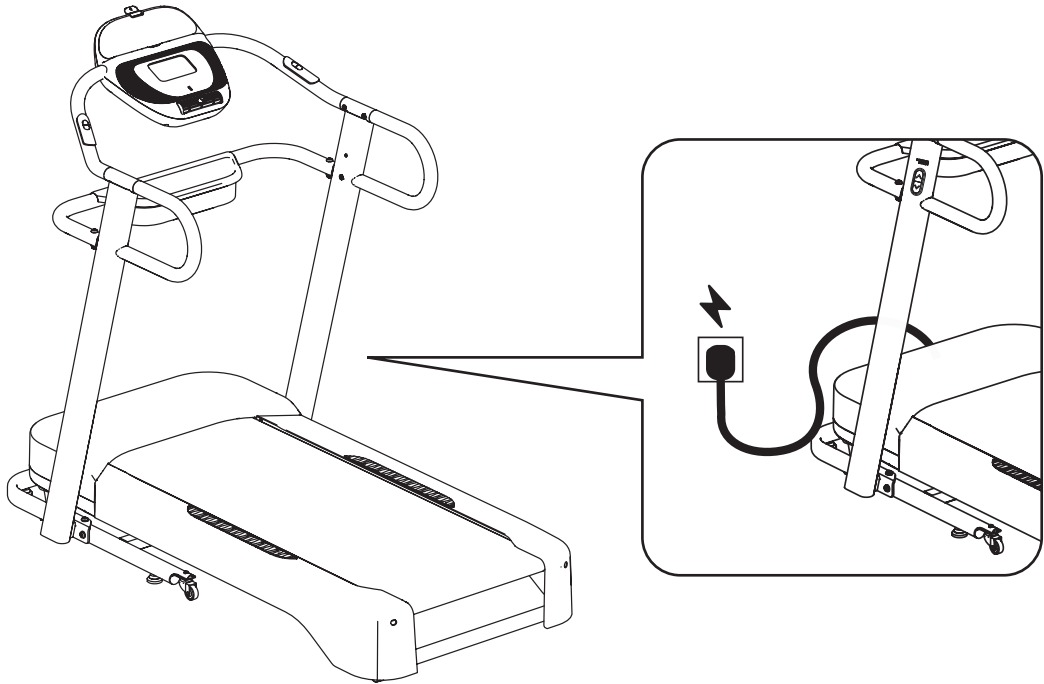
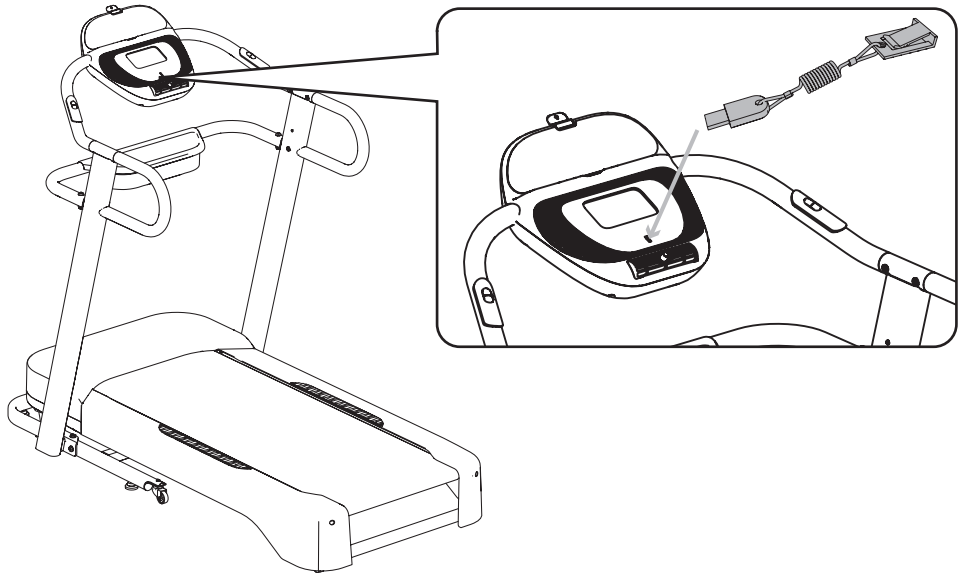


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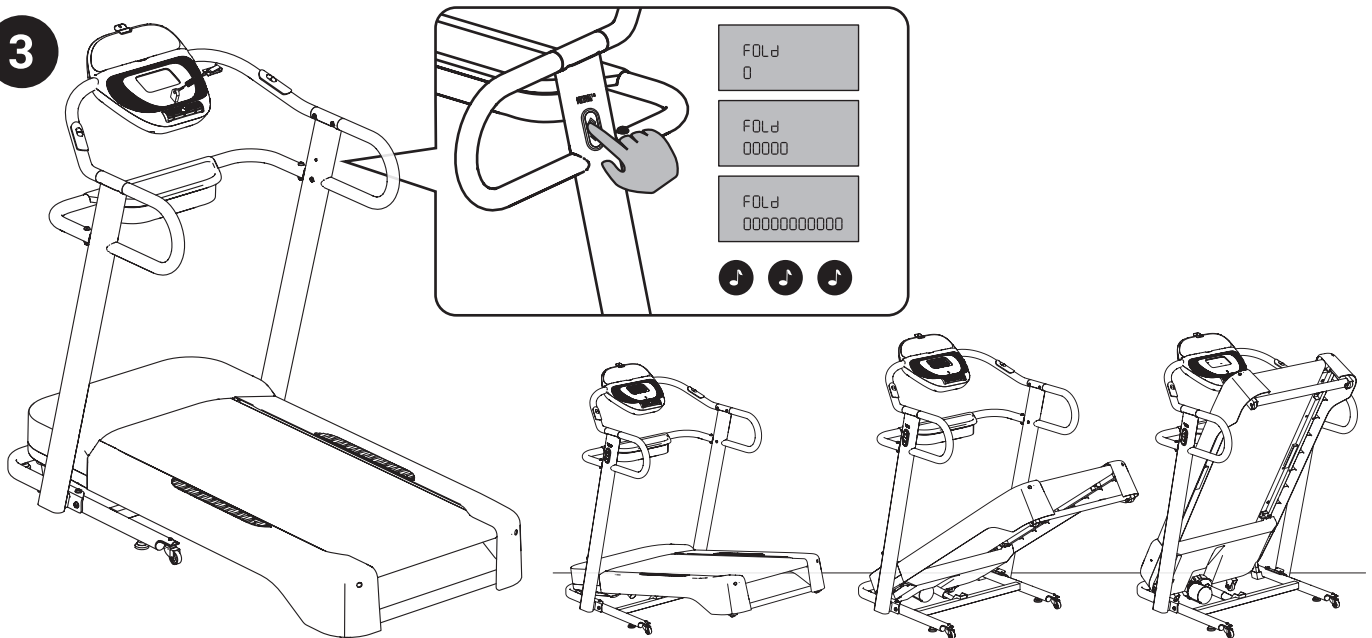
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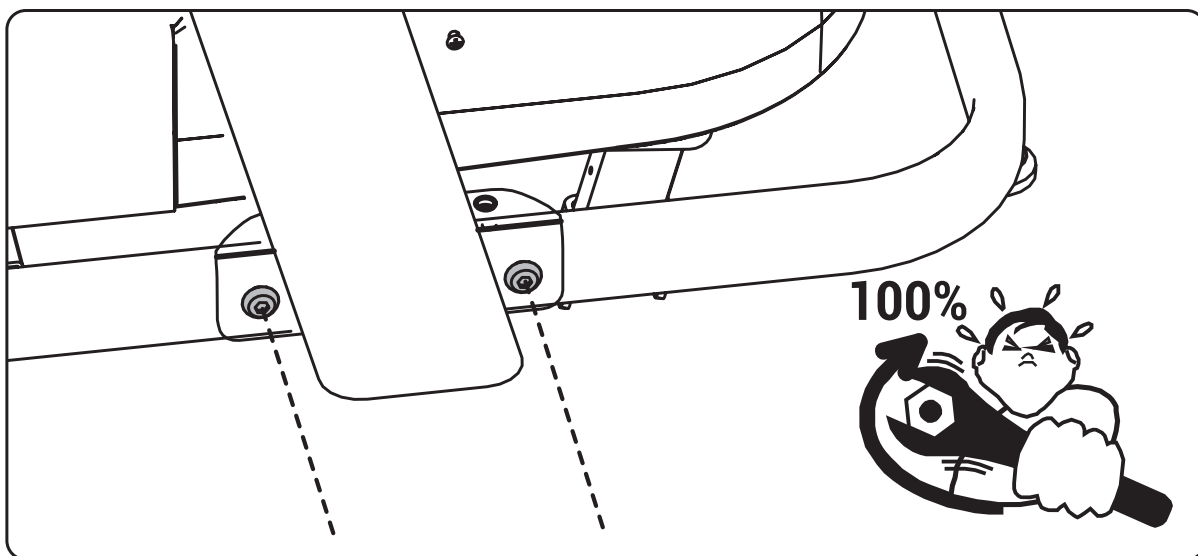
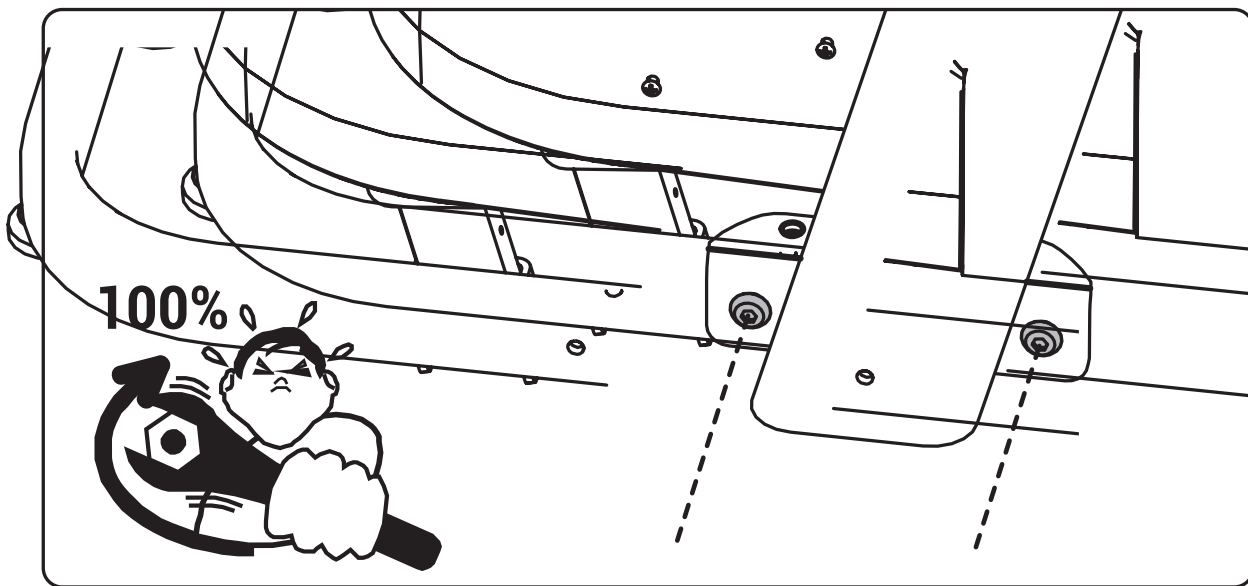
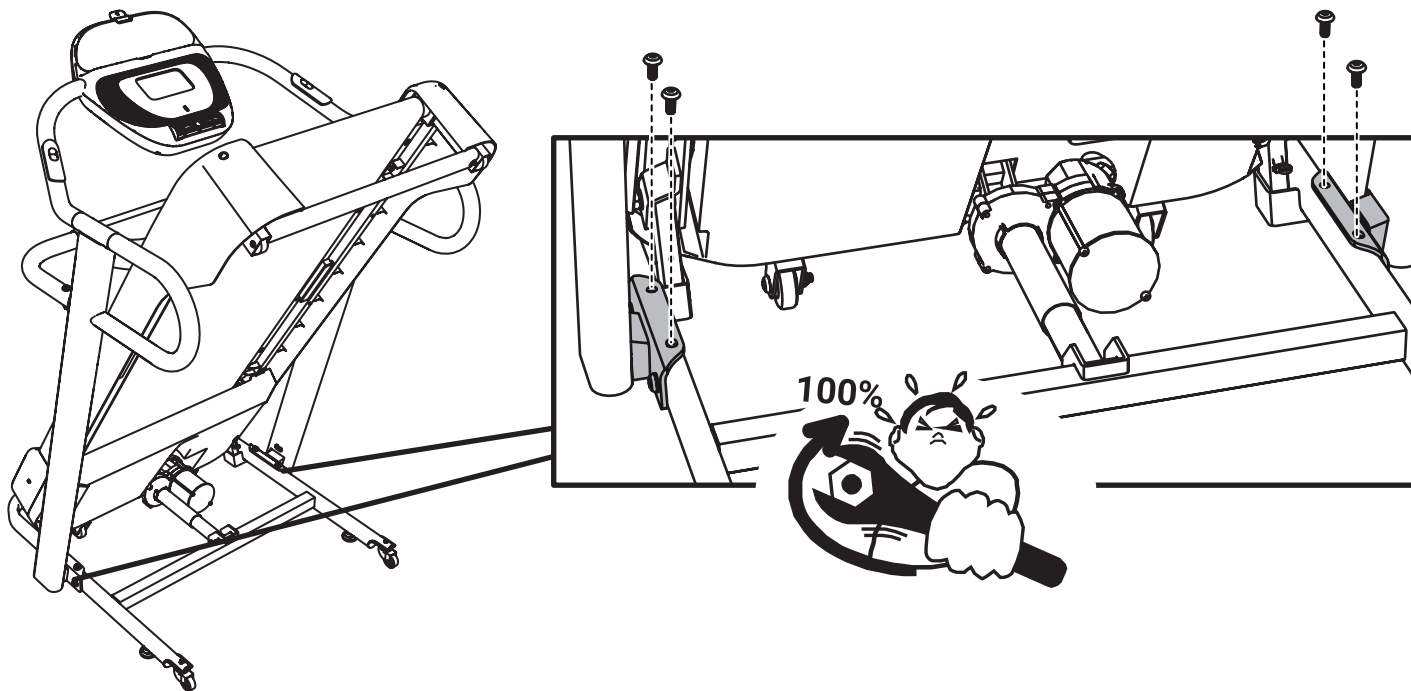
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3

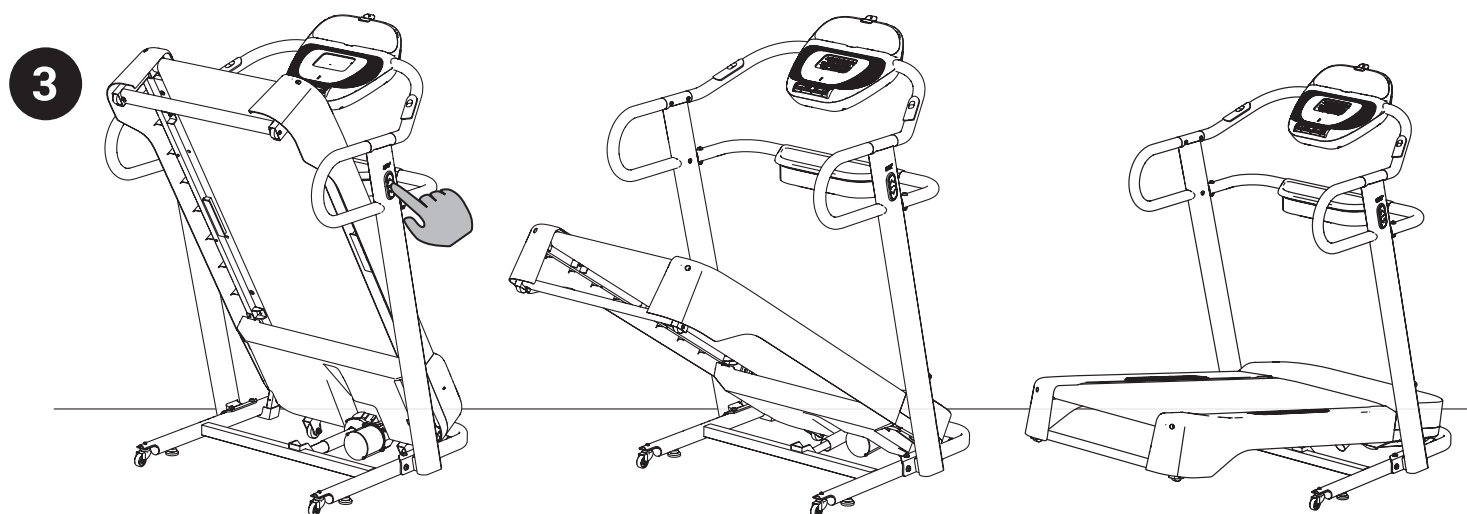
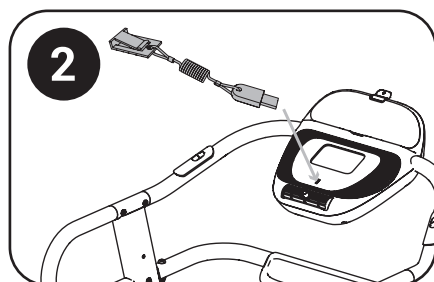
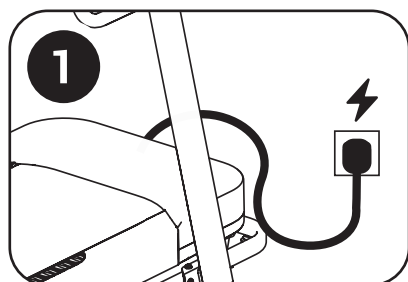


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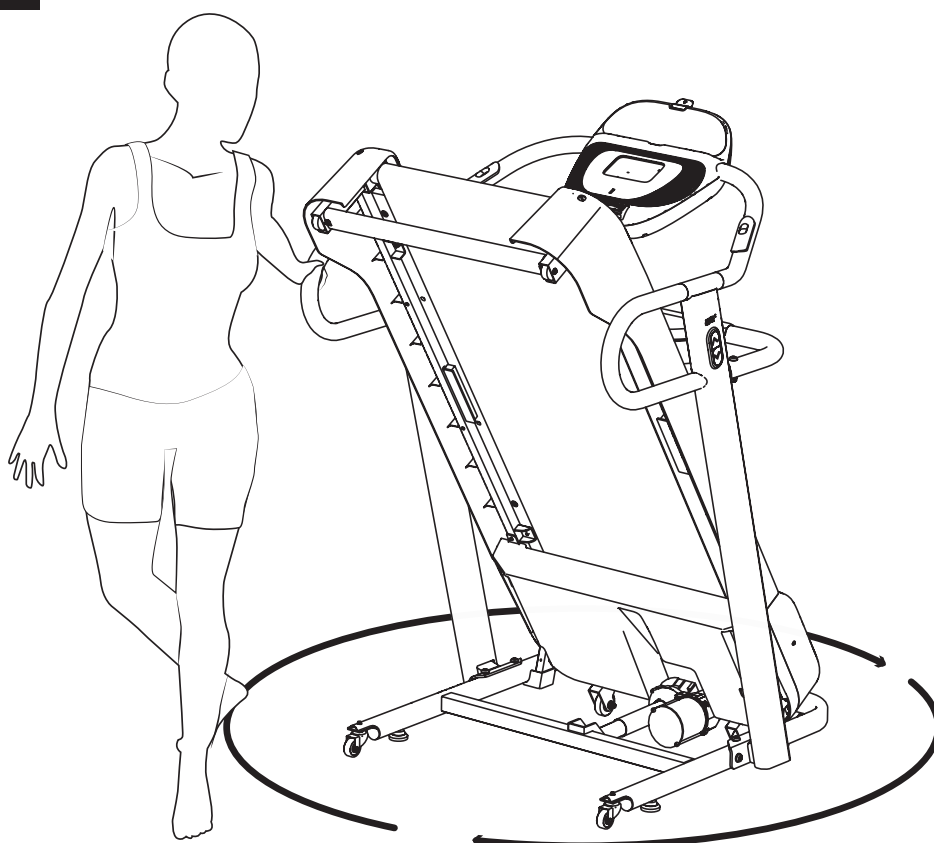
FOLDING - UNFOLDING

FR PLIAGE - DÉPLIAGE ES PLEGADO - DESPLEGADO PT DOBRAGEM - DESDOBRAMENTO



MOVING

FR DÉPLACEMENT ES DESPLAZAMIENTO PT DESLOCAÇÃO





HEALTHY
SANTÉ - SALUD - SAÚDE



VITESSE - VELOCIDAD - VELOCIDADE

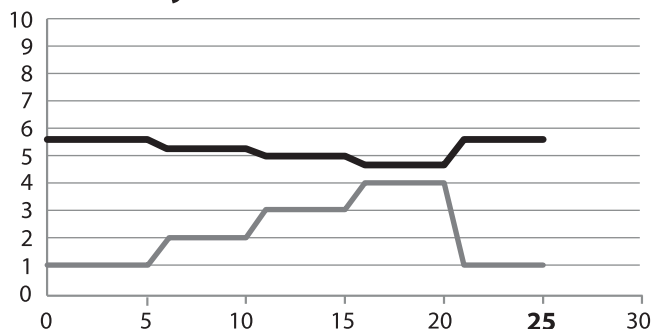
— Speed (km/h)



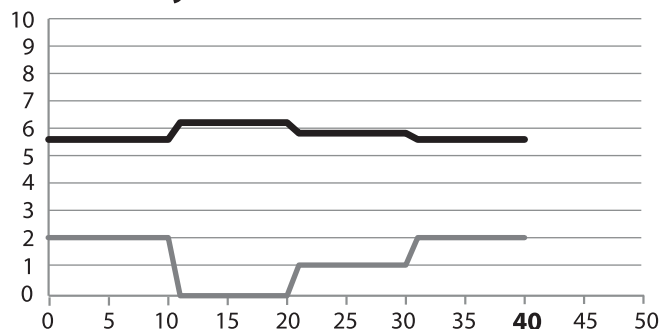
INCLINAISON - INCLINACIÓN - INCLINAÇÃO

— Incline (%)

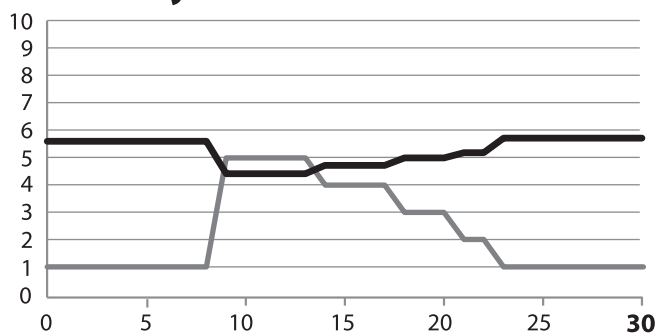
Healthy 1



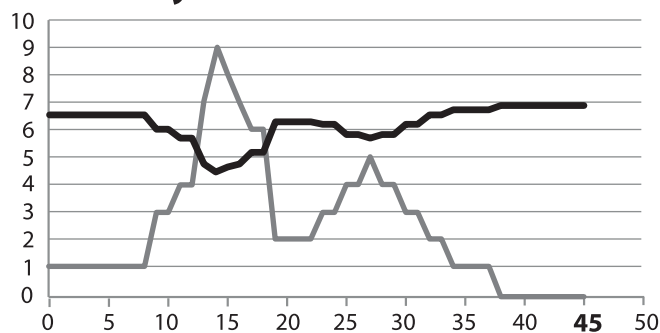
Healthy 6



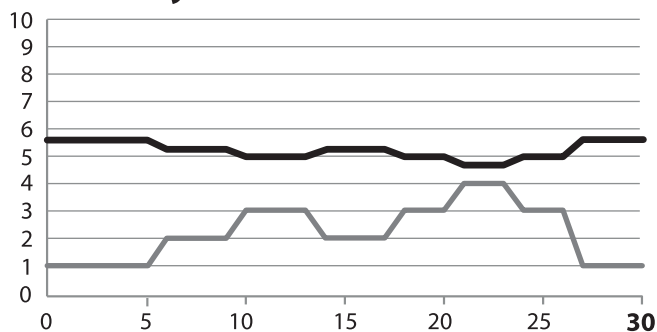
Healthy 2



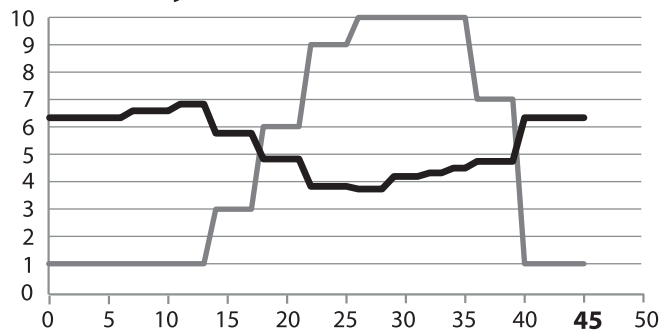
Healthy 7



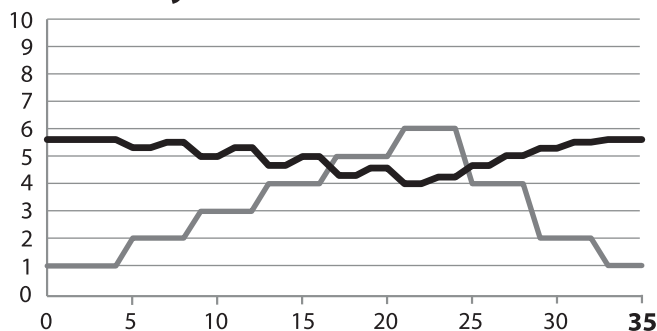
Healthy 3



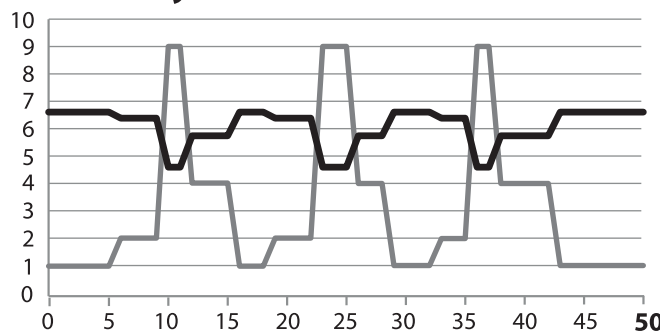
Healthy 8



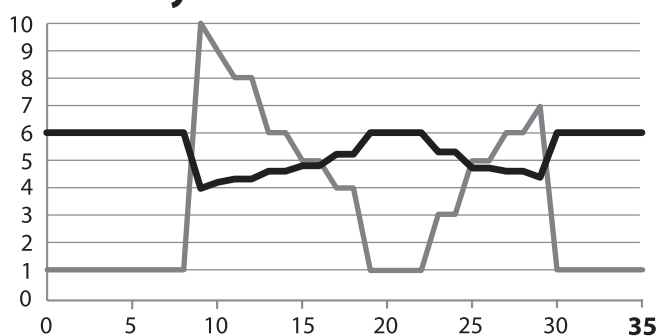
Healthy 4



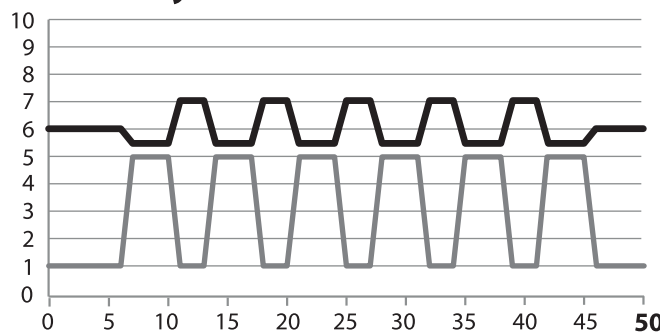
Healthy 9



Healthy 5



Healthy 10





CALORIE

CALORIE - CALORÍA - CALORIA



VITESSE - VELOCIDAD - VELOCIDADE

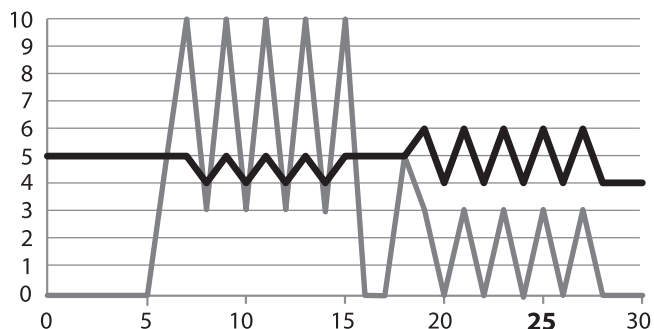
— Speed (km/h)



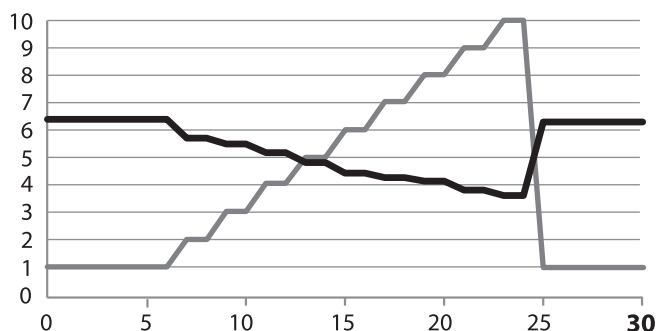
INCLINAISON - INCLINACIÓN - INCLINAÇÃO

— Incline (%)

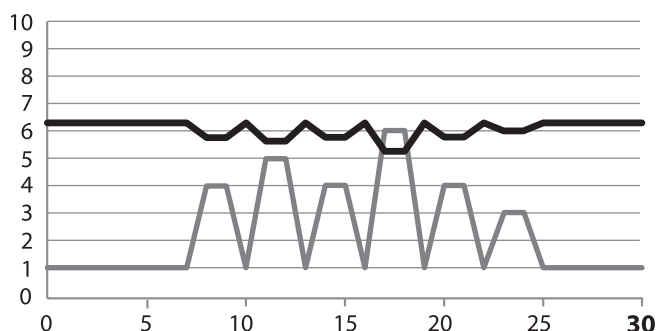
Calorie 1



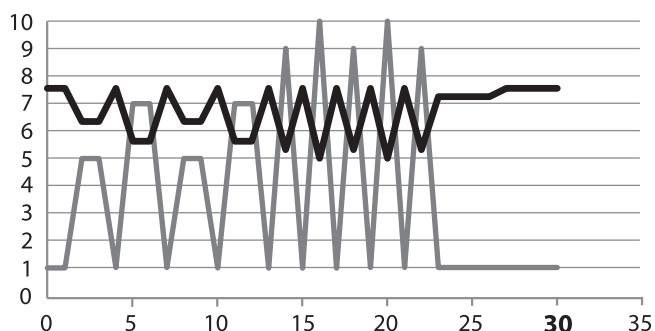
Calorie 2



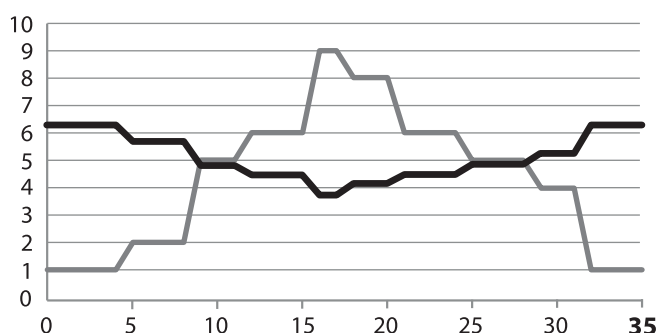
Calorie 3



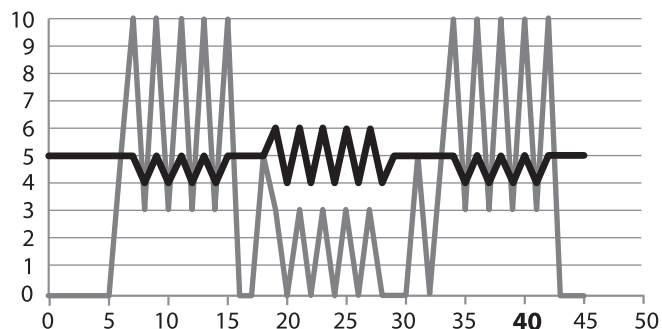
Calorie 4



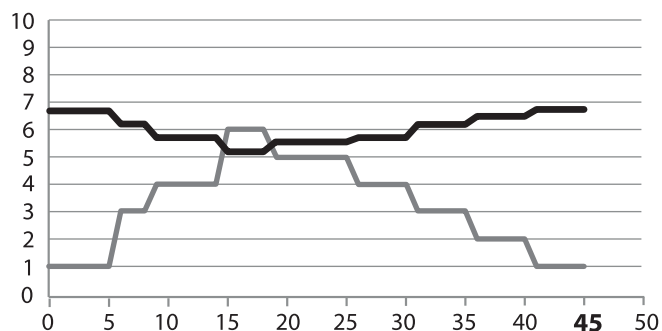
Calorie 5



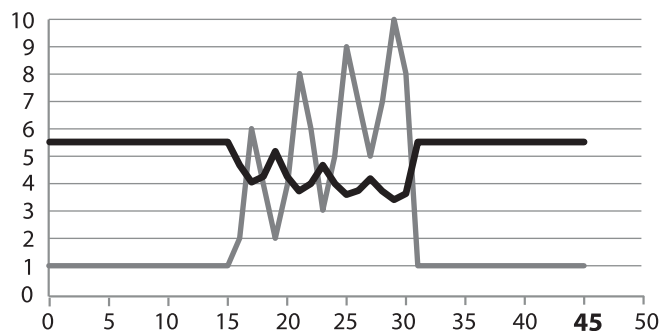
Calorie 6



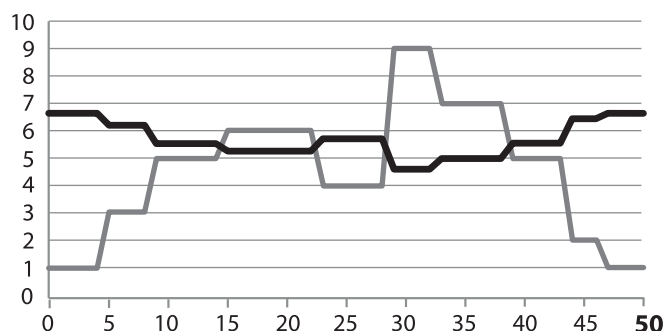
Calorie 7



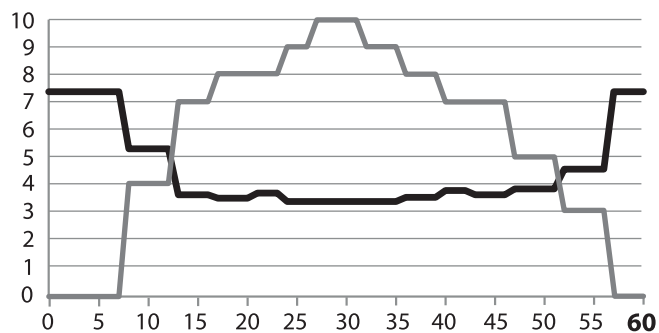
Calorie 8



Calorie 9



Calorie 10





POWER

PUISSANCE - POTENCIA - POTÊNCIA



VITESSE - VELOCIDAD - VELOCIDADE

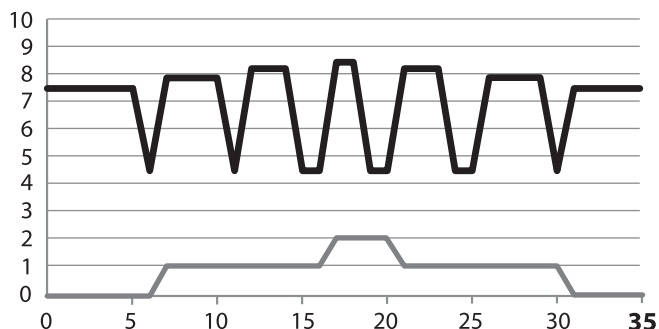
— Speed (km/h)



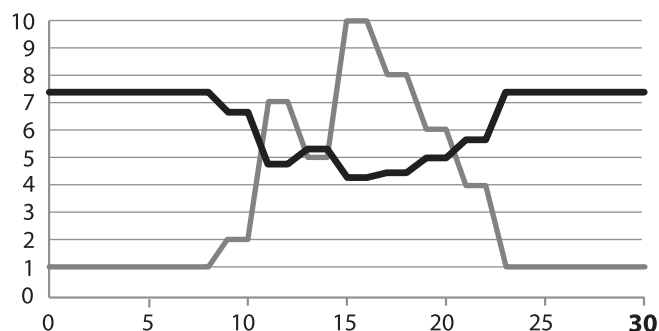
INCLINAISON - INCLINACIÓN - INCLINAÇÃO

— Incline (%)

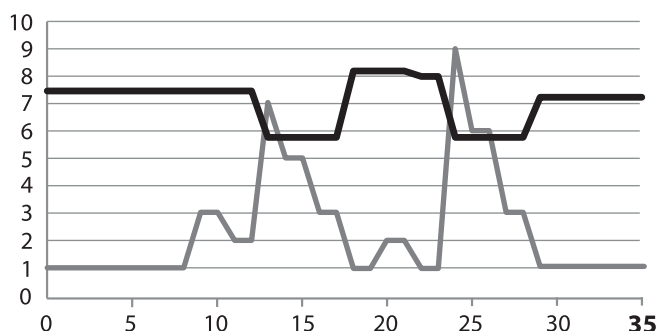
Power 1



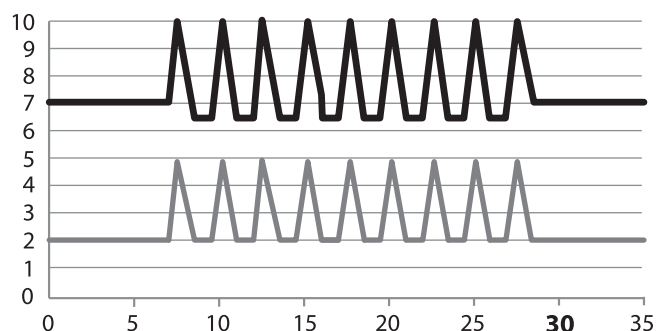
Power 2



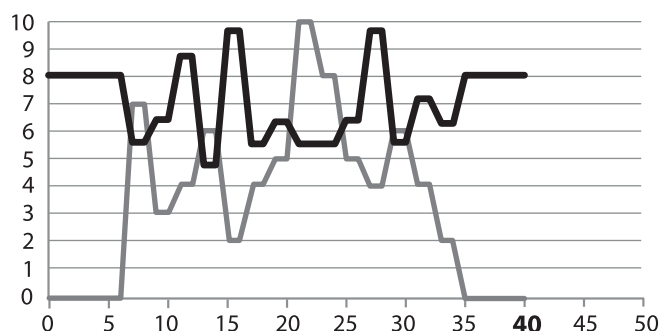
Power 3



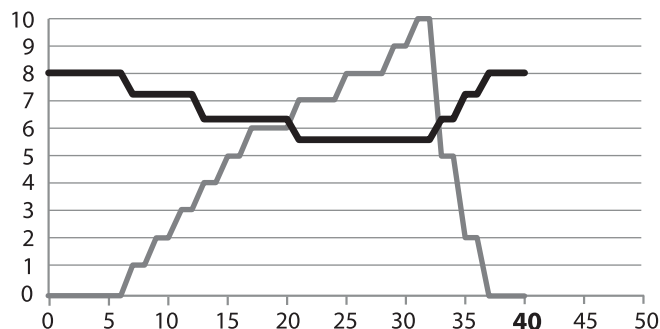
Power 4



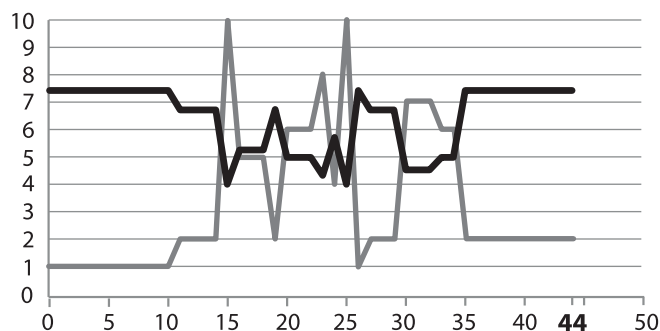
Power 5



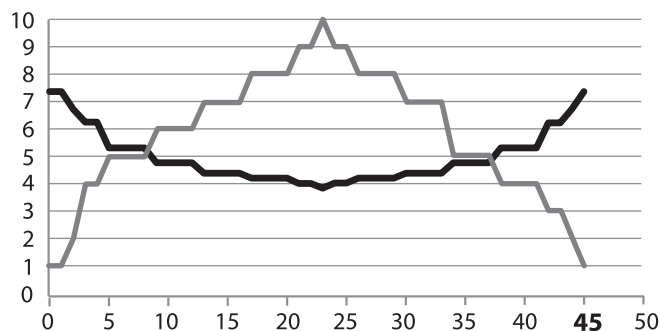
Power 6



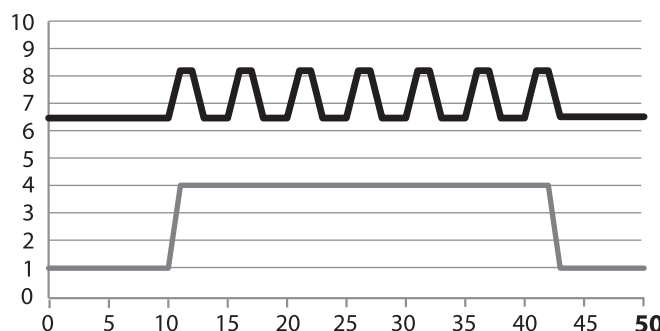
Power 7



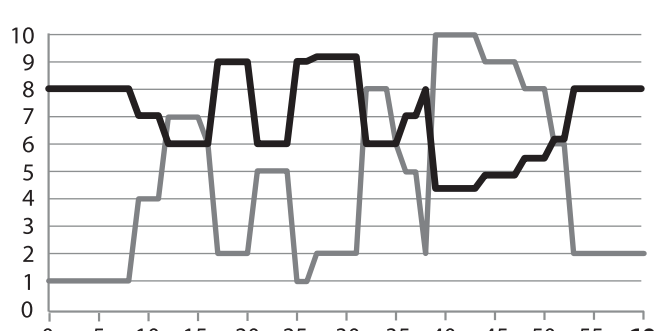
Power 8



Power 9



Power 10



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. However, should you have any comments, suggestions or questions, we would love to hear them on our website decathlon.com. The site also contains tips for your practice and assistance for potential issues. We wish you successful training and hope that this DECATHLON product will meet your needs.

PRESENTATION

Walking on a treadmill provides a complete cardio and muscular workout. The benefits of this practice are as follows:

- Improve your breathing and cardiovascular system
- Keep in shape
- Rehabilitate with suitable exercises
- Lose weight in combination with a suitable diet.

TECHNICAL FEATURES

The W900 treadmill was designed for walking at home, based on a use of up to 15 hours per week. The W900 treadmill starts at 1 km/h and can go up to 10 km/h to aid gentle walking up to active walking. The treadmill is equipped with a motorised incline system that can go up to a 10% incline to intensify the workout and burn more calories. The speed and incline adjustment can be controlled from the console or with remote controls on the side bars.

The walking belt is 50 cm wide and 120 cm long to help comfort when in use. A unique and innovative high-density foam cushioning, 9 mm thick, covers the entire walking surface to absorb shocks and reduce the sounds of steps while the product is in use. The power consumption of the W900 treadmill can range from 500 to 700 watts for a 70 kg to 90 kg user. This electric consumption varies depending on the activity being done and the treadmill maintenance.

Sound pressure level measured at 1 meter from the surface of the belt and at a height of 1.60 meters above the ground is at 60 dB at a speed of 10 km/h without a runner. The sound level emitted during operation under no-load conditions is lower than that emitted with load.

CONSOLE

The touch-screen console on the W900 treadmill has a backlit LCD screen, manually adjustable fan, USB charger port, tablet stand and two 3-Watt Bluetooth speakers. You can connect to the bluetooth speakers from the settings menu on your phone.

Can increase or reduce the treadmill incline by 0.5% increments				Can increase or reduce the treadmill speed by 0.1 km/h increments. A long press changes the speed quicker.
Activation or deactivation of the beep on the console				The Bluetooth logo shows when the treadmill is connected to another device: using speakers or a compatible application.
Estimated calories burned				After 200 km of use, a reminder shows to carry out maintenance on the treadmill belt.
Heart beat estimation				Distance in km or mi
Bluetooth connected speakers				Step count estimation
Start the treadmill. The starting speed is 1km/h. Pressing the button while the treadmill is running pauses the exercise. Pressing the button while treadmill is paused restarts the current session with the same speed and same incline.			You can stop the current session and stop the treadmill. Session summary comes up on the screen.	
			Duration of session	
			Information on the current programme	

START-UP

Before starting your treadmill, carefully read the installation instructions so you can use it safely.

- Plug in the power cable.
- Switch the circuit breaker, located near the power cable, to the «I» position.
- Position yourself on the treadmill, with your feet on the foot rails.
- The screen displays



- Attach the safety key clip to your clothing.
- Insert safety key into designated slot on the console.
- Your screen lights up and displays
-



- Your treadmill is ready to use!

QUICK START

The quick start allows you to exercise without following a specific programme, by managing the speed, distance and duration for yourself. Click on , the treadmill starts at 1 km/h and 0% incline.

PROGRAMMES

The W900 treadmill offers 30 pre-set programmes that vary the speed and incline.

- 10 "Health Wellness" programmes to keep moving, toning up and improving your respiratory capacity.
- 10 "Burn calories" programmes to help lose weight during or after exercise.
- 10 "Power" programmes to work on your aerobic capacity and improve basic endurance.

The programmes are divided into several segments. Each segment corresponds to a duration, speed and incline setting. Please note two successive segments can have the same settings. At any moment, before beginning a programme, or during the session, it is possible to adjust the speed and incline. The changes will be applied to the whole programme.

PROGRAMME SELECTION

To choose a programme, the treadmill must be stopped and the screen must show

Select your programme by pressing the button corresponding to the desired goal: . The console screen indicates the programme duration, the programme name, the programme's maximum incline and maximum speed.

At any moment, before or during a programme, you can change the speed or incline to adjust the programme to your level thanks to the buttons. This new data will be applied proportionally to the whole programme.

Start the programme by pressing the button.

To exit the programme menu and return to the home screen, press the .

During the session, the screen shows the incline (on the left) and the speed (on the right) of the current section. In the centre you can see the information for the following section:



When the console's beeper is activated, a sound indication will announce the change of a segment three seconds before it starts

"TARGET" MODE

The TARGET mode lets you choose a goal from: TIME, DISTANCE, (max. 99 km), CALORIES (max. 10'000 kcal) or NUMBER OF STEPS (max. 9'999 steps).

Select the desired goal, set the value by using the + and - buttons, confirm and begin the session by pressing .

The speed and incline can be adjusted using the and buttons after beginning the session. The session stops when the goal is reached, the screen shows the session summary.



COMPATIBLE WITH THE DOMYOS E-CONNECTED APPLICATION

You can connect your treadmill via Bluetooth to the Domyos E-Connected application and to partner applications, available on tablet and smartphone.
Bluetooth connection between the treadmill and telephone can be done from the application.

PULSE SENSOR

The W900 treadmill is equipped with a bluetooth heart rate receiver compatible with Bluetooth Low Energy. To find out which Decathlon products are compatible, visit our support site. The belt is detected automatically by the treadmill and the heart rate, in beats per minute, will display on the console screen. This measure is an indication and in no way a medical guarantee. Remember to consult a health professional and a sports professional for any personalized advice according to your goals.

ACTIVATE/DEACTIVATE THE BEEP ON THE CONSOLE

When you press a button on the console, a beep notifies you that your action has been taken into account. You can deactivate this beep from the console screen display GO. Click on  to activate the beep and click on  to deactivate the beep.

RECOMMENDATIONS FOR USE








If you are a beginner, start by training for several days at a low speed, without overexerting yourself, and taking rest periods if necessary. Gradually increase the number or duration of sessions. During your workout, be sure to ventilate the room in which the treadmill is located.




- Keep fit/Warm-up: Gradual effort starting from 10 minutes : To maintain or rehabilitate, work out every day for at least 10 minutes. This type of exercise helps work the muscles and joints gently and can be used as a warm-up before more strenuous physical activity.
To increase muscle tone in the legs, choose a greater incline and increase the duration of the exercise.
 - Aerobic exercise for weight loss: Moderate effort for 35 to 60 minutes : This type of training is an effective way of burning calories. There is no point in pushing yourself unduly; for the best results the most important thing is frequency of exer-
- cise (at least 3 times a week) and the duration of the session (35 to 60 minutes). Exercise at average intensity (moderate effort so you are not out of breath). In order to lose weight, as well as taking regular physical exercise, it's essential to follow a balanced diet.
 - Improve your stamina: Sustained effort for 20 to 40 minutes : This type of exercise helps strengthen the heart muscle and improves your respiratory health. Exercise at least 3 times a week at a steady pace (rapid breathing). As your training progresses, you will be able to maintain this effort for longer, and at an improved pace.
- Training at a faster pace (anaerobic and in the red zone) is reserved for athletes and requires special preparation.

 - Cool down : After each training session, walk slowly for a few minutes to bring your body gradually to rest. This cool down phase helps your cardiovascular and respiratory systems, blood circulation and muscles return to normal. It also helps to eliminate side effects such as the accumulation of lactic acid which is one of the major causes of muscle pain (cramps and stiffness).
 - Stretching: You are advised to perform stretching movements after each session in order to relax your muscles and to recover more effectively.

CONFIGURATION MODE AND CHANGING THE KM/MI UNITS

To access configuration mode and change the distance units of your treadmill, follow the following steps:

- Remove the safety key
- Hold and press for 3 seconds the  and  buttons.
- A double beep informs you that you have entered configuration mode. You can let go of the buttons. The first screen gives you total usage time of your treadmill in hours, minutes.
- To go to the next screens, click on any programme choice button   
 - The second screen gives you total distance covered by the treadmill.
 - The third screen shows the treadmill's distance unit currently selected, kilometres or miles.
- To change the distance unit, in the third screen only, click the  or  button.




You can go back to the first screen by pressing on any programme choice button   

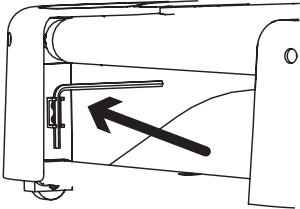
Insert the safety key or click the  button in order to exit the configuration mode.

HELP WITH CHANGING THE BELT TENSION

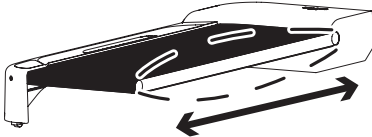
Your treadmill is equipped with a programme to help with changing the belt tension. This programme can show a value on the screen that you can change by tightening or loosening the belt tension adjusting screw.

To access the assistance mode, follow the following steps:


- Remove the safety key
- Hold and press for 3 seconds the  and  buttons.
- A double beep informs you that you have entered configuration mode.
- The treadmill should turn without a user on top. To start the treadmill in help mode, click on  in this mode, then insert the safety key.
- The treadmill will now begin, and go up to 5 km/h. Speed is shown on the console
- As soon as 5 km/h is reached, a screen with shows the assistance value.
- Value to reach for optimal setting: With no user on the running belt, when the speed is at 5 km/h, the value shown by the screen should be at 2.60 (+/- 0.06).
- Here's how to change this value: :



- If the value that displays is lower, you must tighten the running belt. You must tighten the two screws of the rear roller, in the same way on each side, in a clockwise direction.
- If the value is higher, you must reduce the tension of the running belt. You must loosen the two screws of the rear roller, in the same way on each side, in a counter-clockwise direction.





Clicking on any    button shows the next screens for speed, motor tension and electronic card temperature. These screens cannot be used to set the belt tension. Only the screen can be used here.

To exit assistance mode at any time, click on the  button.

TREADMILL MAINTENANCE

When the treadmill shows "GO SERVICE", you must carry out maintenance on your treadmill: walking belt tension, lubrication, screw tightness, etc You can find all of our maintenance tips on our website.

To get rid of the "SERVICE" word, safety key inserted, click on the  and  buttons at the same time for three seconds.

