to stay fit.

Stretching:

We advise you to stretch after each session to relax your muscles and promote your recovery.

AFTER-SALES SERVICES

UK Do you need assistance? Find us at www.support.decathlon.com , or if you don't have an internet connection, call our Customer Loyalty Team at 0207 064 3000.	FRANCE Besoin d'assistance ? Retrouvez-nous sur le site internet www.support.decathlon.com (coût d'une connexion internet).	ESPAÑA ¿Necesita asistencia? Nos puede encontrar en el sitio web https://support.decathlon.es/servicios-posventa-decathlon (coste de conexión a internet) o contacte con su tienda habitual y/o el centro de atención al cliente, con el ticket de compra, a +34 91 623 31 22 para ayudarle a abrir un dossier spv (servicio de post venta, llamada gratuita desde un telefono fijo desde España).	ITALIA Hai bisogno di assistenza? Ci puoi contattare dal sito https://support.decathlon.it/ per aprire un dossier di assistenza post vendita.	BELGIQUE Besoin d'assistance? Retrouvez le service après vente sur le site internet www.support.decathlon.com (coût d'une connexion internet) ou contactez le centre de relation clientèle au 02 208 26 60 (tarif local).
NEDERLAND Hulp nodig? U vindt de dienst na verkoop terug op de website www.support.decathlon.com (kosten internetverbinding) of contacteer de klantendienst op 088 33 22 888 (lokaal tarief).	PORTUGAL Necessita de assistência? Encontre-nos no site www.support.decathlon.com ou nos contacte através do nosso Centro de apoio técnico tendo em mãos uma prova de compra (cartão Decathlon ou factura de caixa) pelo número 800 919 970* Serviço pós venda gratuito para os produtos Domyos, ver condições de garantia. *Chamada gratuita.	DEUTSCHLAND Brauchen Sie Hilfe? Sie finden uns auf der Internetseite: www.support.decathlon.com oder Sie rufen unser Customer - Relationship - Center an unter: 0049-7153-5759900 Halten Sie bitte Ihre Rechnung bereit.	BELGIÉ Hulp nodig? U vindt de dienst na verkoop terug op de website www.support.decathlon.com (kosten internetverbinding) of contacteer de klantendienst op 02 208 26 60 (lokaal tarief).	中国 你需要帮助吗？ 请访问我们的网站 http://support.decathlon.com 或拨打我们的全国免费客服电话 4009-109-109。温馨提示：拨打电话前，请找到您的购物凭证。
EN - OTHER COUNTRIES Need help? Find us on our website www.support.decathlon.com (cost of an internet connection) or go to the front desk of one of the stores where you bought the product, with proof of purchase.	FR - AUTRES PAYS Besoin d'assistance? Retrouvez-nous sur le site internet www.support.decathlon.com (coût d'une connexion internet) ou présentez-vous à l'accueil d'un magasin de l'enseigne où vous avez acheté votre produit, muni d'un justificatif d'achat.	ES - OTROS PAÍSES ¿Necesita asistencia? Hitta oss på hemsidan www.support.decathlon.com (kost för internet-anslutning tillkommer) eller gå till kundtjänsten i butiken där du köpte produkten, med ditt inköpsbevis.	DE - ANDERE LÄNDER Brauchen Sie Hilfe? Besuchen Sie unsere Internet-Site www.support.decathlon.com (Kosten des Internetanschlusses) oder wenden Sie sich an die Empfangsstelle des Geschäfts der Marke, in welchem Sie Ihr Produkt gekauft haben. Legen Sie bitte Ihren Kaufnachweis vor.	IT - ALTRI PAESI Bisogno di assistenza? Ci potete trovare sul sito Internet www.support.decathlon.com (costo di una connessione Internet) o potete recarvi all'accoglienza di un negozio del marchio in cui avete comprato il prodotto, muniti di un giustificativo di acquisto.
NL - ANDERE LANDEN Hulp nodig? Raadpleeg de website www.support.decathlon.com (kosten internetverbinding) of contacteer de klantendienst op 088 33 22 888 (lokaal tarief).	PT - OUTROS PAÍSES Precisa de assistência? Contacte nos através do site da Internet www.support.decathlon.com (custo de uma ligação à Internet) ou dirija-se à recepção da loja da marca onde adquiriu o seu produto, com o respectivo comprovativo de compra.	PL - INNE KRAJE Potrzebujesz pomocy? Znajdź nas na stronie internetowej www.support.decathlon.com (koszt jednego połączenia internetowego) lub wracając do punktu zakupu zgłoś się do punktu obsługi sklepu firmowego lub tam, gdzie dokonałeś zakupu produktu.	HU - MÁS ORSZÁGOK Segítségre van szüksége? Keressen meg minket internetes honlapunkon www.support.decathlon.com (internetcsatlakozás ára), vagy forduljon személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonylattal.	RO - ALTEȚĂRI Aveți nevoie de asistență? Ne puteți găsi pe site-ul www.support.decathlon.com (prețul unei conexiuni la internet) sau vă puteți prezenta la serviciul de relații cu clienții al magazinului firmei de la care ați achiziționat produsul, având asupra dumneavoastră dovada cumpărării.
SK - OSTATNÉ KRAJINY Potrebujete asistenciu? Nájdite si nás na internetových stránkach www.support.decathlon.com (cena internetového pripojenia), alebo sa obráťte na oddelenie styku so zákazníkmi v obchode, kde ste svoj výrobok zakúpili a popritom nezabudnite predložiť doklad o kúpe.	CS - OSTATNÍ ZEMĚ Potřebujete pomoc? Kontaktujte nás na našich internetových stránkách www.support.decathlon.com (cena za internetové připojení) nebo přijďte na recepci jedné z prodejen značky, kde jste koupili váš výrobek, a předložte doklad o nákupu.	SV - ANDRA LÄNDER Behöver du hjälp? Hitta oss på hemsidan www.support.decathlon.com (kostnad för internet-anslutning tillkommer) eller gå till kundtjänsten i butiken där du köpte produkten, med ditt inköpsbevis.	HR - OSTALE ZEMLJE Potrebna vam je pomoć? Pronađite nas na internetskoj stranici www.support.decathlon.com (po cijeni naknade za korištenje interneta) ili savjet potražite u trgovini u kojoj ste kupili proizvod, uz predočenje računa.	SL - DRUGE DRŽAVE Potrebujete pomoč? Obiščite našo spletno stran www.support.decathlon.com ali trgovino, v kateri ste izdelek kupili, pri čemer je potrebno dokazilo o nakupu.
TR - DİĞER ÜLKELER Yardıma mi ihtiyacınız var? www.support.decathlon.com internet sitesinden bize ulaşabilirsiniz (bir internet bağlantısı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığınız mağazanın danışma bölümüne başvurabilirsiniz.	LT - KITOS ŠALYS Ar jums reikia pagalbos? Susiraškite mus www.support.decathlon.com internet svetainėje ir (arba) kreipkitės į parduotuvės, kurioje įsigijote gaminį, informacijos skyrių pateikdami pirkimo dokumentą.	SR - DRUGE ZEMLJE Da li vam treba pomoć? Potražite nas na našem veb-sajtu www.support.decathlon.com i/ili dodite na prijemi pult prodavnice u kojoj ste kupili proizvod sa potvrdom o kupovini	LV - CITAS VALSTIS Vai jums ir nepieciešama palīdzība? Mūs var atrast vietnē www.support.decathlon.com , un/vai dodieties uz veikala reģistratūru, kurā iegādājāties produktu, uzrādot pirkumu apliecināšu dokumentu	ET - MUUD RIIGID Kas vajate abi? Leidke meid www.support.decathlon.com veebilehel ja/või minge koos ostutšekiga sellesse kauplusesse, kust te oate toote ostsite
EL - ΑΛΛΕΣ ΧΩΡΕΣ Χρειάζεστε βοήθεια; Επισκεφτείτε τον δικτυακό μας τόπο, στη διεύθυνση www.support.decathlon.com (με το κόστος μιας σύνδεσης στο διαδίκτυο) ή απευθυνθείτε στην υποδοχή του κατάστημα της αλυσίδας από την οποία αγοράσατε το προϊόν σας, μαζί με την απόδειξη αγοράς.	BG - ДРУГИ ДЪРЖАВИ Имате нужда от помощ? Моля, посетете нашия сайт: www.support.decathlon.com (цената на интернет връзка) или отидете в отдел «Обслужване на клиенти» на магазина, където сте купили продукта, като носите със себе си документ, доказващ направената покупка.	KK - БАСҚА ЕЛДЕР Сізге көмек керек пе? Бізді www.support.decathlon.com веб-сайтынан табыңыз және/немесе сатып алғаныңызды растайтын құжатпен өнімді сатып алған дүкеннің қабылдау бөліміне барыңыз	RU - ДРУГИЕ СТРАНЫ Нужна поддержка? Обратитесь к нам через наш интернет-сайт www.support.decathlon.com (стоимость подключения к интернету) или подойдите в отдел обслуживания клиентов в магазине той сети, в которой вы купили ваш продукт, с товарным чеком.	UK - ІНШІ КРАЇНИ Вам потрібна допомога? Шукайте нас на вебсайті www.support.decathlon.com і/або підійдіть на інформаційну стійку магазину, де ви придбали продукт, із підтвердженням покупки
VI - QUỐC GIA KHÁC Cần hỗ trợ? Hãy liên hệ với chúng tôi qua trang web www.support.decathlon.com (cần có kết nối internet) hoặc đến đại lý chính hãng mà bạn đã mua sản phẩm, mang theo mình chứng mua hàng.	ID - NEGARA LAIN Perlu bantuan? Kunjungi situs internet kami www.support.decathlon.com (biaya koneksi internet) atau datanglah ke toko merek di mana Anda membeli produk Anda, dengan membawa bukti pembelian.	ZH - 其他国家 需要帮助？ 请登陆 http://support.decathlon.com 与我们联系（普通上网费用）或携带购物发票至您购买产品的商店信息咨询处咨询。	JA - その他の国 ヘルプが必要ですか？ サイト www.support.decathlon.com をご覧ください（インターネット接続料）。もしくは製品購入を証明するものをご持参の上、お買い上げいただいた取扱店にお越しください。	ZT - 其他國家 需要幫助？ 請登陸 http://support.decathlon.com.cn/ 與我們聯繫（普通上網費用）或攜帶購物發票至您購買產品的商店的信息諮詢處諮詢。
TH - ประเทศอื่น ๆ ต้องการรับความช่วยเหลือ？ แพคเกจเราได้ที่เว็บไซต์ www.support.decathlon.com (อาจมีค่าใช้จ่ายในการเชื่อมต่ออินเทอร์เน็ต) หรือที่ศูนย์บริการลูกค้าของคุณได้ขอผลิตภัณฑ์พร้อมหลักฐานการซื้อผลิตภัณฑ์	KO - 기타 국가 도움이 필요하십니까? 당사의 웹사이트 www.support.decathlon.com 를 방문하거나(인터넷 연결 비용), 구매 증명서를 지참하고 제품을 구매할 때 장의 프론트 데스크를 방문하십시오.	KM - ប្រទេសផ្សេងៗ ទៀត តើអ្នកត្រូវការជំនួយទេ? សូមមើលទៅលើគេហទំព័រ www.support.decathlon.com របស់យើង (តម្លៃនៃការភ្ជាប់អ៊ីនធឺណិត) ឬក៏ទៅកាន់ហាងដើម្បីជួយអ្នកបាននូវព័ត៌មានផ្សេងៗទៀត។	AR - دول أخرى هل تحتاج إلى مساعدة؟ اتصل على عبر موقعنا الإلكتروني www.support.decathlon.com (تكلفة اتصال بالإنترنت) أو توجه إلى المحل الذي اشتريته منه المنتج والذي يوجد به علامة الشركة، واحرص على تقديم إثبات الشراء	

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COMMERCIAL WARRANTY

- Domyos guarantees this product in normal conditions of use, 5 years for the structure and 2 years for other parts, from the date of purchase, the date on the receipt is binding.
- Domyos's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of Domyos.
- This warranty does not apply in case of: - Damage caused during transportation - Use and/or storage of the product in an outdoor or damp environment (except trampolines) - Poor assembly - Misuse or abnormal use - Poor maintenance - Repairs made by technicians not approved by Domyos - Use in a non-domestic setting
- This guarantee does not cancel the legal guarantee applicable in the country of purchase. To benefit from your product warranty, consult the table on the last page of your user manual.

