

RBR 560

Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保存说明书



oxylane®
www.domyos.com

OXYLANE - 4, Boulevard de Mons - BP299 - 59665 Villeneuve d'Ascq Cedex - France

Made in China - Hecho en China - Fabricado na China -
中国 制造 - Произведено в Китае



Импортер:
ООО «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3

Réf. pack : 1135.560 - CNPJ : 02.314.041/0001-88

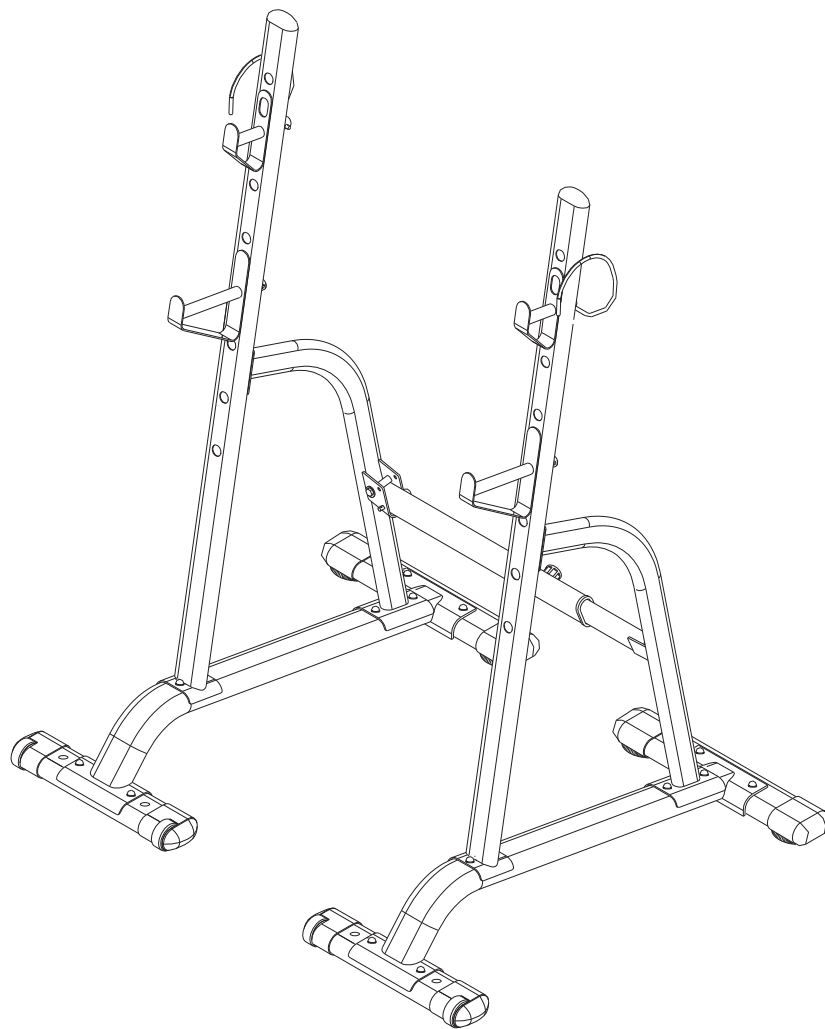
合格品

RBR 560

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

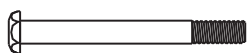
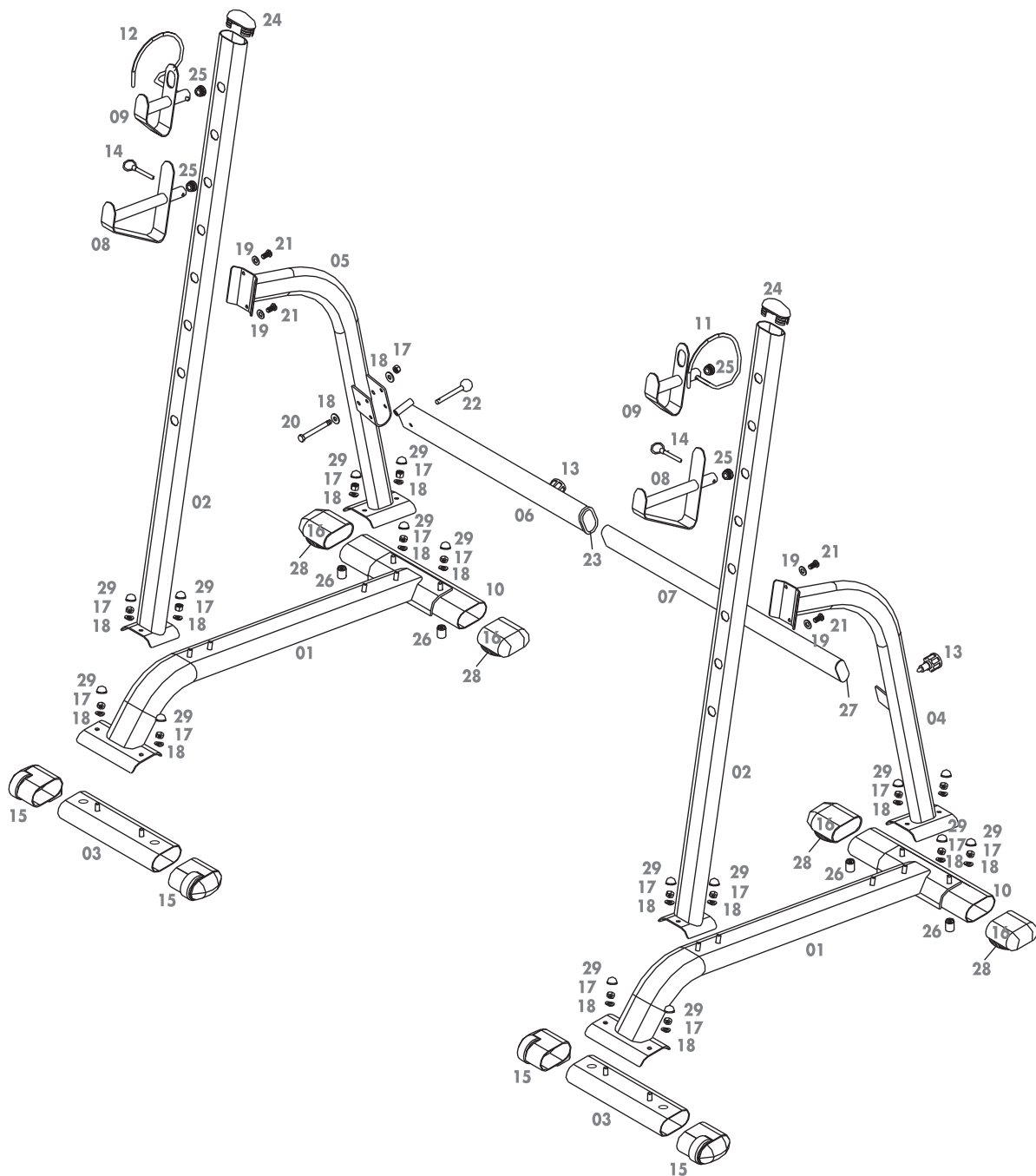
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
BRUKSANVISNING

УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
ІНСТРУКЦІЯ ВИКОРИСТАННЯ
دليل الاستخدام
使用说明



**MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING
 • MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ
 • MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • МОНТУВАННЯ • التركيب
 • 安装**

Numéro	Quantité
Numero	Quantity
Número	Cantidad
Nummer	Menge
Numero	Quantità
Nummer	Hoeveelheid
Número	Quantidade
Nummer	Ilość
szám	menyiség
номер	количество
Numărul	Sanitate
Číslo	Množstvo
Císlo	Množství
Nummer	Antal
Номер	Количество
Numara	Miktar
Номер	Кількість
رقم	الكمية
号码	数量
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2	2
3	2
4	1
5	1
6	1
7	1
8	2
9	2
10	2
11	1
12	1
13	2
14	2
15	2x2
16	4
17	17
18	18
19	4
20	1
21	4
22	1
23	1
24	2
25	4
26	4
27	1
28	4
29	16



20 M10X65-20



17 M10



18 M10



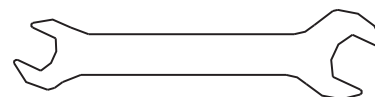
21 M8X20



19 M8

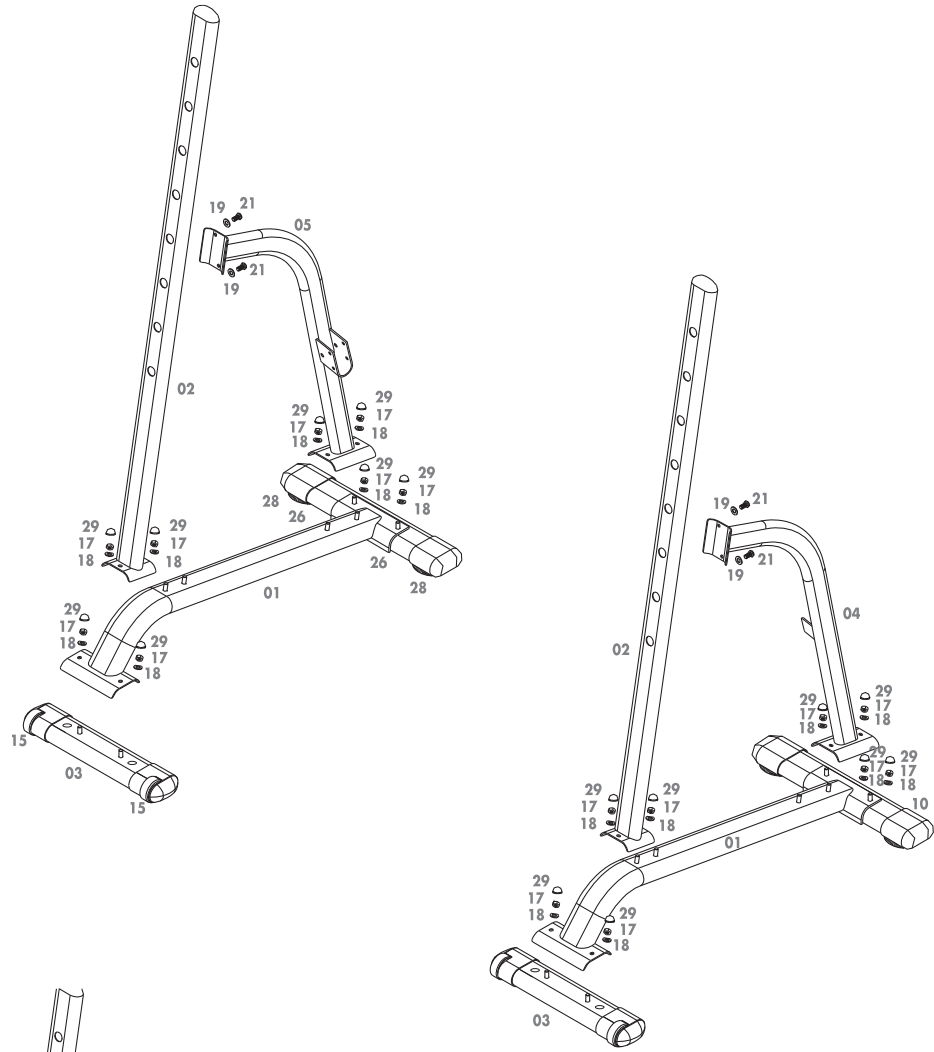


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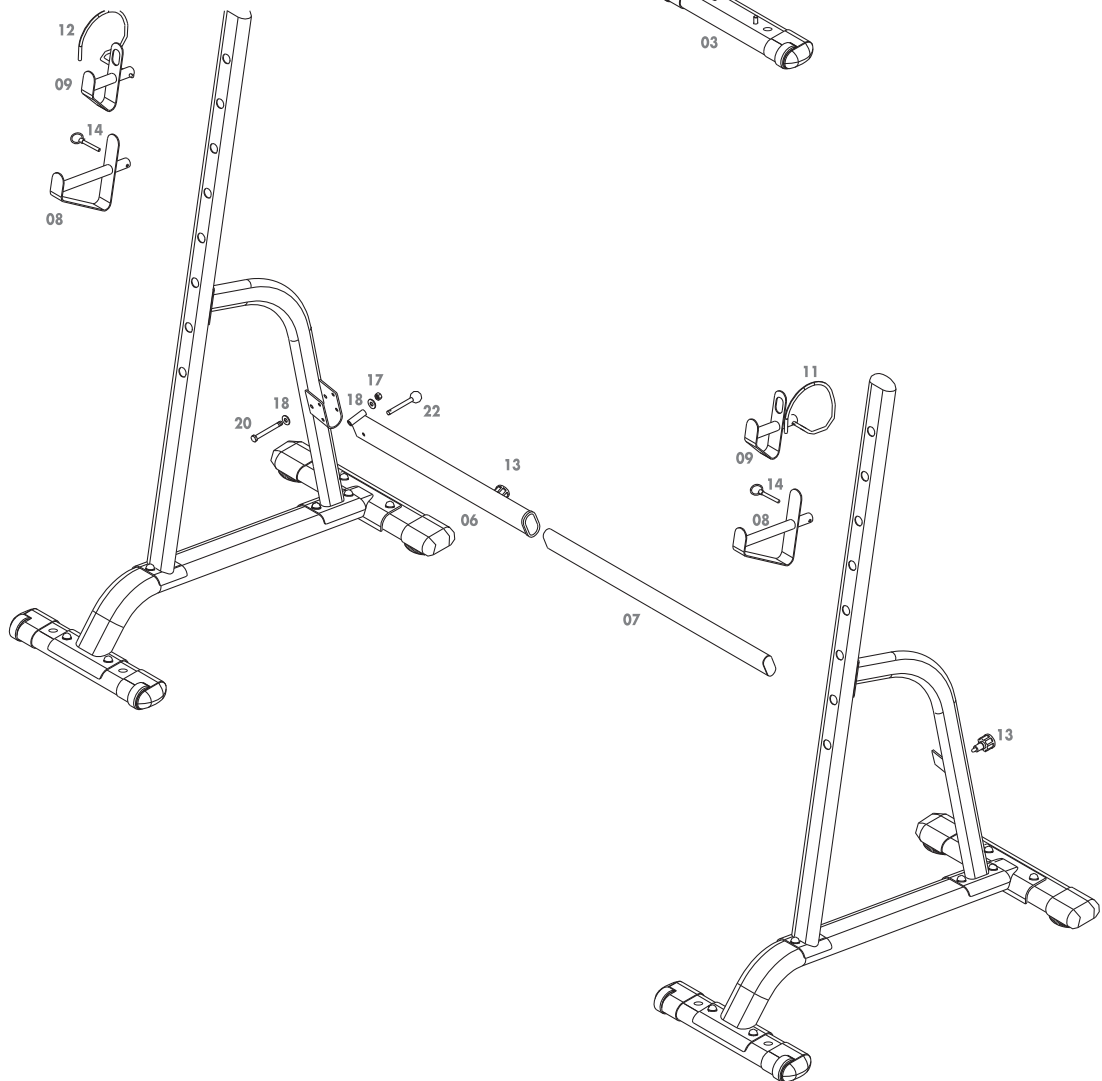


x2

1




2



4


**EXERCICES • EXERCISES • EJERCICIOS • GRUNDÜBUNGEN • ESERCIZI
 • OEFENINGEN • EXERCÍCIOS • ĆWICZENIE • GYAKORLATOK • УПРАЖНЕНИЯ
 • EXERCITII • CVIKY • CVIČENÍ • KROPPSÖVNINGAR • УПРАЖНЕНИЯ
 • EGZERSİZLER • ВПРАВИ • التمارين • 训练**

Départ - Start - Salida - Anfang - Partenza - Vertrekpositie
 - Partida - Pozycja wyjściowa - Indulás - Start - Pornire
 - Zăciatok - Spuštění - Start - Изходно положение -
 Başlangıç - Изходно положение - البداية - 起点

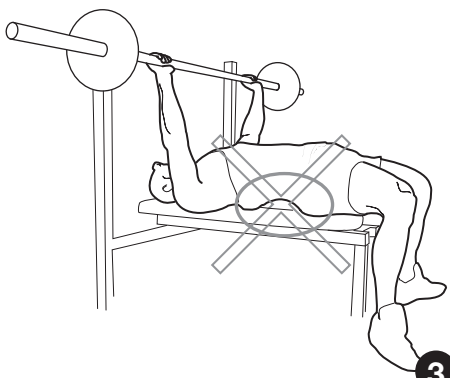


1

Arrivée - Finish - Llegada - Ende - Arrivo - indpositie
 Chegada - Pozycja początkowa - Érkezés - Финиш
 Sosire - Koniec - Конеч - Mål - Крайно
 положение - Varış - Крайно
 положение - الوصول - 终点



2




3

Départ - Start - Salida - Anfang - Partenza - Vertrekpositie
 - Partida - Pozycja wyjściowa - Indulás - Start
 - Pornire - Zăciatok - Spuštění - Start - Изходно положение -
 Başlangıç - Изходно положение - البداية - 起点




4

Arrivée - Finish - Llegada - Ende - Arrivo - indpositie
 Chegada - Pozycja początkowa - Érkezés - Финиш
 Sosire - Koniec - Конеч - Mål - Крайно
 положение - Varış - Крайно
 положение - الوصول - 终点




5

Départ - Start - Salida - Anfang - Partenza - Vertrekpositie
 - Partida - Pozycja wyjściowa - Indulás - Start - Pornire
 - Zăciatok - Spuštění - Start - Изходно положение -
 Başlangıç - Изходно положение - البداية - 起点



6

Arrivée - Finish - Llegada - Ende - Arrivo - indpositie
 Chegada - Pozycja początkowa - Érkezés - Финиш
 Sosire - Koniec - Конеч - Mål - Крайно
 положение - Varış - Крайно
 положение - الوصول - 终点

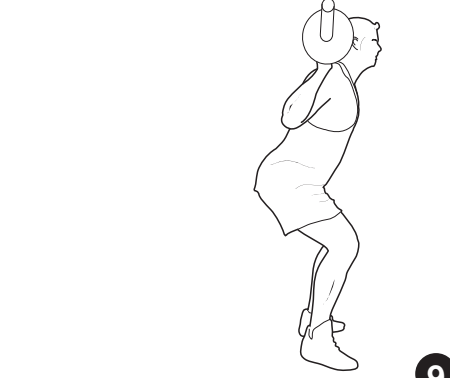


7

Départ - Start - Salida - Anfang - Partenza - Vertrekpositie
 - Partida - Pozycja wyjściowa - Indulás - Start
 - Pornire - Zăciatok - Spuštění - Start - Изходно положение -
 Başlangıç - Изходно положение - البداية - 起点



8

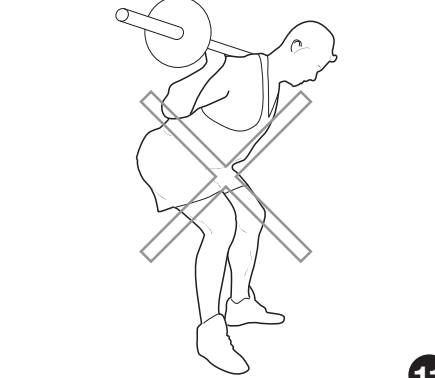


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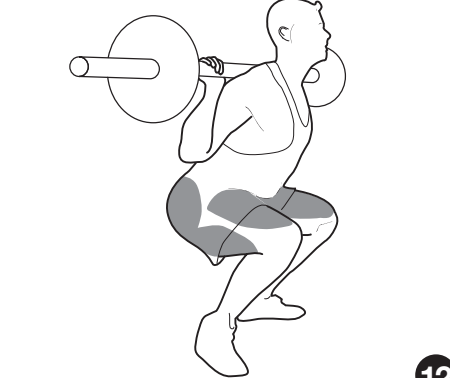
Arrivée - Finish - Llegada - Ende - Arrivo - indpositie
 Chegada - Pozycja początkowa - Érkezés - Финиш
 Sosire - Koniec - Конеч - Mål - Крайно
 положение - Varış - Крайно
 положение - الوصول - 终点



10



11



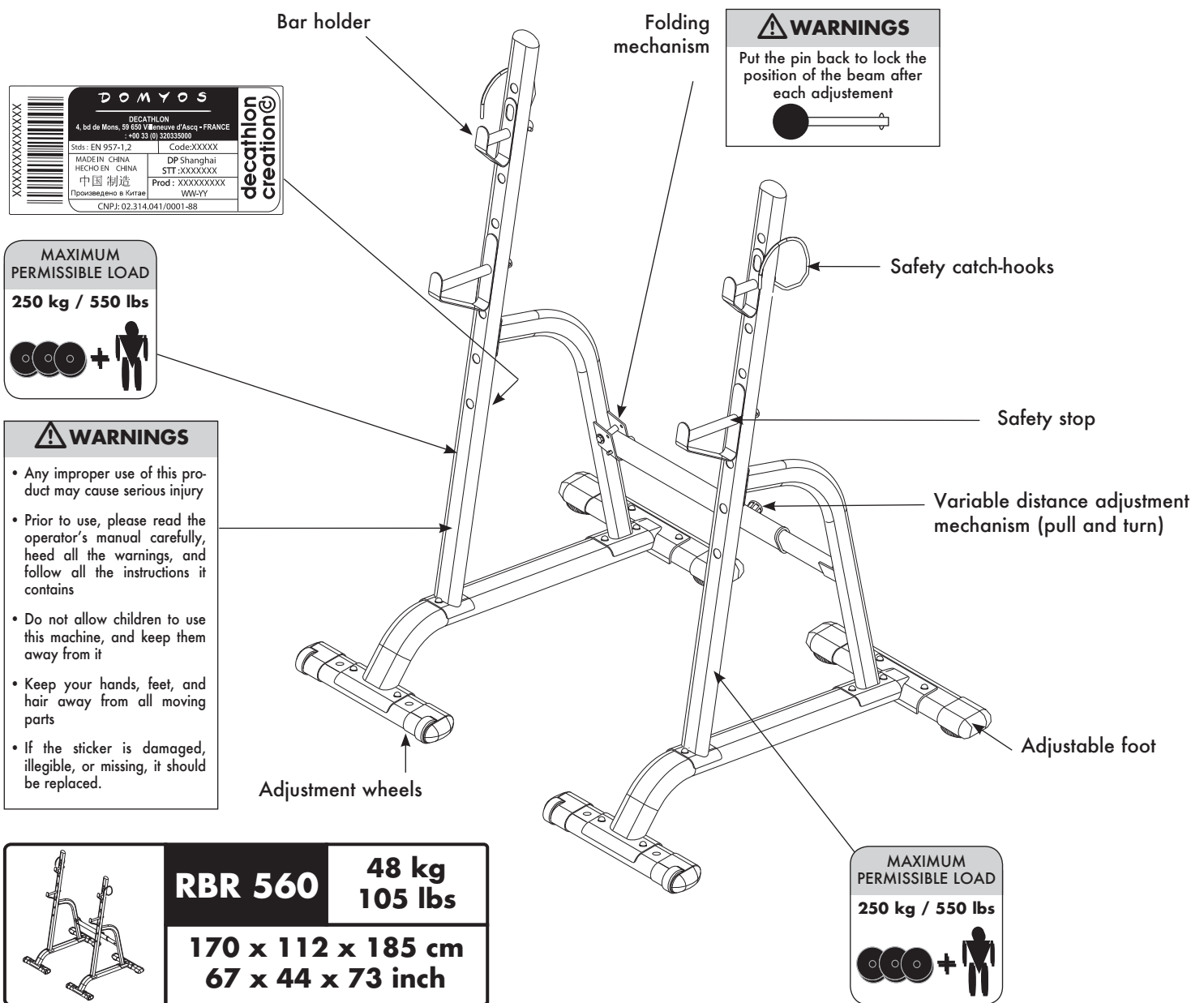
12

ENGLISH

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us. We have created the DOMYOS brand to provide a way for all athletes to stay in shape. This is a product created by athletes for athletes. We would like to receive your comments and suggestions concerning DOMYOS products. Therefore, your store team and the DOMYOS product design departments are ready to listen. If you would like to write to us, please send an e-mail to the following address: www.domyos.com We wish you successful training and hope that you will enjoy using this DOMYOS product.

INTRODUCTION

This product is a support structure enabling you to set your bar down while you are exercising. It can be used with squats as well as with bench presses, on a flat or incline bench such as the BI 460. The short support structures enable you to set the bar down between each exercise. These supports for heavier weights feature safety hooks, not pins. The safety stops (long support structures) serve as a safety mechanism enabling you to set the bar down in low position, in case of failure. These safety stops feature pins



WARNING

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 those who have not done any sport for a number of years. Read all instructions before use.

SAFETY

Warning: To reduce the risk of serious injury, read the important instructions for safe usage below before using the product.

1. Read all the instructions in this manual before using the product. Keep this manual for the entire life of the product.
2. The owner is responsible for ensuring that all users of this product are properly informed about how to use this product safely.
3. Domyos disclaims any responsibility for injuries or damage sustained by any person or property caused by improper use of this product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
5. Use this product indoors, away from moisture and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is enough room to allow access to and to move around the equipment safely. Make sure that this product does not damage your floor.
6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled, and prior to each use, check the condition of the parts that are the most subject to wear and tear.
7. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
8. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
9. Wear athletic shoes to protect your feet while exercising.
10. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult your physician.
11. Keep children and pets away from the product at all times.
12. Do not try to repair or modify this product yourself.
13. Before changing positions or folding, remove the bar and the weights from the bar holders.
14. Load and unload the bar simultaneously on both sides. Loading on only one side could tip the bar over, in spite of the safety catch-hooks. These safety hooks must cover the exercise bar while it is being loaded or unloaded.
15. Maximum load: 250 kg / 551 lbs
16. We recommend that you attach your RBR560 to the floor using theholes on the front feet. Consult a professional to choose a means ofattachment according to the type of floor surface.

MAINTENANCE

This product only requires minimum maintenance. To clean it, use a sponge and clean water for all parts of the apparatus. Next, dry it with a dry cloth.

SETTINGS

To adjust the width of the bar holder, use the Pull and Turn handle. Unscrew and pull on the handle without removing it completely. Then adjust the width.

WARRANTY

DOMYOS guarantees this product under normal conditions of use for 5 years for the structure and, for wearing parts and workmanship, 2 years from the date of purchase, as indicated by the date on the receipt. This warranty only applies to the initial purchaser.

The obligation of DOMYOS with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

All products for which the warranty is applicable must be returned to DOMYOS at one of its approved facilities (a DECATHLON store) transport prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:

- Damage caused during transport
- Improper or abnormal use
- Repairs made by technicians not approved by DOMYOS
- Use of the product in question for commercial purpose

This warranty does not exclude any legal guarantees applicable according to country and/or province

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USE

To ensure optimal training, please follow these recommendations:

- If you are a beginner, start training for several weeks with light weights to get your body used to muscle work.
- Warm up before each session with a cardiovascular workout, sets without weights or floor warm-up and stretching exercises. Increase the loads gradually.
- Make all the movements with regularity and smoothness.
- Always keep your back flat. Avoid pulling your back in or rounding it out during the movements.
- Beginners should work in sets of 10 to 15 repetitions, usually 4 sets per exercise. Alternate between muscle groups. Do not work all the muscles everyday; spread your training out.

EXERCISES

PECTORALS

Bench press 1-2-3

Do this exercise on a flat bench

Equipment: A flat bench, a weightlifting bar measuring at least 1.55 m (5.10 ft) long, cast-iron disks, the RBR 560

Position: Adjust the distance between the bar holder and the bench, as well as the height of the weight holders such that you can grasp the bar. With the bench flat, lie on your back and grasp the bar of the bar holder. Your grip should be wider than your shoulder width. (Your upper arms and forearms should form a 90° angle when you are in the middle of the movement). Your head should be resting on the bench. Your back should be completely flat. To avoid arching your lower back, you can place your ankles on the bench or bend your legs over your body.

Exercise: Breathe in while bringing the bar to chest level without setting it down. Push the bar smoothly while breathing out. Your elbows should be spread (your arms and your torso should form a 90° angle)

Muscles worked: Pectorals, triceps, front of shoulders.

Incline bench press

Do this exercise with an incline bench

Same exercise, inclining the backrest to 45°, by inclining the seat and increasing the height of the weight holders.

This position works the pectorals, specifically isolating the upper part of these muscles.

Decline press

Do this exercise with an incline bench

Same exercise, declining the bench and lowering the bar holder as far as possible. Block the leg attachment with the lock pin so that you can immobilize your legs during the exercise.

This position works the pectorals, isolating the lower part of these muscles

SHOULDERS

Behind the neck press 4-5

Do this exercise with an incline bench inclined to 85°

Equipment: An incline bench, a weightlifting bar measuring at least 1.55 m (5.10 ft) long, cast-iron disks, the RBR 560

Position: Set the bench backrest to 85°. Adjust the seat to a horizontal position and the weight holders to the high position and back the bench up to towards the bar holder so that you can grasp the bar easily.

Exercise: Grasp the bar, spacing your hands wider than your shoulder width. Bring the bar behind the nape of your neck while breathing in. Breathe out while pushing the bar up above your head, until your arms are straight, but keeping a slight bend in your elbows.

Muscles worked: external deltoids.

TRICEPS

French press 6-7

Do this exercise on a flat bench

Equipment: a flat bench, a weightlifting bar, cast-iron disks, the RBR 560.

Position: Same position as for the bench press. Grasp the bar in the middle with your hands close together (hands about 20 cm apart)

Exercise: Bring the bar to forehead level while breathing in. Bring the bar back up while breathing out. Only your forearms should move. Your elbows, torso and upper arms should not move.

Muscles worked: Triceps (arm extensors).

THIGHS

Squats 8-9-10-11-12

IMPORTANT !: This exercise requires a minimum level of experience and a perfect position, to prevent any risk of injury. If you are just starting out, ask for advice before starting this exercise. Do not put too much weight on the bar. Do not do this exercise if you are not sure of the position.

Equipment: RBR 560, a 1.55 m (5.10 ft) bar, although it is best to work with a 2 m (6.56 ft) bar if you load the bar up heavily (starting at 100 kg or 221 lbs). You will also need a weightlifting belt to protect your lower back.

Position: Adjust the height of the bar holder and position the safety hooks so that you can set the bar down on them in case you have a hard

time lifting the bar back up. Position yourself across from the bar holder, on the opposite side of the bench. Grasp the bar behind your trapezium muscles. The bar must rest on your trapezium muscles, not on the back of your neck. Take one step backwards. The tips of your feet should be pointing outward, and the distance between your feet should be slightly wider than shoulder width.

Exercise: While breathing in, squat down with your back straight and your head held upright. Your knees should be turned slightly outwards. Your knees should not go farther than your feet during the exercise. As soon as your thighs are in a horizontal position, stand up while breathing out. Keep a slight bend in your knees. Squat back down while breathing in, then stand back up while breathing out.

Muscles worked: quadriceps, hamstrings, gluteals