

GYM WEIGHT EVOLUTION

NOTICE D'UTILISATION

ISTRUZIONI PER L'USO

OPERATING INSTRUCTIONS

GEBRUIKSHANDLEIDING

MODO DE EMPLEO

MANUAL DE UTILIZAÇÃO

GEBRAUCHSANWEISUNG

INSTRUKCJA UŻYTKOWANIA

使用说明书



D O M Y O S

GYM WEIGHT EVOLUTION

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Bevar vejledning
Zachowaj instrukcję
请妥善保管说明书

DECATHLON

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

www.decathlon.com

D O M Y O S



Réf. pack : 478.752

**decathlon
creation©**

Made in China

Réalisation : EVOLUTION + 32 / 69 88 87 89

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.

PRESENTATION

Easy to use, the pair of Gym Weight Evolution adjustable weights allow reinforcing and toning up all the muscular groups.

Gym Weight Evolution:

Gym Weight Evolution is a pair of weights that can be placed on the wrists or on the ankles. It allows the user to adjust his work load at best, owing to its removable weights from 250 g to 2.5 kg (1/2 to 5 lbs) for each weight.

This product can be used by all adult persons who wish to attain physical fitness in complete safety.

Composition:

- Cast bars 50%.
- Foam rubber coated with nylon 40%.
- Attachment strap nylon 10%.



MAINTENANCE & STORAGE

- Avoid storing the product in damp places,
- Store in a dry and ventilated place to favor the elimination of sweat,
- Let the product dry at ambient temperature,
- Avoid contact with chemical products or exposure to extreme temperatures.

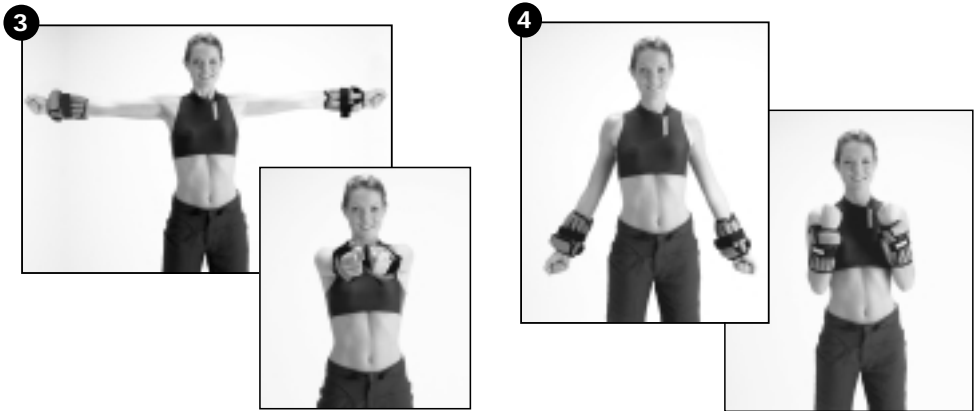
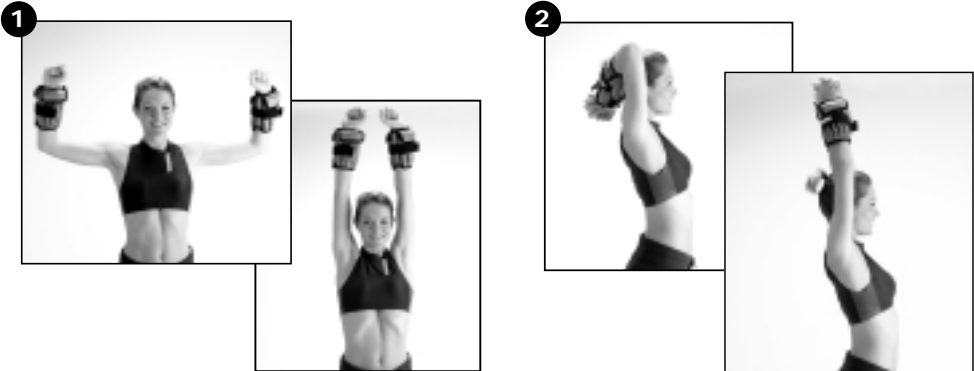
SECURITY

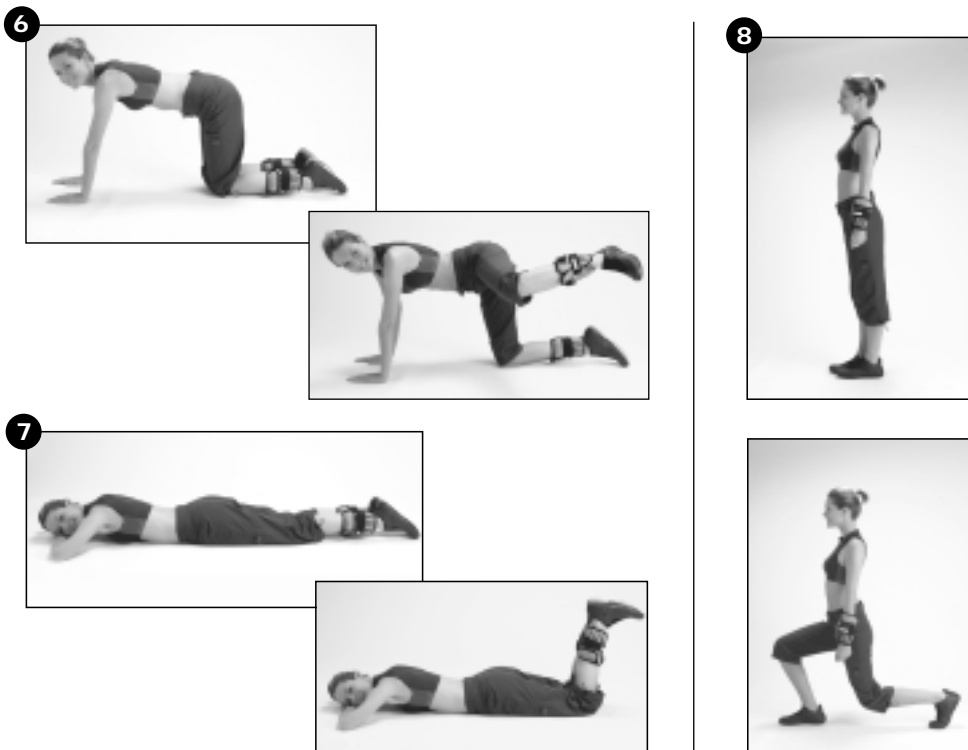
1. Please read these instructions entirely before using the product. Use this product only in the way described in this manual.
2. It is up to the owner to make sure that all of the product's users are suitably informed of all the user precautions.
3. DECATHLON declines all responsibility for corporal injuries or damage inflicted to any person or to property stemming from wrong use of the product by the purchaser or by any other person (valid only for the United States). The use of any sports equipment exposes the user to potential danger. For this reason, users of this product shall assume all risks of potential injury. Before starting an activity, make sure that the product is in a good operating state.
4. This product is only intended for home use. Do not use this product in a commercial, rental or institutional context.
5. Keep this user manual for further reference during the product's service life
6. Gym Weight Evolution should not slip easily when it is attached. Make sure of its hold before starting the activity and check during the exercise that it does not move and remains in place. It should not be too tight around the user's wrist or ankle.
7. This product is a sports item exclusively intended for keeping physically fit.
8. Install yourself in a sufficiently large and high room to use the weights in complete safety. Do your exercising in a well ventilated room.
9. Attach long hair so as not to be hindered during exercising
10. Do not let children or household pets play near the appliance while you are training.
11. For your health, respect the movements and positions shown in the user's guide.
12. Keep cutting or sharp objects out of the way.
13. Do not hold your breath while exercising: inhale and exhale completely.
14. avoid all abrupt and uncontrolled movements especially for the back.
15. If you feel pain or dizziness while exercising, immediately stop and rest.
16. Consult your doctor before undertaking the exercises program.
17. Consult your doctor if you have not practiced any sport for several years.
18. **Warning:** please read the important user precautions below before using the product, to reduce the risk of serious injury.

Preamble:

- Start your training program by using small loads.
- First increase the number of series and very progressively increase the weights of your Gym Weights.
- Then go on to new exercises.
- Carry out 10 to 12 repetitions for each exercise.

Exercises :





TRADE WARRANTY

DECATHLON guarantees this product under normal conditions of use, for 2 years starting on the date of purchase, attested by the date on the sales slip.

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 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