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## Book Descriptions:

# Domyos Fc 700 Manual

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displayed Body fat percentage Measurement of body fat percentage. Time This function indicates the length of time since the start of the exercise Calories This function displays an estimation of calories expended since Switch 2 Selection of unit of DISTANCE measurement. MI Miles KM Kilometres. <http://ledseoul.com/userData/board/8300-manuals.xml>

Switch 3 Selection of geographical region where apparatus If you haven't started exercising, holding down E will take you directly into If you were in the middle of an exercise session, holding down E will stop The word STOP is displayed on the main screen for You can increase or decrease these values by pressing buttons A and C. Holding down the buttons allows you to scroll through the values more Button B confirms your selection and moves on to the next setting. If you In setting mode, you can enter your SEX, AGE and WEIGHT. The device Max. target heart rate. Min. target heart rate. Setting your weight To set your personal objectives, refer to the table and the guidelines CARDIOTRAINING. You can increase or decrease these values by pressing buttons A and C. Holding down the buttons allows you to scroll through the values more quickly. Button B confirms your selection and moves on to the next setting. If you make a mistake, you can use button D to take you back to the previous screens. Max. target heart rate. Setting your age Your body fat percentage appears on the screen after being calculated. Press button E to move on to programme selection We advise you to remove the batteries if you are not going to use your console for a long time or if you regularly use it connected to the mains. Programmes 1 to 9. Select your exercise time with buttons. A and C, and confirm with button E. Once the programme has started, Programme 10 WATT. Start pedalling and then set the resistance using buttons A and C until you Confirm by pressing button E. The bike will vary resistance according to your pedalling speed in order to The higher the pedalling speed, the lower the resistance, and vice versa. You have the option to change the WATT value while exercising by pressing Confirm by pressing E. Programme 11 Fat burn. Allows you to work at between 60 and 70% of your maximum heart rate. Select your exercise time with buttons A and C, and confirm with button E.

Once the programme has started, you can increase the intensity of the If your measured heart rate is below 60% of your maximum HR, the bike will If your measured heart rate is above 70% of your maximum HR, the bike will For greater comfort of use, we recommend that you pedal at a stable Programme 12 PERF. Allows you to work at between 70 and 80% of your maximum heart rate. Select your exercise time with buttons A and C, and confirm with button E. Once the programme has started, you can increase the intensity of the If your measured heart rate is below 70% of your maximum HR, the bike will If your measured heart rate is above 80% of your maximum HR, the bike will For greater comfort of use, we recommend that you pedal at a stable Developed. Power Resistance. Level. For greater comfort of use, we recommend that you pedal at a stable Pedaling speed More specifically, you improve the tone of your heart muscle and blood vessels. Cardio training provides oxygen from the air you breathe to your If you have no electronic measuring device, proceed as follows. To check your pulse, place two fingers Do not press too hard After counting the beats for 30 seconds, multiply by two to give the number of beats per minute. For example 75 beats counted equals 150 beats per minute. L The warmup is the preparatory phase for exercise and gets your body. FULLY READY to start working out. It is a way to PREVENT INJURIES TO. TENDONS AND MUSCLES. It involves two steps WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARMUP. B Training. The workout is the main phase of your physical activity. By working out on a REGULAR basis, you can improve your physical fitness. PREPARE YOU FOR EXERCISE every muscle group is used, and the It should be long enough 10 minutes for a recreational sport, and 20 Note that you should warm up for longer in the morning and if you are C Warming down. This corresponds to low level activity; it is the progressive "resting" phase.

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WARMING DOWN brings your cardiovascular, respiratory and circulatory D Stretching. You should

stretch after warming down. Stretching after exertion Minimises MUSCULAR STIFFNESS caused by theHeartbeats per minuteMenIf your age is different to those given in the table, you can use the following formulae to calculate your maximum heart rate at 100%. For men 220 age For women 227 ageBefore beginning physical activity, do not hesitate to CONSULTTraining on this equipment is designed to increase your cardiovascularFinally, the exercise bike allows you to tone the muscles in the legs and buttocks. The muscles in the calves and the lower abdominals are also worked.Gradually increase the number or duration of the sessions.For maintenance work designed to keep youThis type ofTo develop muscleObviously, you can vary the pedalling resistance over the course of your workout. Aerobic exercise for getting into shape. Moderate effort for a relatively longIf you wish to lose weight, this type of exercise, combined with a diet, is the only wayTo do this, it is useless pushing yourself beyondTraining on a regular basis is what will produceChoose a relatively low pedalling resistanceThis exercise should cause you to build up alIt is the duration of the exercise at a slow paceAerobic training for endurance. Sustained effort for 20 to 40 minutes. This type of training aims to strengthen theThis type of exercise is more sustained thanLittle by little, as you train, you will be able toAerobic endurance training requires at leastMore intense workouts anaerobic work andAfter each session, spend several minutes pedalling, gradually reducing speed and resistance to warm down and gradually return theThey are subject to specific sorting. Dispose of batteries and, at thePress the RESET button for the change to takePress the RESET button for the change to take effect.If the counter does not turn onIf the problem persists, take the product back to your nearest. DECATHLON shop.

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