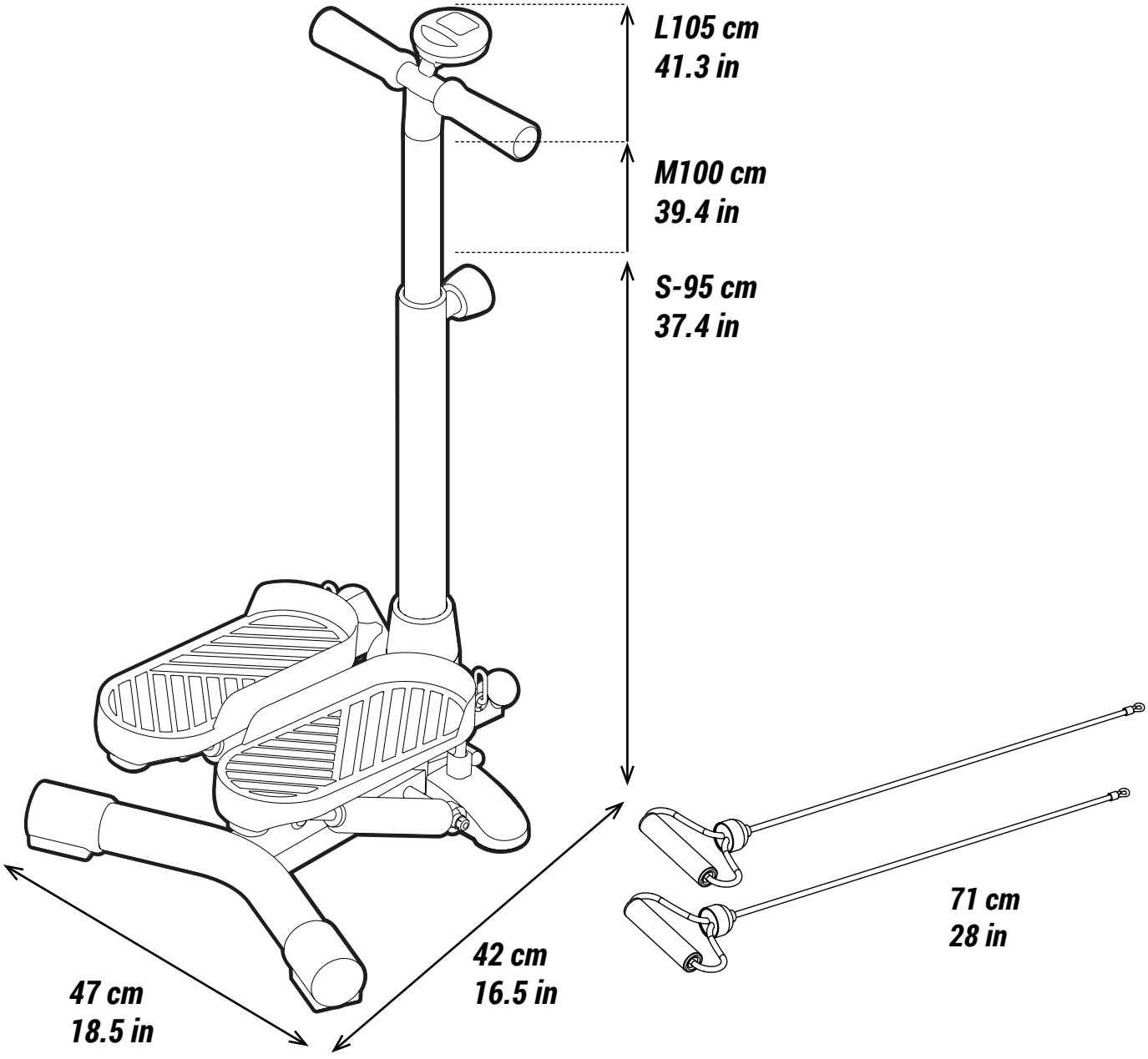
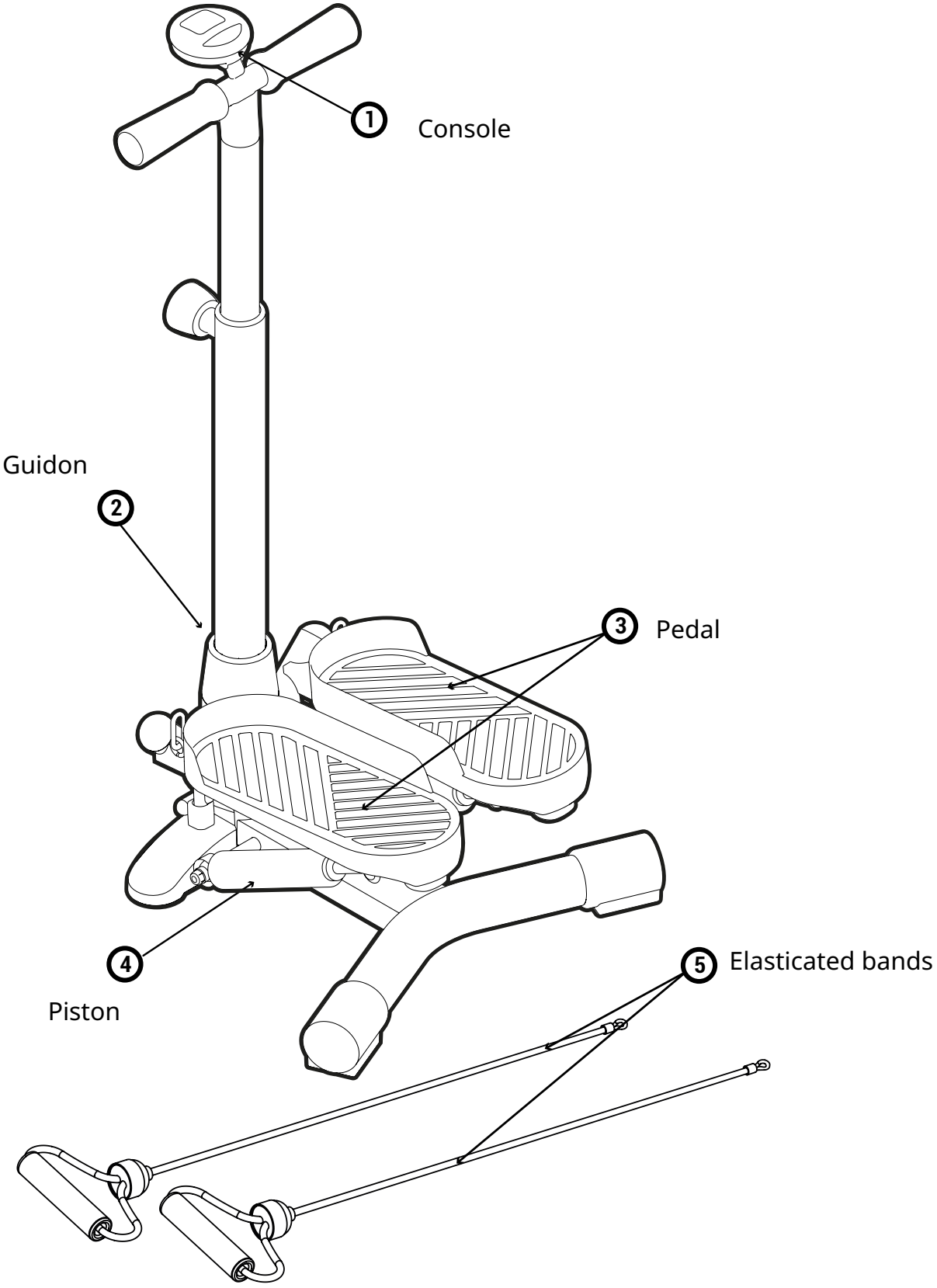
DECATHLON

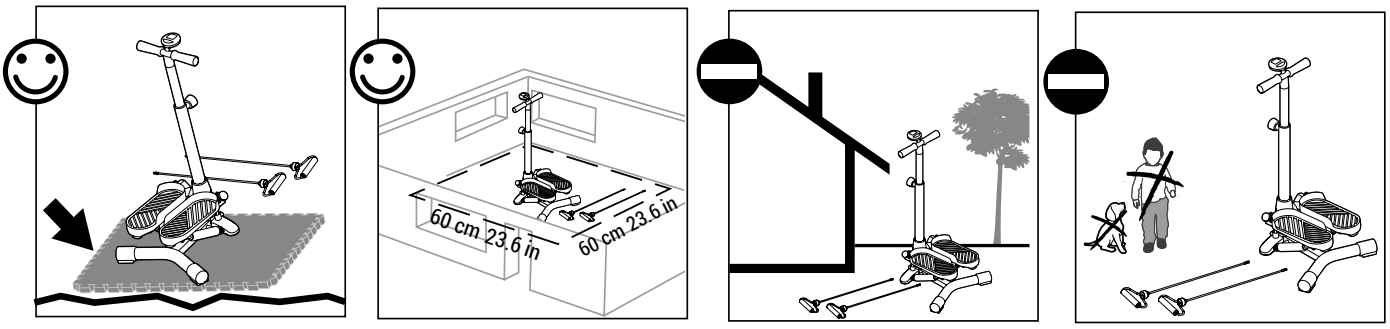
MS520



MS520
9.5 kg / 20.9 lbs

MAXI
100 kg
220 lbs

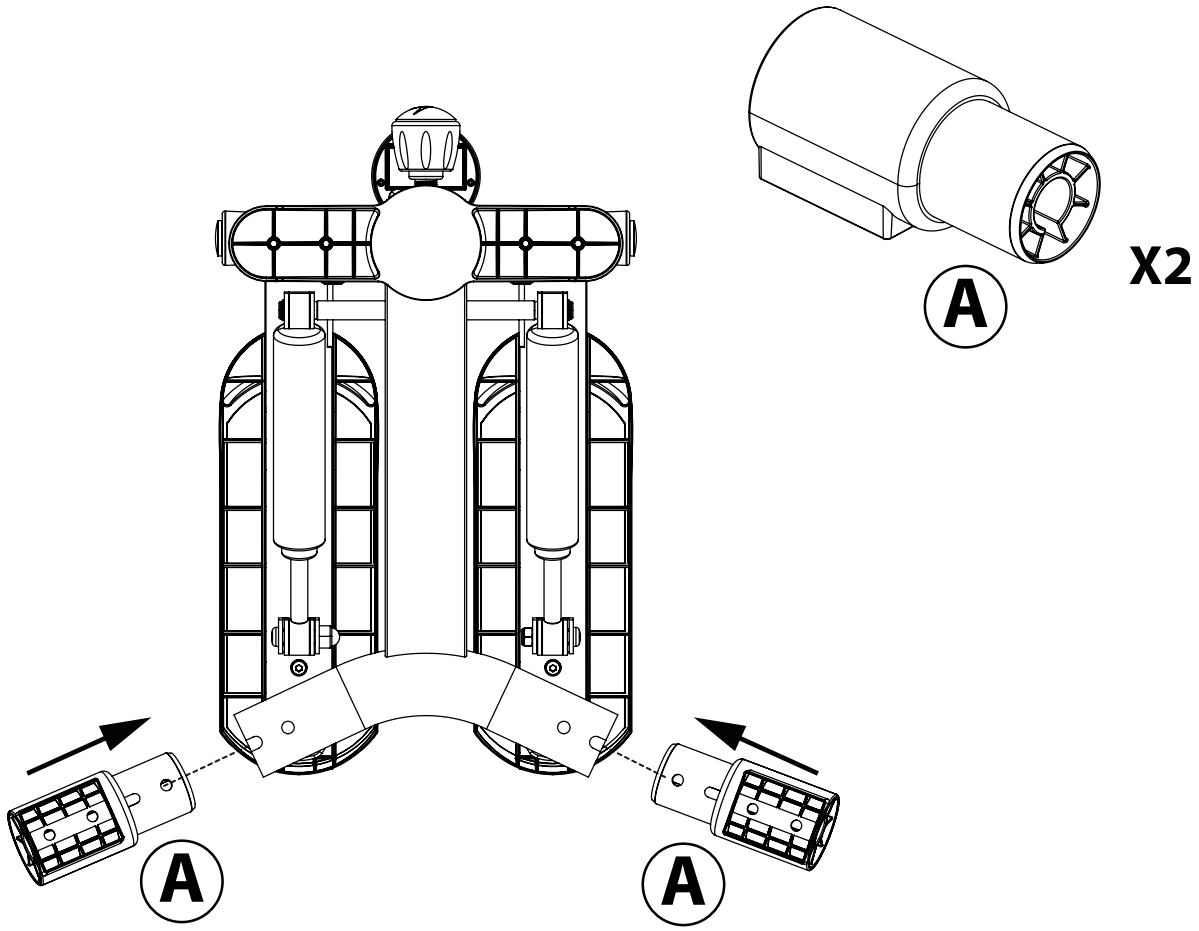

1 Console
Guidon
2
3 Pedal
4
Piston
5 Elasticated bands


60 cm 23.6 in
60 cm 23.6 in

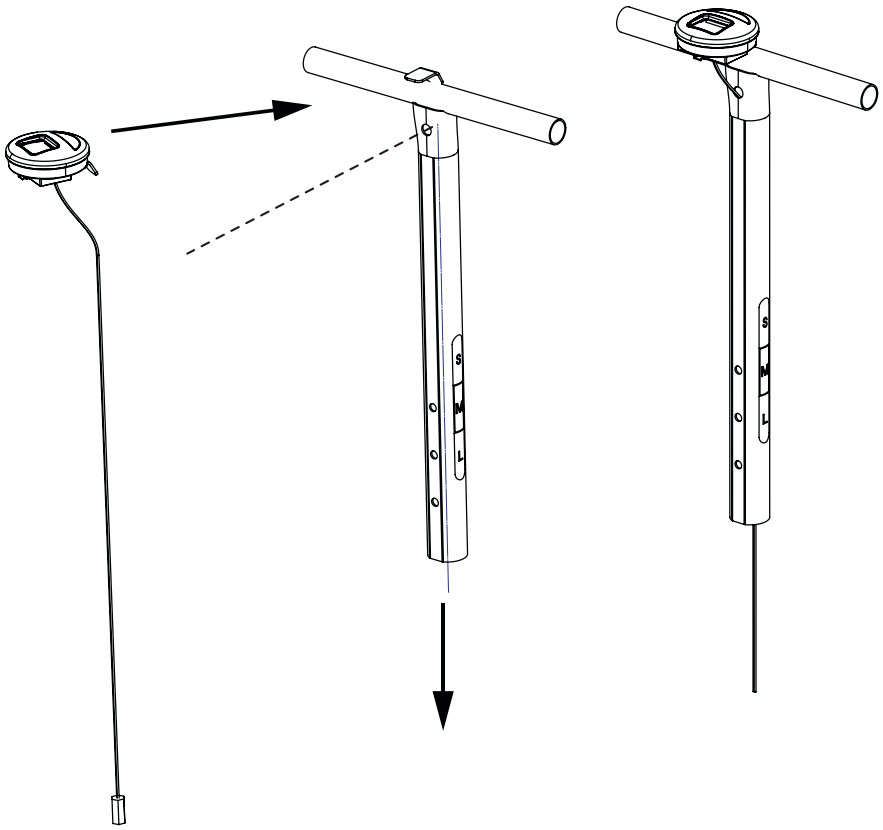
ASSEMBLY

30 min

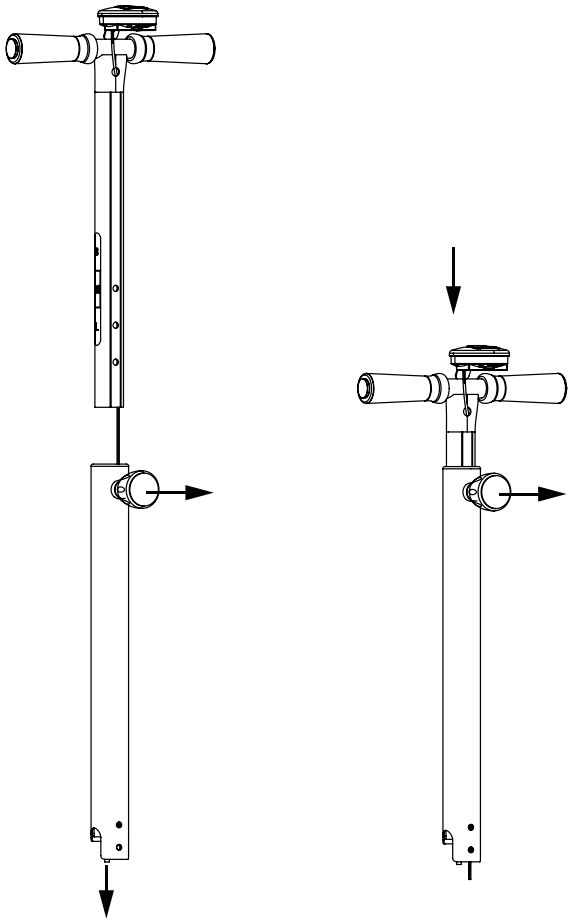
1



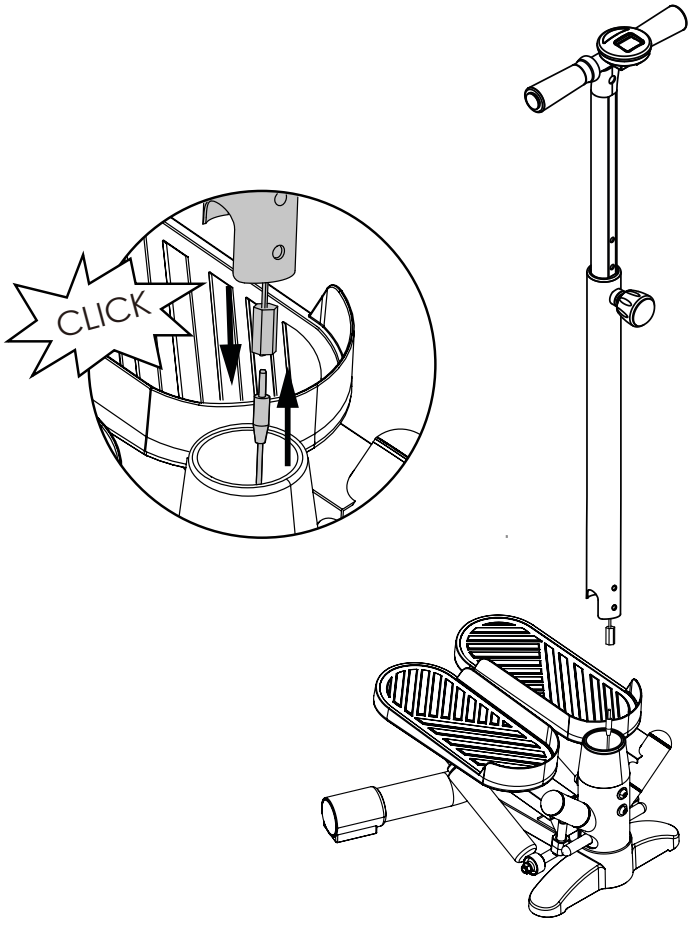
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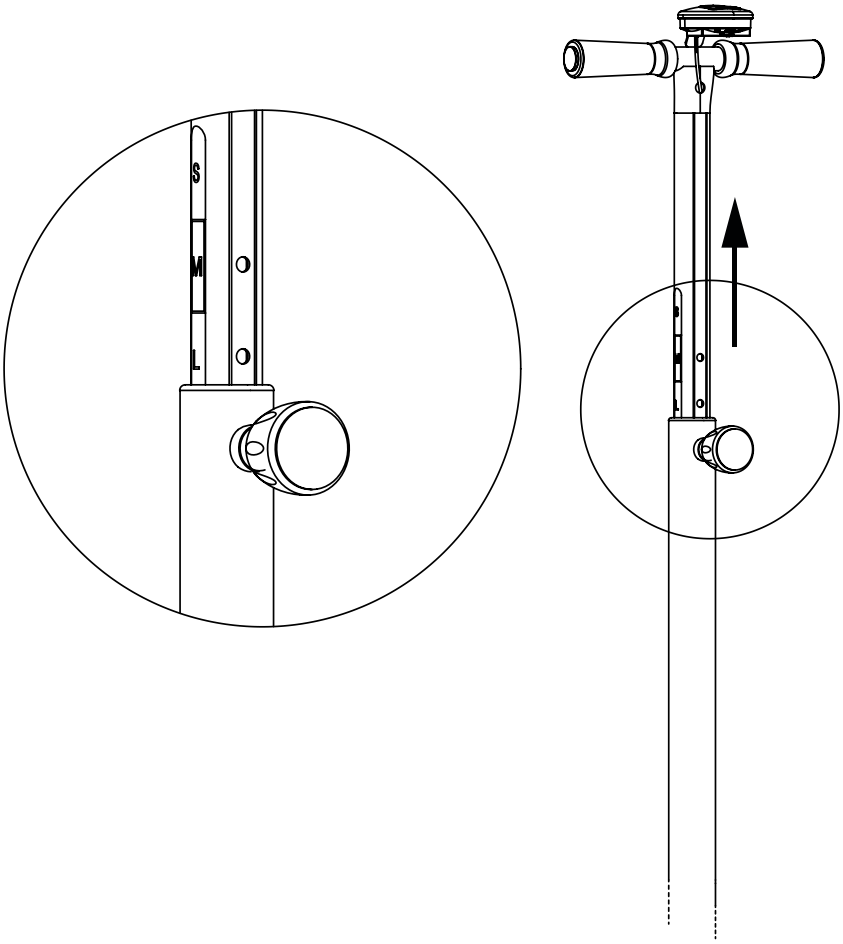
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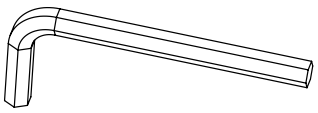
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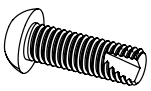
5



6



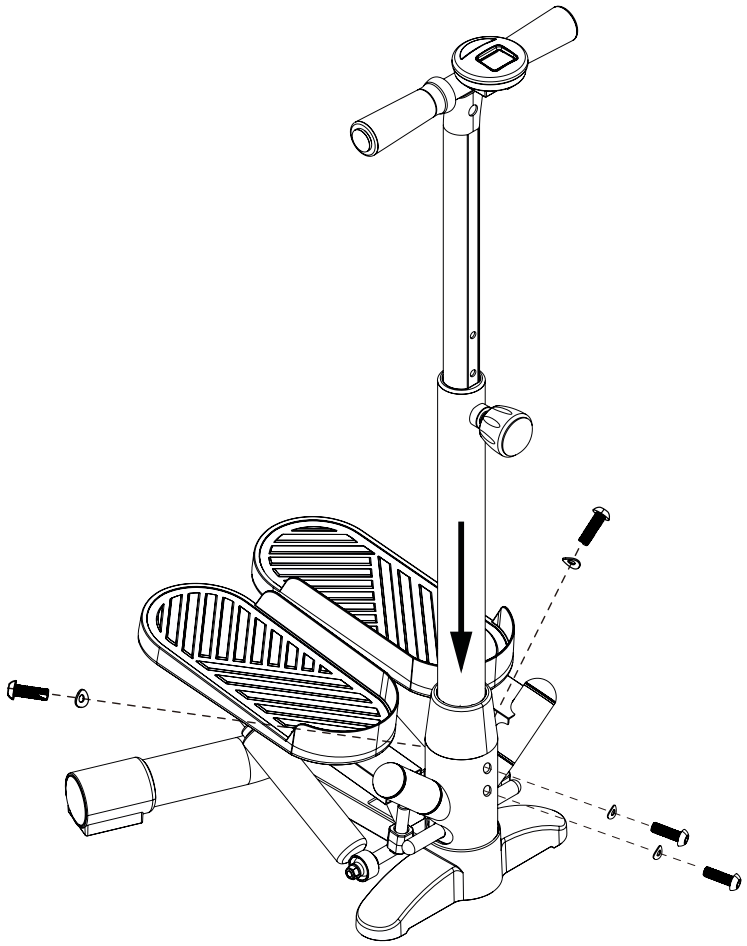
X1

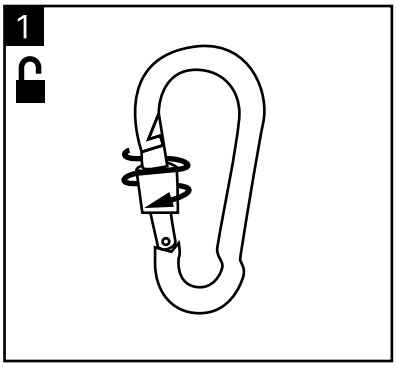


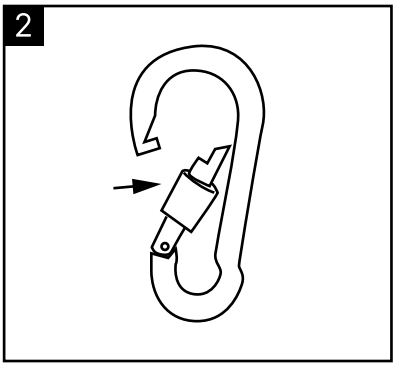
X4

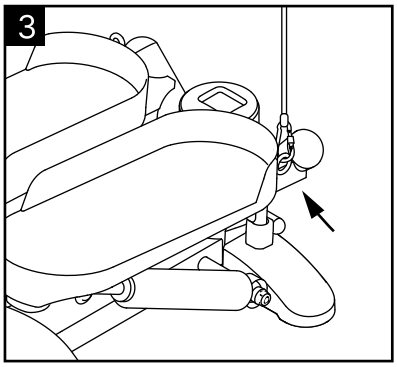


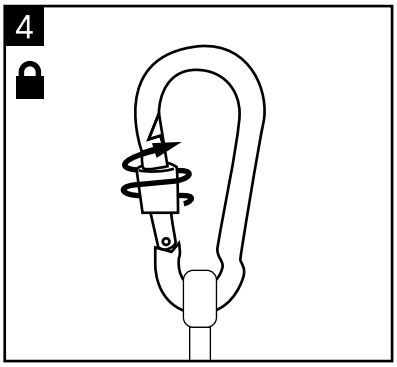
X4

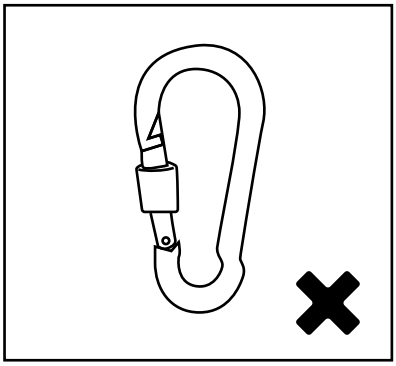


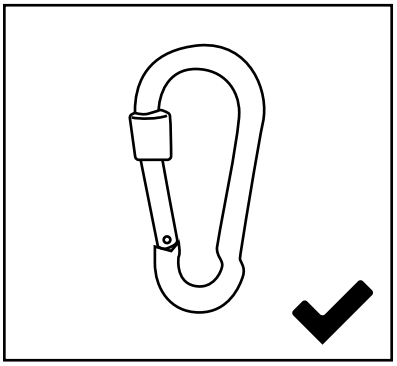

1


2


3


4





Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, www.support.decathlon.com. On the website you will also find training advice and support in case you need it. We wish you successful training and hope that this DOMYOS product will meet your expectations.

PRESENTATION

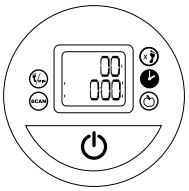
The stepper is a cardio-training activity that reproduces the movement of climbing stairs. Regular exercise with the stepper will help you improve your physical fitness and endurance while burning calories (perfect for controlling and/or losing weight when combined with a balanced diet). In addition to the cardio-vascular and respiratory benefits of the exercise, the stepper tones the glutes, thighs and calves with impact-free movements.

WARNING - GENERAL RECOMMENDATIONS

- Getting into shape must be done in a CONTROLLED manner.
- Before beginning any exercise program, consult your doctor.
- This is especially important for people aged over 35 or who have previously had health problems, and if you have not done any sport for a number of years.
- Read all instructions before use.
- The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
- DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the misuse of this product by the purchaser or by any other person.
- Domestic use only
- It is the user's responsibility to inspect and if necessary tighten all parts before each use of the product.
- 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.
- If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult your doctor.
- Warning:The safety level of the equipment can be maintained only if it is examined regularly
- Replace defective components immediately and/or keep the equipment out of use until repair
- Indoor Use only
- Free standing equipment shall be installed on a stable and leveled base.
- Injuries to health may result from incorrect or excessive training.

CONSOLE

1. OPERATION



To switch the console on, start your training session or press the button. Press the button once again to display the information of your choice.

Number of steps ascended per minute

Time elapsed

Total number of steps ascended

Estimation of calories burned

The button lets you scroll through the information continuously or select the option of your choice. To reset the console, hold the central button down for 3 seconds.The console switches itself off automatically if not used for a period of 3 minutes.

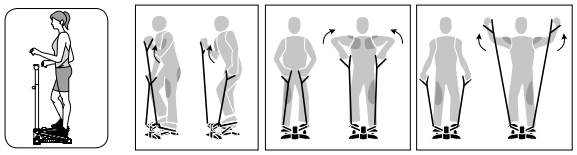
2. TROUBLESHOOTING

- Display fault: Check the batteries and replace them if necessary. Use LR03 1.5V AAA batteries and respect the +/- polarity of the battery.
- Problem with the counter: 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. Lift up before the pedals hit the base for a more efficient workout and to protect your joints. Please note that the pedals are dependent upon one another. Note also that the resistance of the pedals depends on the speed. To increase the aerobic intensity of the exercise, perform the exercise more rapidly (training for at least 20 minutes/day). For this type of exercise, train at least three times a week. To improve muscle tone, perform the exercise rapidly in sets interspersed with rest periods. For this type of exercise, you can train every other day.

EXERCISES



- Base position: In a completely vertical position, with your back straight, abdominals tensed and pelvis tilted forward, push down on your heels with your arms bent.
- To target the muscles behind your thighs: The muscles located behind your thigh enable you to bend your leg and bring your heel to your buttock. All you need to do on the stepper is try to reproduce this movement of the heel towards your buttock: to do this, lean back slightly into a semi-seated position without leaning too far backwards.
- To target your glutes: To accentuate the movement of your glutes, take your feet half out of the pedals and tense your abs to keep your back straight and avoid arching it.
- To target your calves: For a more significant calf workout you just need to exercise on the tips of your feet.
- You can strengthen your shoulders, pecs and arms with the elasticated bands that attach to the unit

COMMERCIAL WARRANTY

DOMYOS guarantees this product under normal use conditions, 5 years for the structure, 2 for other parts and labour as from date of purchase, as shown on receipt. DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS. This guarantee doesn't apply in cases of:

- Damage caused during transportation
- Use and/or storage outside in a damp environment
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Usage outside of a domestic setting

This warranty does not cancel the legal warranty applicable in the country of purchase.

AFTER-SALES SERVICES

UK

Do you need assistance?

Find us at www.supportdecathlon.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.supportdecathlon.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 dosier 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.supportdecathlon.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.supportdecathlon.com (kosten internetverbinding) of contacteer de klantendienst op 088 33 22 888 (lokaal tarief).

PORTUGAL

Necessita de assitência?

Encontre-nos no site www.supportdecathlon.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.supportdecathlon.com oder Sie rufen unser Customer - Relationship - Center an unter: 0049-7153-5759900 Halten Sie bitte Ihre Rechnung bereit.

BELGIË

Hulp nodig?

U vindt de dienst na verkoop terug op de website www.supportdecathlon.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.supportdecathlon.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.supportdecathlon.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?

Nos puede encontrar en el sitio web www.supportdecathlon.com (coste de conexión de internet) o preséntese con el justificante de compra en la recepción de la tienda de la marca donde haya comprado el producto.

DE - ANDERE LÄNDER

Brauchen Sie Hilfe?

Besuchen Sie unsere Internet-Site www.supportdecathlon.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.supportdecathlon.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.supportdecathlon.com (kosten internetverbinding) of contacteer het onthaal van de winkel waar u het product heeft gekocht.

PT - OUTROS PAÍSES

Precisa de assistência?

Contacte nos através do site da Internet www.supportdecathlon.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.supportdecathlon.com (koszt jednego połączenia internetowego) lub wraz z dowodem zakupu zgłoś siędo punktu obsługi sklepu firmowego lub tam, gdzie dokonałeś zakupu produktu.

HU - MÁS ORSZÁGOK

Segítségre van szüksége?

Keressen meg minket internetes honlapunkon www.supportdecathlon.com (internetcsatlakozás ára), vagy forduljon személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonylattal.

RO - ALTE ŢĂRI

Aveți nevoie de asistență?

Ne puteți găsi pe site-ul www.supportdecathlon.com (prețul unei conectări 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.supportdecathlon.com (cena internetového pripojenia), alebo sa obráťte na oddelenie styku so zákazníkom v obchode, kde ste svôj výrobok zakúpili a popritom nezabudnite predložiť doklad o kúpe.

CS - OSTATNÍ ZEMĚ

Potřebujete pomoc?

Kontaktujte nás na našich internetových stránkách www.supportdecathlon.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.supportdecathlon.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.supportdecathlon.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.supportdecathlon.com ali trgovino, v kateri ste izdelek kupili, pri čemer je potrebno dokazilo o nakupu.

TR - DİĞER ÜLKELER

Yardıma mı ihtiyacınız var?

www.supportdecathlon.com internet sitesinden bize ulaşabilirsiniz (bir internet bağlantı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığınız mağazanın danışma bölümüne başvurabilirsiniz.

LT - KITOS ŠALYS

Ar jums reikia pagalbos?

Susiraskite mus decathlon.com interneto 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 decathlon.com i/ili dođite na prijemni pult prodavnice u kojoj ste kupili proizvod sa potvrdom o kupovini

LV - CITAS VALSTIS

Vai jums ir nepieciešama palīdzība?

Mūs var atrast vietnē decathlon.com, un/vai dodieties uz veikala reģistratūru, kurā iegādājāties produktu, uzrādot pirkumu apliecinošu dokumentu

ET- MUUD RIIGID

Kas vajate abi?

Leidke meid decathlon.com veebilehelt ja/või minge koos ostutšekiga sellesse kauplusesse, kust te oma toote ostsite

EL - ΑΛΛΕΣ ΧΩΡΕΣ

Χρειάζεστε βοήθεια;

Επισκεφτείτε τον δικτυακό μας τόπο, στη διεύθυνση www.supportdecathlon.com (με το κόστος μιας σύνδεσης στο διαδίκτυο) ή απευθυνθείτε στην υποδοχή οιουδήποτε καταστήματος 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.supportdecathlon.com (цената на интернет връзка) или отидете в отдел «Обслужване на клиенти» на магазина, където сте купили продукта, като носите със себе сидокумент, доказващнаправената покупка.

KK- БАСҚА ЕЛДЕР

Сізге көмек керек пе?

Бізді 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.supportdecathlon.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 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.supportdecathlon.com (cần có kết nối internet) hoặc đến đại lý chính hãng mà bạn đã mua sản phẩm, mang theo minh chứng mua hàng.

ID - NEGARA LAIN

Perlu bantuan?

Kunjungilah situs internet kami www.supportdecathlon.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.supportdecathlon.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 ?

แพบกับเราได้ที่เว็บไซต์ www.supportdecathlon.com (อาจมีค่าใช้จ่ายในการเชื่อมต่ออินเทอร์เน็ต)หรือที่แผนกของห้างร้านที่คุณได้ซื้อผลิตภัณฑ์พร้อมกับหลักฐานการซื้อผลิตภัณฑ์

KO - 기타 국가

도움이 필요하십니까?

당사의 웹사이트www.supportdecathlon.com을 방문하거나(인터넷 연결 비용), 구매 증명서를 지참하고 제품을 구매한 매장의 프론트 데스크를 방문하십시오.

KM - ប្រទេសផ្សេងៗ ទៀត

តើអ្នកត្រូវការជំនួយទេ?

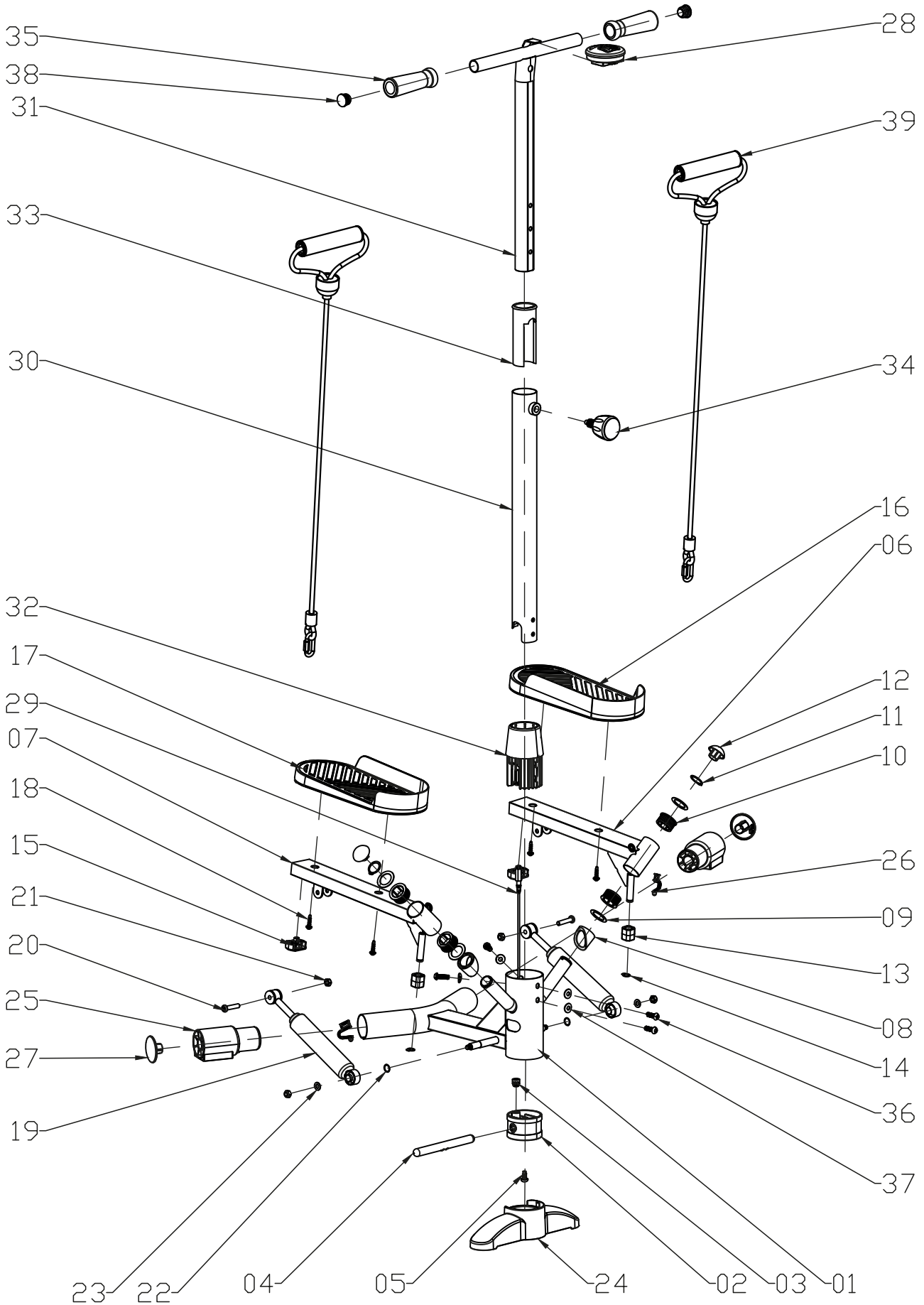
ស្វែងរកយើងនៅលើគេហទំព័រ www.supportdecathlon.com របស់យើង (តម្លៃនៃការភ្ជាប់អ៊ីនធឺណេត) ឬក៏ទៅកាន់ហាងមួយដែលអ្នកបានទិញផលិតផលជាមួយនឹងភស្តុតាងនៃការទិញ។

AR - دول أخرى

هل تحتاج إلى مساعدة؟

اتصل على عبر موقعنا الإلكتروني-www.supportdecathlon.com(تكلفة اتصال بالإنترنت)أو توجه إلى المحل الذي اشتريت منه المنتج والذي يوجد به علامة الشركة، واحرص على تقديم إثبات الشراء

WWW.SUPPORTDECATHLON.COM


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Keep these instructions

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