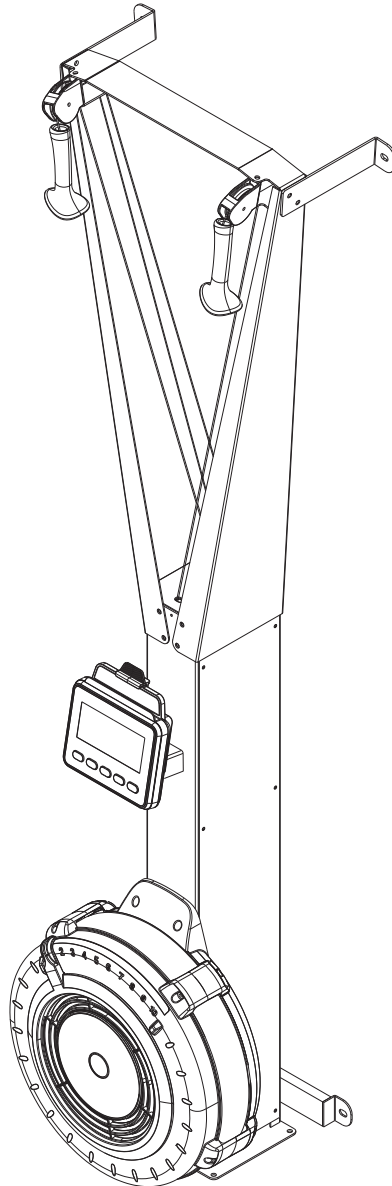




HIT FITNESS **OWNER'S MANUAL**

-BOX1

(FOR WALL MOUNTING STYLE)



Product May Vary Slightly From Pictured.

Item No: : HIT00799-HIT FITNESS 2 SKI ERG

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SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safe Instructions before using the **SKI TRAINER**
2. Save these instructions and ensure that other exercisers read this manual prior to using the **SKI TRAINER** for the first time.
3. Read all warnings and cautions posted on the **SKI TRAINER**.
4. The **SKI TRAINER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **SKI TRAINER**. Do not allow children to use or play on the **SKI TRAINER**. Keep children and pets away from the **SKI TRAINER** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **SKI TRAINER** on a solid level surface. Do not position the **SKI TRAINER** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **SKI TRAINER**.
10. Before using, inspect the **SKI TRAINER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before using, check the condition of the DRIVE CORD (52). Replace the DRIVE CORD (52) if it is damaged or broken.
12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **SKI TRAINER**.
15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **SKI TRAINER**, loss of balance may result in a fall and bodily injury.
17. Do not use the U-BAR BRACKET (6) to move the **SKI TRAINER**. It may cause danger. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.
18. The **SKI TRAINER** should be used with training area 24 X 52 X 85 inch (61 X 132 X 215.9 cm).
19. The **SKI TRAINER** should be used by only one person at a time.

BEFORE YOU BEGIN

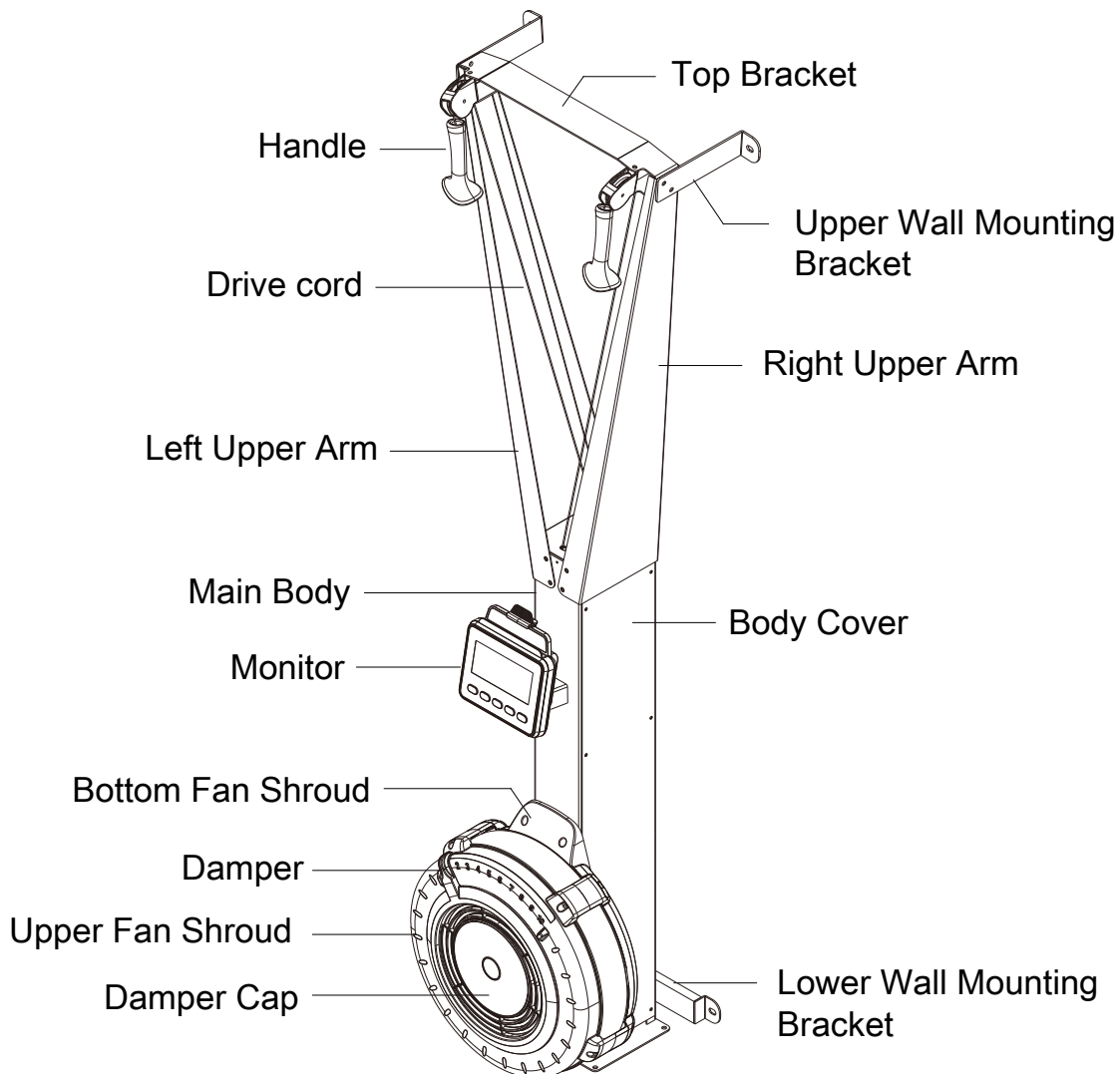
Thank you for choosing the **SKI TRAINER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **SKI TRAINER**

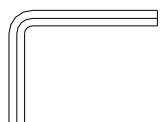
provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

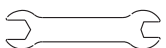
Read this manual carefully before using the **SKI TRAINER**.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



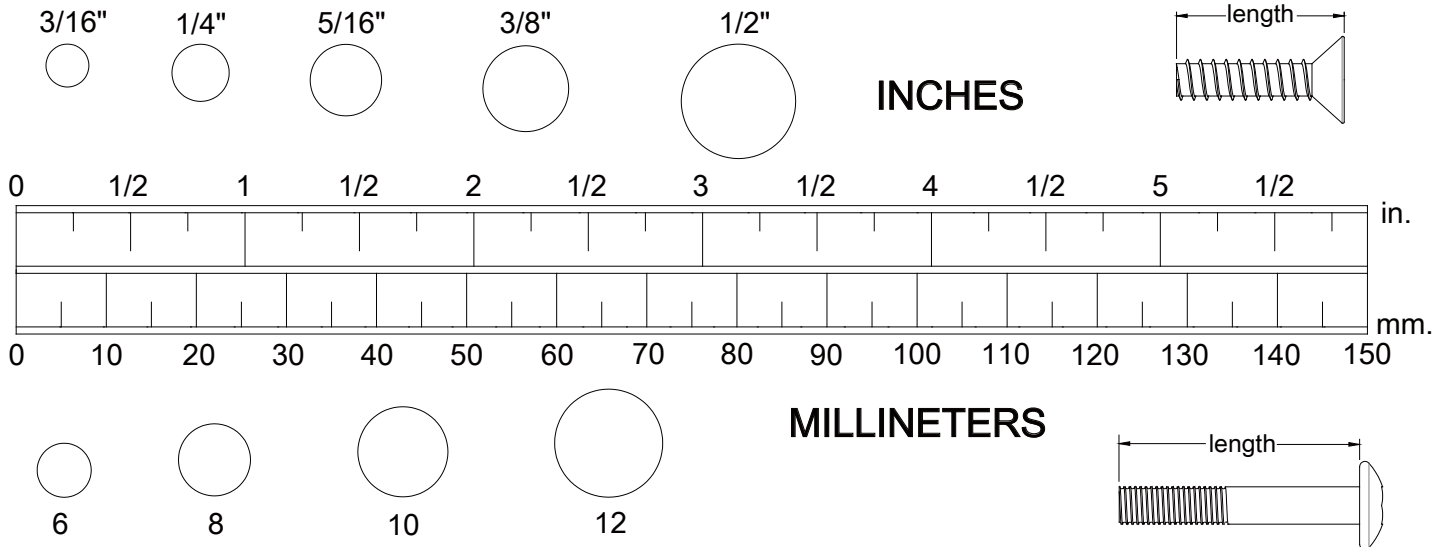
Allen Wrench (6mm)



Wrench

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.


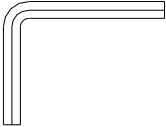
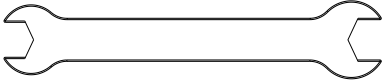


NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

Below chart include the fasteners for Main Body assembly:

Drawing of Parts	Parts No.	Description	QTY
	#82	Button Head Cap Screw, M8x75 mm	1
	#54	Socket Head Cap Screw, ST8x50mm	4
	#53	Socket Head Cap Screw, M8x35 mm	2
	#72	Nylon Nut, M8	1
	#87	Socket Head Cap Screw, M8x15 mm	12

	#71 #55	Flat Washer, M8 Flat Washer, $\Phi 22 \times \Phi 9 \times 2.0 \text{mm}$	15 4
	#89	Allen Wrench 6mm	1
	#88	Wrench 13-15	1

ASSEMBLY INSTRUCTIONS

STEP 1

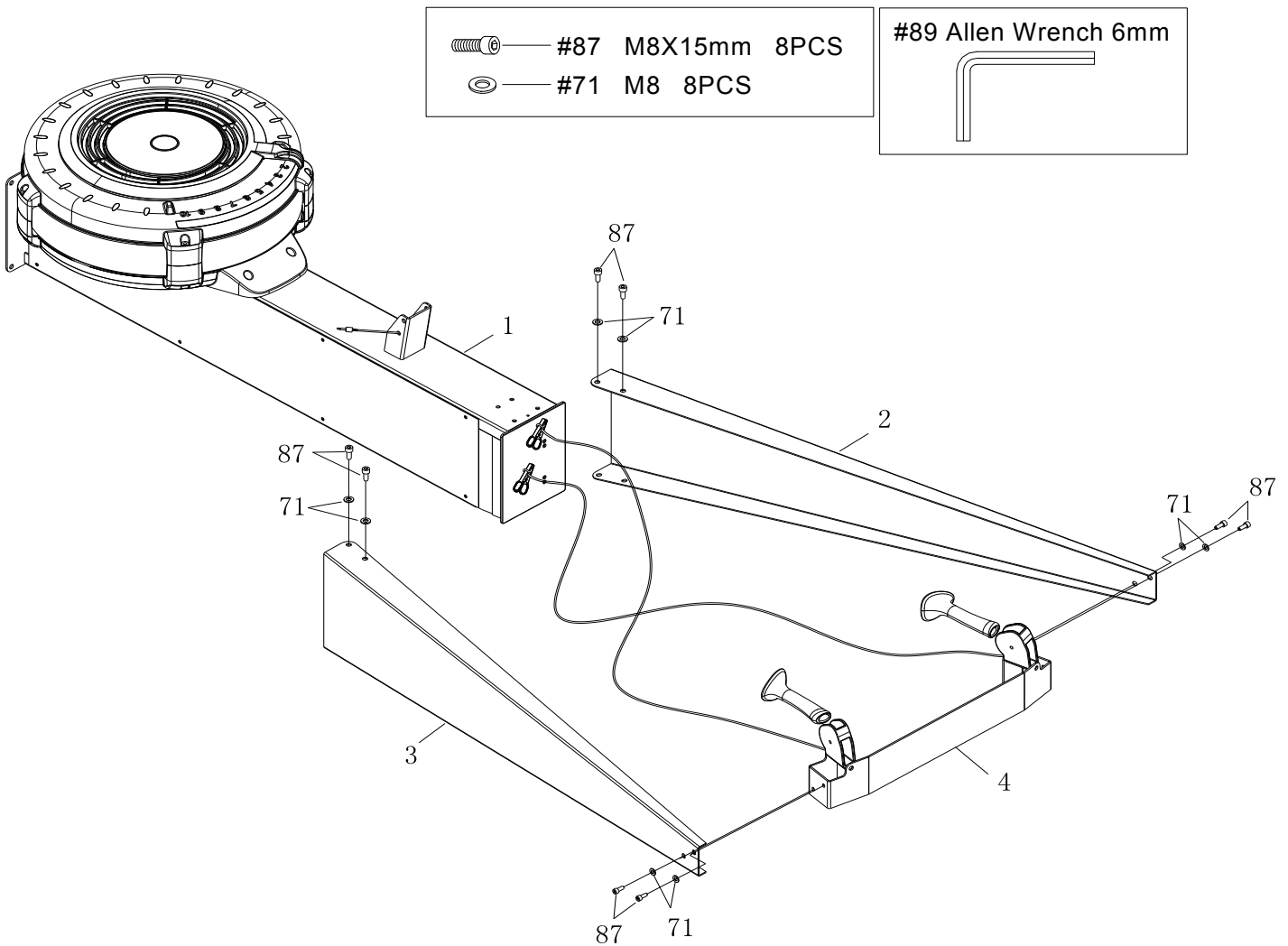
Attach the **Left and Right Upper Arms (2/3)** to **Main Body (1)** to using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

STEP 2

Attach the **Left and Right Upper Arms (2/3)** to **Top Bracket (5)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of above steps

NOTE: Before assembling check if **Drive Cord(52)** is untangled.



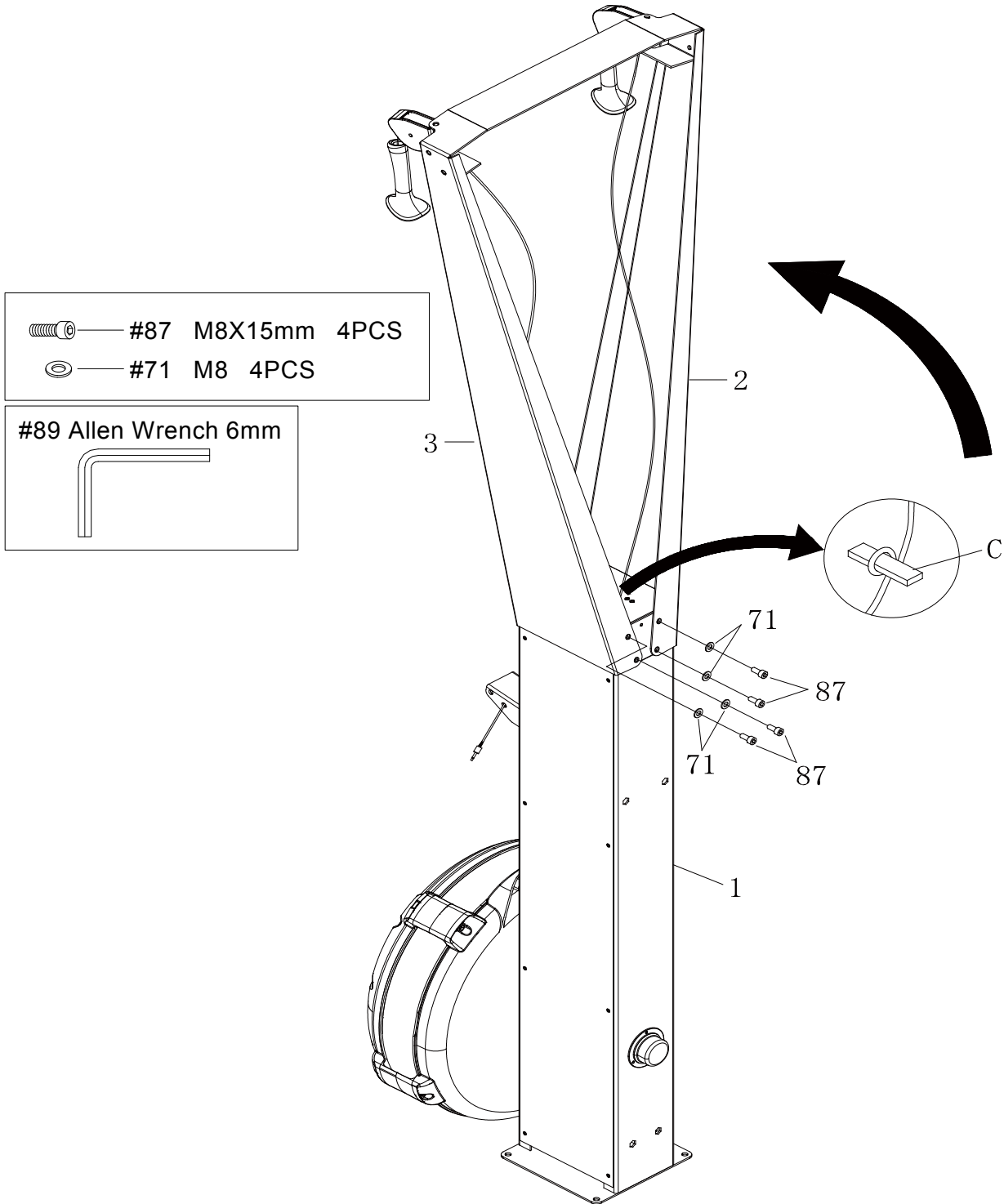
STEP 3

Make the assembly stand up. Tighten the **Left and Right Upper Arms (2/3)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of this step.

STEP 4

Remove the clicker from the **Drive Cord (52)**.

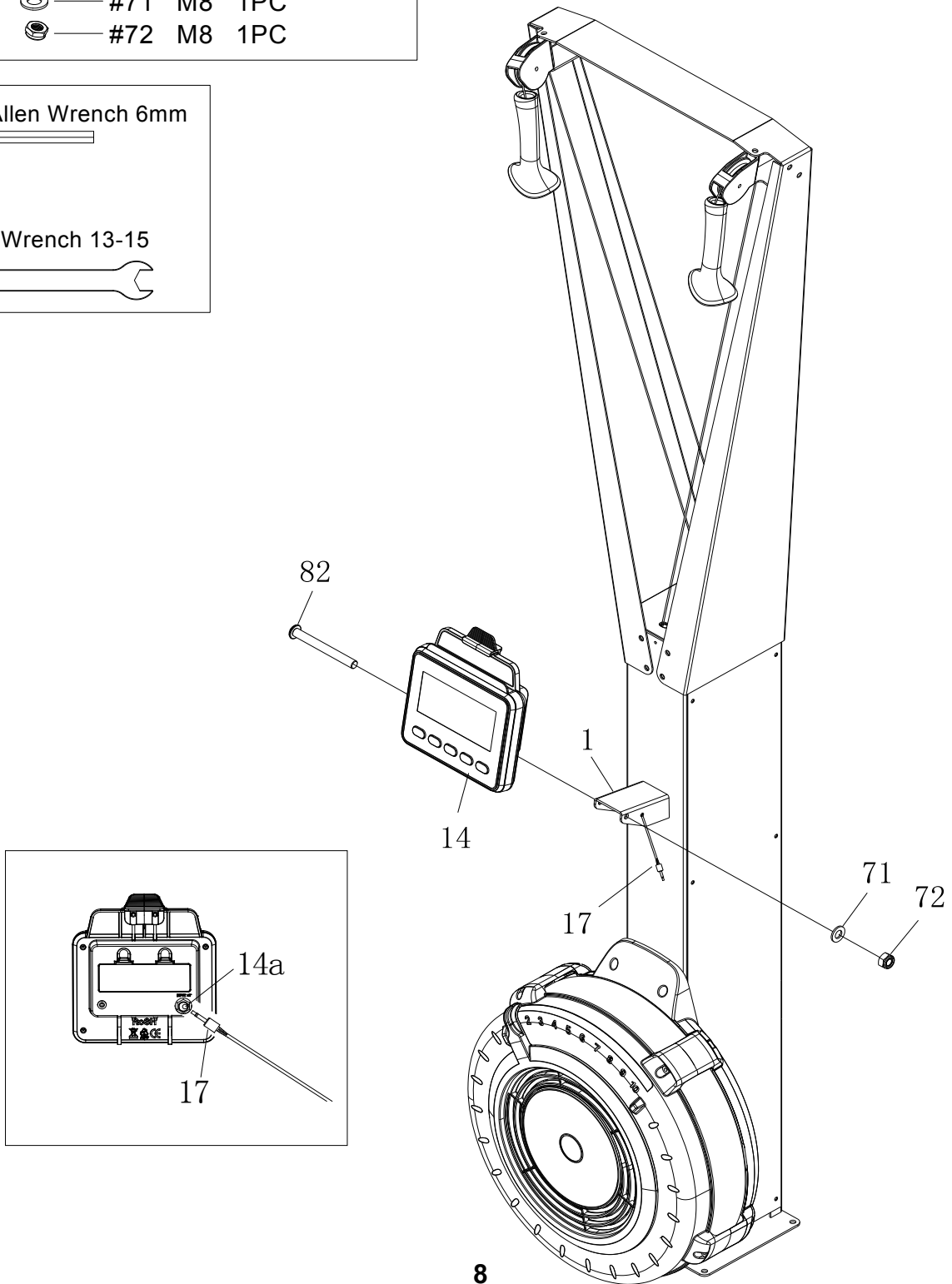
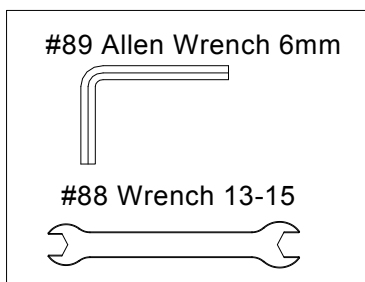
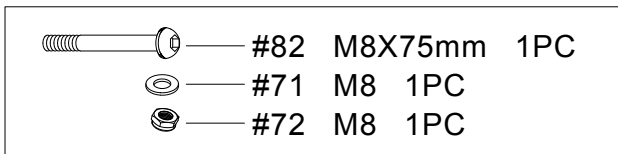


STEP 5

Attach the **Console Monitor (14)** to the console mounting bracket on **Main Body (1)** using: 1 PC of **M8x75mm Button Head Cap Screw (82)**, **M8 Flat Washer (71)**, and **M8 Nylon Nut (72)**.

STEP 6

Connect **Sensor Cable (17)** into the back of the **Console Monitor (14a)**.



STEP 7

Attach the **Lower Wall Mounting Bracket (8)** to **Main Body (1)** using: 2 PCs of **M8x35mm Socket Head Screw (53)** and **M8 Flat Washer (71)**.

STEP 8

Remove 1 PC of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)** on the **Left Upper Arm (2)**.

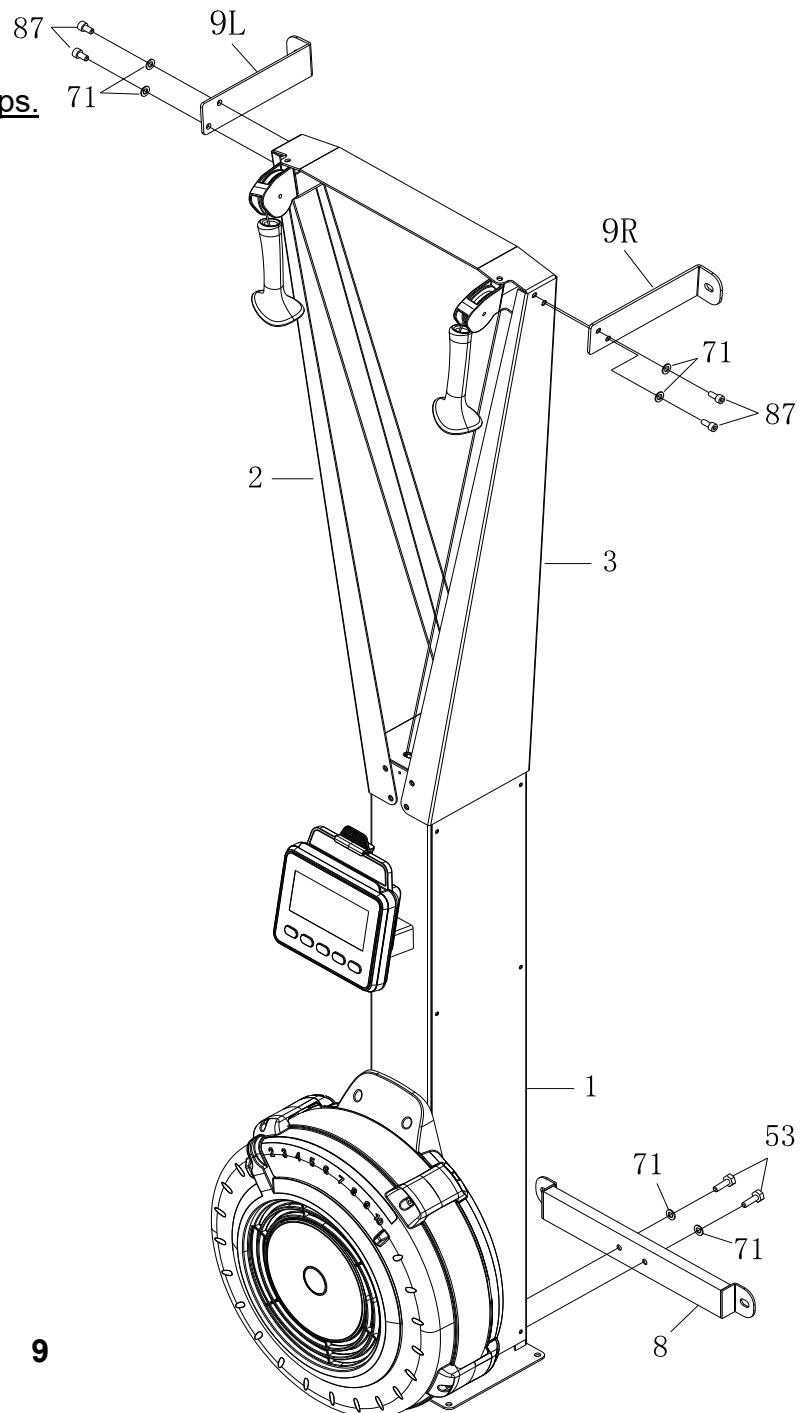
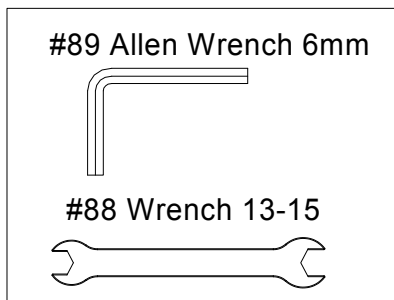
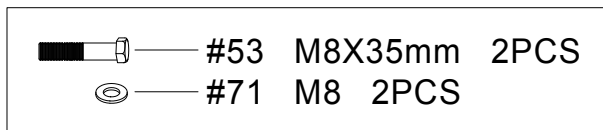
Attach the **Left Upper Wall Mounting Bracket (9L)** on **Left Upper Arm (2)** using: the same screw and washer (**87&71**).

STEP 9

Remove 1 PC of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)** on the **Right Upper Arm (3)**.

Attach the **Right Upper Wall Mounting Bracket (9R)** on **Right Upper Arm (3)** using: the same screw and washer (**87&71**).

NOTE: Fully tighten bolts at end of above steps.



STEP 10

Hold the assembly up against a solid wall.

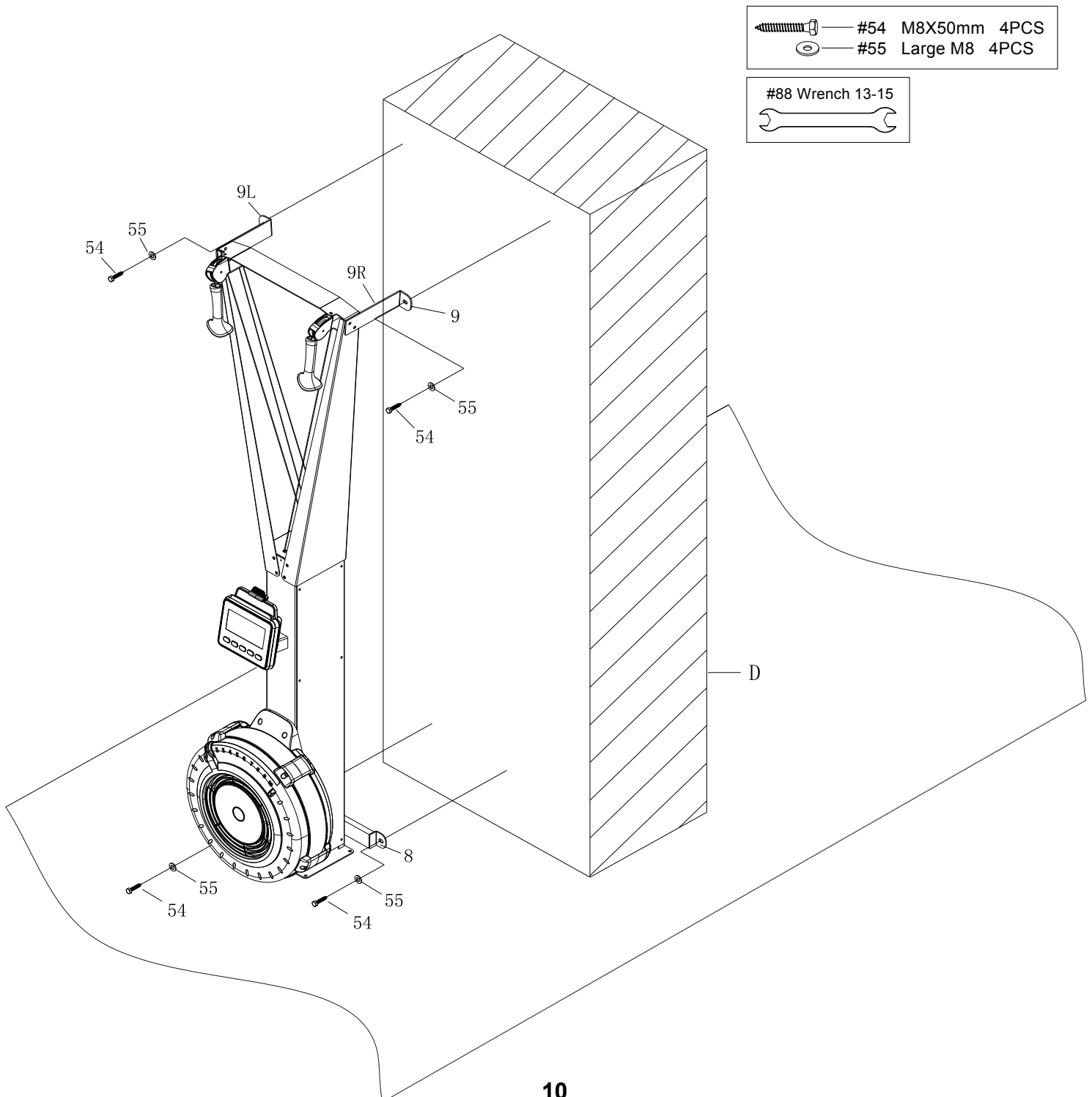
Make 4 positioning marks on the solid wall according to the positions from **Upper Wall Mounting Brackets (9L&9R)** and **Lower Wall Mounting Bracket (8)**.

Drill 4 holes based on the positioning marks.

STEP 11

Attach and tighten the assembly to the solid wall using: 4 PCs of **ST8x50mm Socket Head Cap Screw (54)** and **Flat Washer $\Phi 22 \times \Phi 9 \times 2.0 \text{mm}$ (55)**.

NOTE: Fully tighten bolts at end of this step.



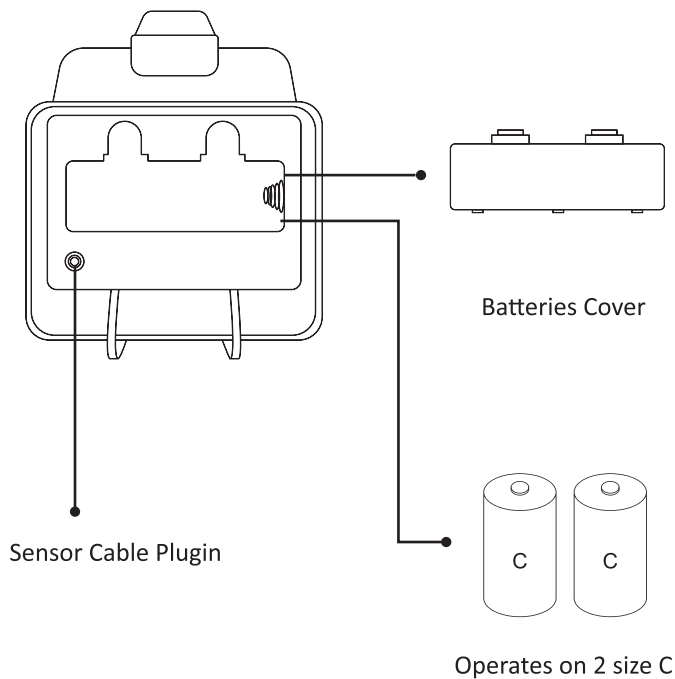
COMPUTER INSTRUCTIONS

Your **SKITRAINER** utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

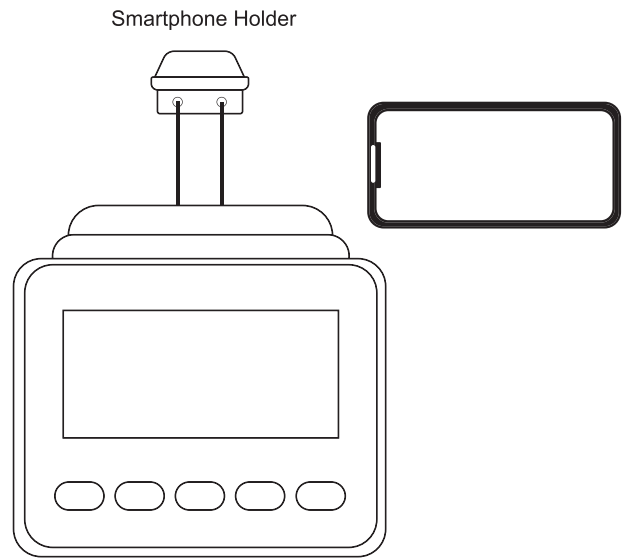


COMPUTER INSTRUCTIONS

Back View



Front View



Your SKI TRAINER utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

Initial Setup

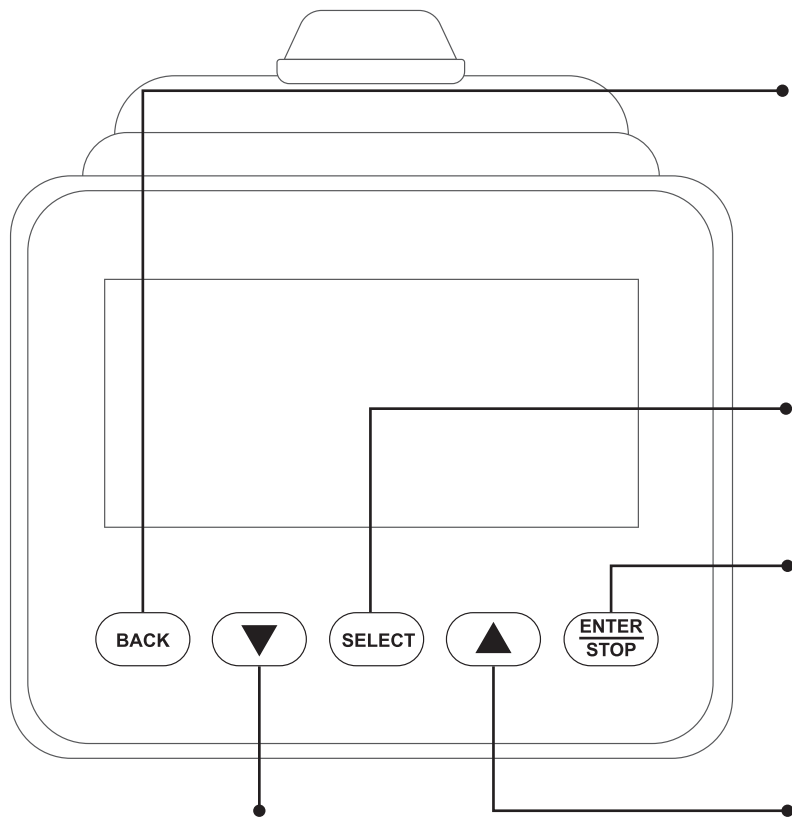
POWER ON

- Move the handlebar to start exercising in Quick Start Program or press any button to go into IDEL mode.
- When there is no batteries installed, monitor can still work in Quick Start Program.

POWER OFF

- In IDEL mode, monitor will automatically shut off after 20 seconds of inactivity.
- When running an interval program, monitor will automatically shut off after 2 minutes of inactivity.
- In all other programs, monitor will automatically shut off after 30 seconds of inactivity.
- Monitor will not shut off when connecting to Bluetooth.

Function Buttons



BACK BUTTON:

- When selecting the programs, press the button to return to the previous program.
- When you finish a running program, press the button to jump into the IDEL mode.

SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle through each program option. Stop on the program of your choosing.

NOTE: Default exercising mode is Quick start program.

ENTER/STOP BUTTON:

- When selecting the programs and presetting target values, press the button to confirm.
- Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.

▼ DOWN BUTTON :

- Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

▲ UP BUTTON :

- Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

When the back light is lit, press STOP button the first time to pause the counting of all function values. Press STOP button the second time to view the workout summary. Press STOP button the third time to go back to IDLE mode.

* When back light is turned off, press any button or keep rowing to turn on the back light.

COMPUTER INSTRUCTIONS

Console Display

PULSE

- Display the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear Heart Rate Chest Strap.

STROKE RATE

- Display the current stroke per minute during exercise.
- The lightened up semi-circle equals to the stroke rate that displayed in numbers. The more grids it shows, the higher your stroke rate is.

BLUETOOTH

- Display Bluetooth icon at the upper side of monitor screen when monitor is connected to an app.

TIME & TIME/500mAVG

- Total workout time
- The estimated average time for reaching 500 meters based on your current stroke rate.

TIME/500m

- The estimated time for reaching 500 meters based on your current stroke rate.

WATTS AVG

- Display the average watts during the exercise.

DIST & DIST/30min

- DIST is the distance accumulated in the exercise (meter only).
- DIST/30min is the estimated distance for 30 minutes based on current stroke rate.

CAL & CAL/HOUR

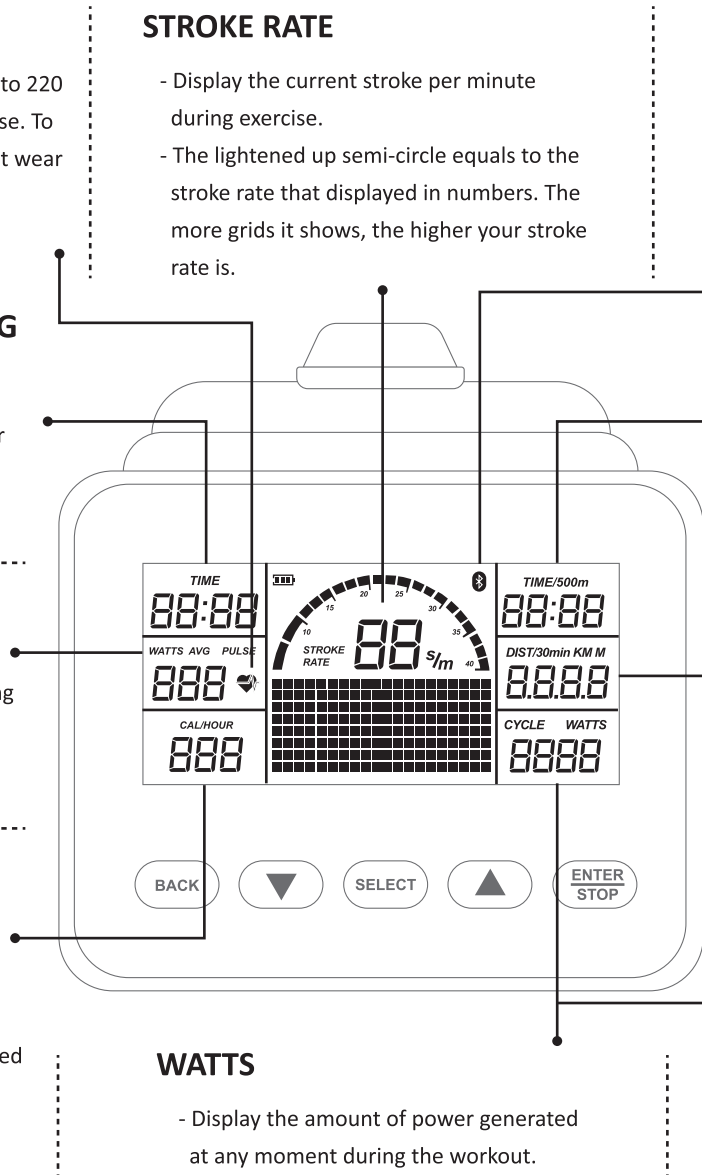
- CAL display the amount of calories burnt in the exercise.
- CAL/HOUR display the estimated calories burnt in an hour.

WATTS

- Display the amount of power generated at any moment during the workout.

CYCLE

- Display different cycles in the interval programs.

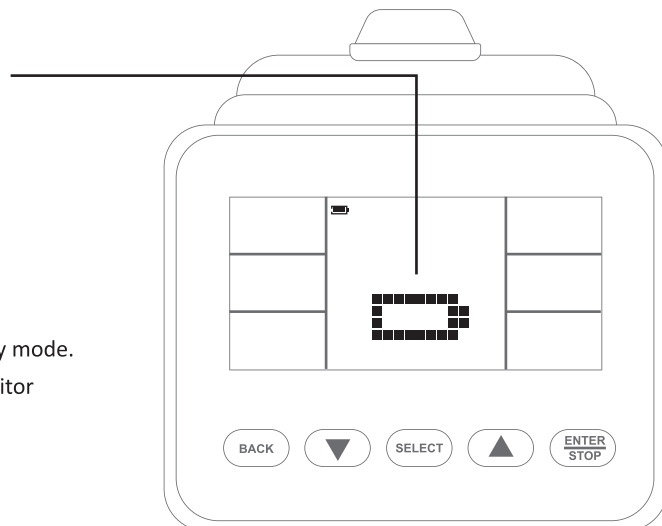


LOW BATTERY

- Display battery symbol only when the battery is low.

SUMMARY

- Press ENTER/STOP button for 2 times to enter summary mode.
- When user pulls Handlebar (3) in summary mode, monitor resumes back to display all data with a "beep" sound.



COMPUTER INSTRUCTIONS

PROGRAMS

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

1. QUICK START PROGRAM

To Quick Start the program, you can pull on the Handlebar(3) to start. All function values for the console will count up.

- Press "STOP" button once to temporarily stop counting all values (Pause function). Pull the Handlebar (3) again to continue the counting. Long press "STOP" button to delete all counting data.
- For Quick Start and all three countdown programs, press "SELECT" button to choose the data displayed in the same display window, including Time & Time/500m AVG.
- For the other seven programs, press "BACK" button to enter IDLE mode. Or press and hold "ENTER/STOP" button for over 3 seconds to re-start the console. Use "SELECT" button to toggle between programs. Use "UP" and "DOWN" buttons to adjust the value and press "ENTER/STOP" to confirm.

2. DISTANCE COUNTDOWN PROGRAM

During the workout, the "DISTANCE" program will count down from preset value.

- The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "WINNER" with an audible alarm. Press the "BACK" button to go to the IDLE mode.
- The target distance value can be set from 100 to 9999 meters.

3. TIME COUNTDOWN PROGRAM

- During the workout, the "TIME" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press "BACK" button to go to the IDLE mode.
- The target time value can be set from 1:00 to 99:00 minutes.

4. CALORIES COUNTDOWN PROGRAM

- During the workout, the "CALORIES" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "END" with an audible alarm. Press "BACK" button to go to the IDLE mode.
- The target calories value can be set from 10 to 999 cal.

COMPUTER INSTRUCTIONS

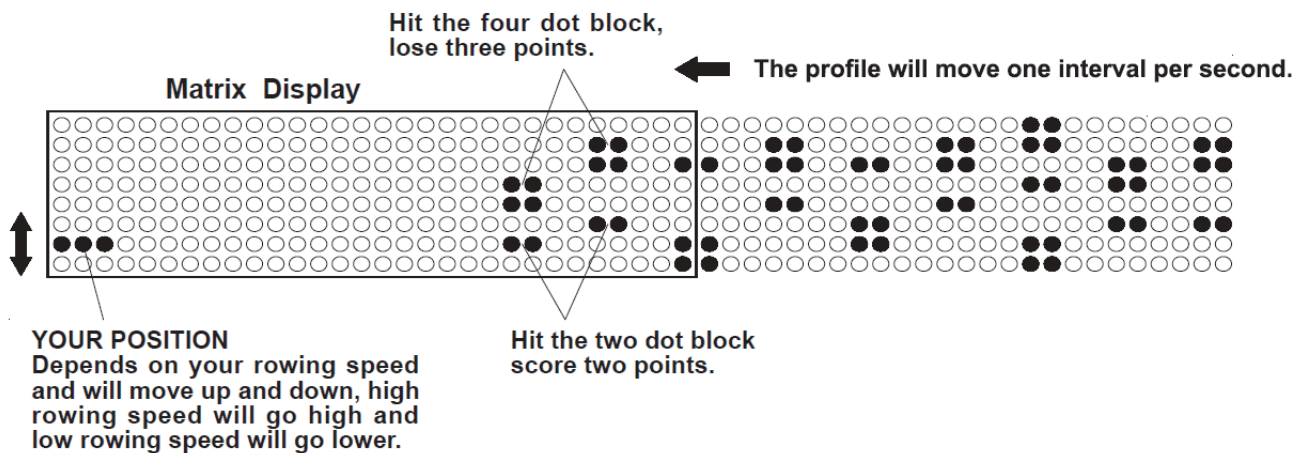
PROGRAMS

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

5. GAME PROGRAM

- When the "GAME" program is selected, the program will start once the user pulls the Handlebar. There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the "BACK" button to go to the IDLE mode.



6. 20/10 INTERVAL PROGRAM

- When it is in the "20/10 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. "20" is 20 seconds for exercising, and "10" is 10 seconds for resting. Then user can use "UP" and "DOWN" buttons to input the value from 1 - 99 rounds for cycles. The user will workout for 20 seconds and then rest for 10 seconds. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

7. 10/20 INTERVAL PROGRAM

- When it is in the "10/20 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 rounds for cycles. User will workout for 10 seconds and then rest for 20 seconds. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

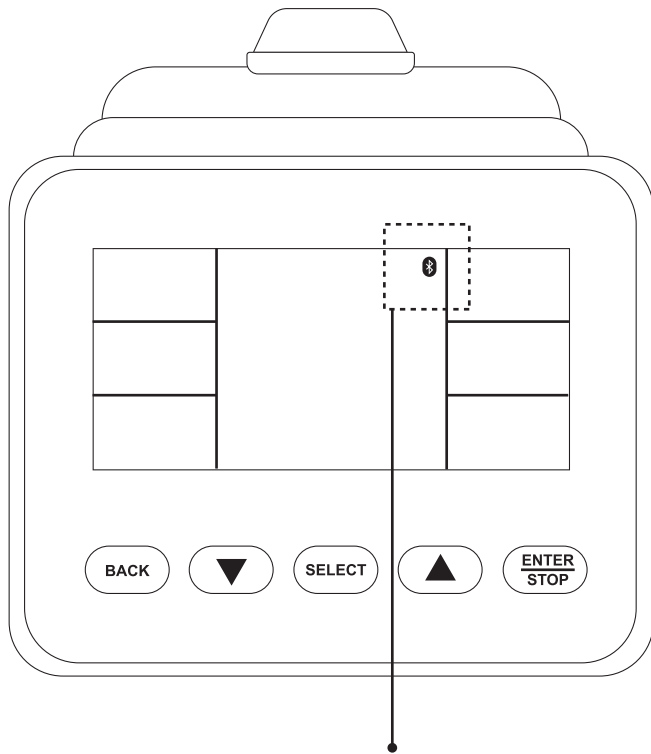
8. 10/10 CUSTOMIZE INTERVAL PROGRAM

- When it is in the "10/10" INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 for number of cycle, workout time, and rest time. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

COMPUTER INSTRUCTIONS

BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smart-phone or tablet devices.



AVAILABLE APPS



Kinomap



D-fit

 **BTMS PROTOCOL**

The icon will be displayed at the top right of console screen when it's connected to an app.

*Please go to settings on your device to allow the apps to access Bluetooth connection.

SCAN TO DOWNLOAD



Android

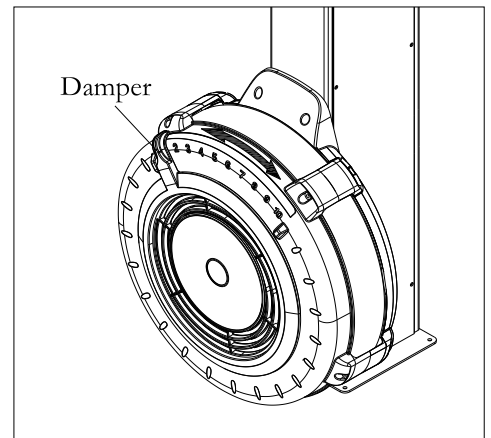


IOS

OPERATIONAL INSTRUCTIONS

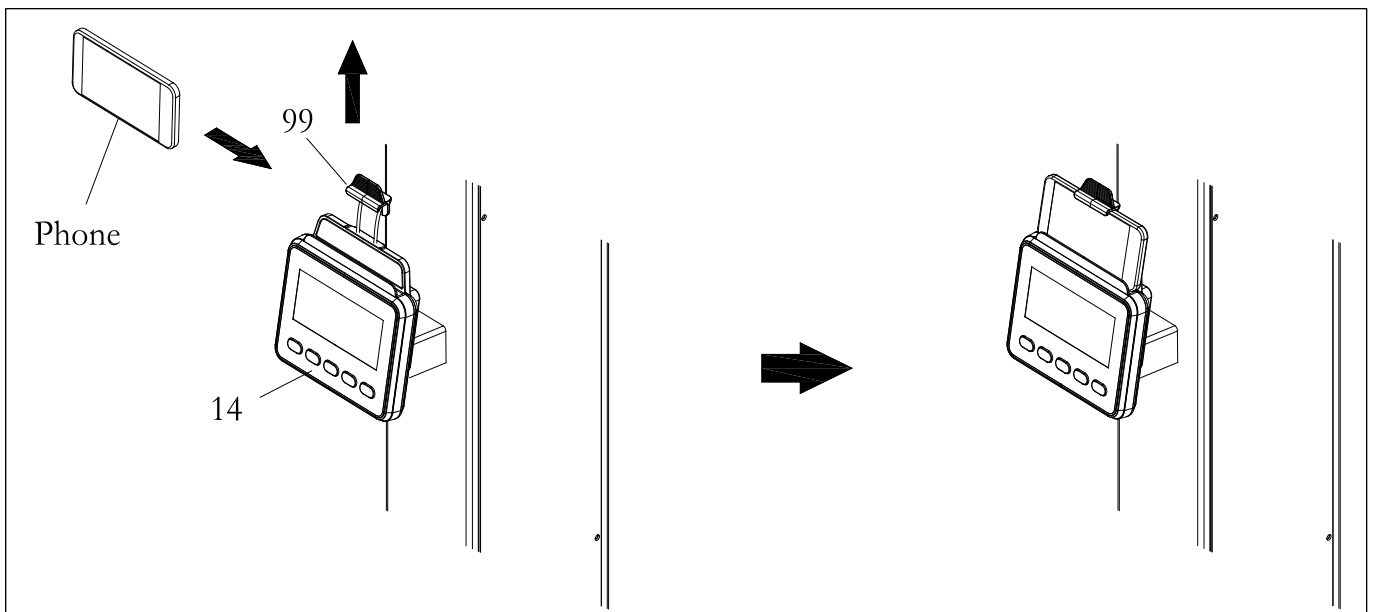
LOAD ADJUSTMENT

There is a **Damper (31)** built into the **Upper Fan Shroud (32)**. Move the Indicator in the **Damper (31)** to point to the numbers on the **Upper Fan Shroud (32)** to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.



USING THE CELL PHONE BRACKET

The **Cell Phone Bracket (15)** can move up and down. Move up the **Cell Phone Bracket (15)**, then slide the Cell Phone into the gap between the **Cell Phone Bracket (15)** and the **Console Monitor (14)**. Move down the **Cell Phone Bracket (15)** to clip the Cell Phone in position.



MAINTENANCE

The safety and integrity designed into the **SKI TRAINER** can only be maintained when the **SKI TRAINER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **Handle (44)** and verify that the System provides tension and the seat travel is smooth and stable.
2. Clean the revealed surface of **Cord Pulley (27)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **Drive Cord (52)**. Replace the **Drive Cord (52)** if it is damaged or broken.
5. Verify that the **Warning Label** is in place and easy to read.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **SKI TRAINER** removed from service until repair is made.
8. Keep your SKI TRAINER clean by wiping it off with an absorbent cloth after use.

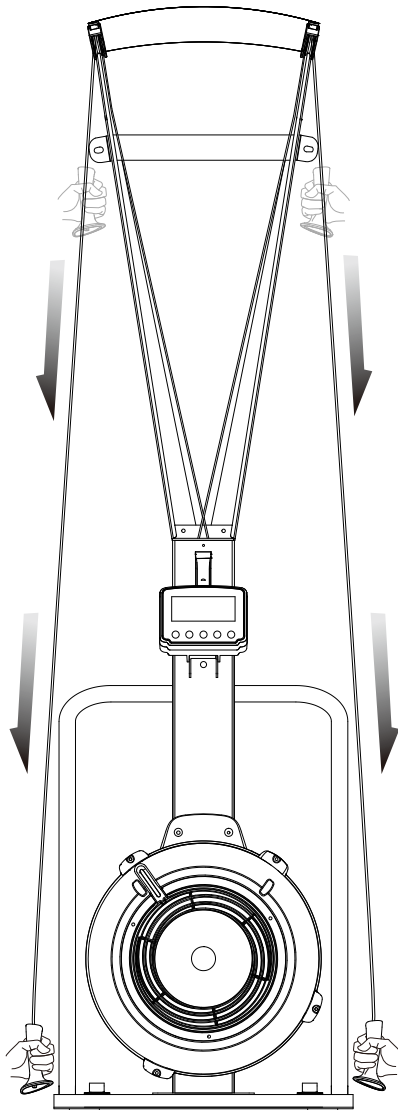
EVERY 250 HOURS OF USE (Weekly for Commercial Setting)

1. Untwist the cords

When you are using the Ski Trainer you may be inadvertently twisting the cords. Over period of use, it may cause the cords to twist resulting in bumpy feeling. To avoid this, check the cords on a regular basis.

Below are steps to untwist the cords. It will be easier if you have a second person helping you.

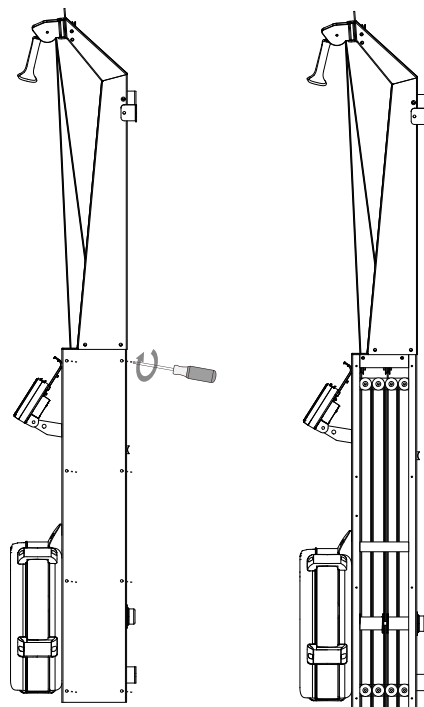
- Pull out both handles as far as you can.
- Hold onto the cords at the top pulley/top bracket, so the cords will dangle from the position you hold. Or use a clip to keep the ropes in place like when received new in packaging.
- Run your hands down each cord to untwist the cord.
- Return handles back to top position.
- Repeat process at least two times.



2. Inspect the cords

You can inspect the drive cords easily by pulling on the handle to see the full length of the cord. Some wear is normal after repeated use. If the drive cords become very thin, please replace drive cords.

To inspect the bungee cords, please remove the side panels by removing the 8 screws on the side. After removing you are able to see all the cords clearly. The bungee cord has a fiber wrapped outside and some wear is normal. If the inner white elastic fibers are exposed, please replace bungee cords. While you have opened the side panels to examine the cords, also clean the inside as some dust and lint may collect near the generator and bottom of the machine.

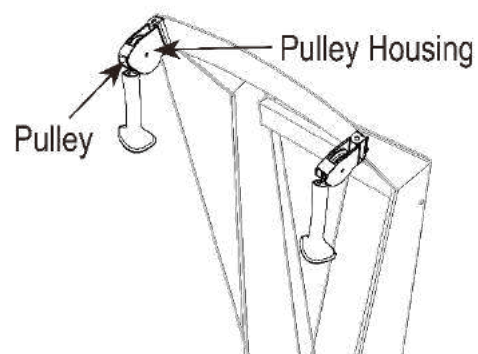


3. Inspect the Fasteners

Be sure all fasteners on the Ski Trainer are tight and don't become loose during use.

4. Inspect the Top Bracket pulleys

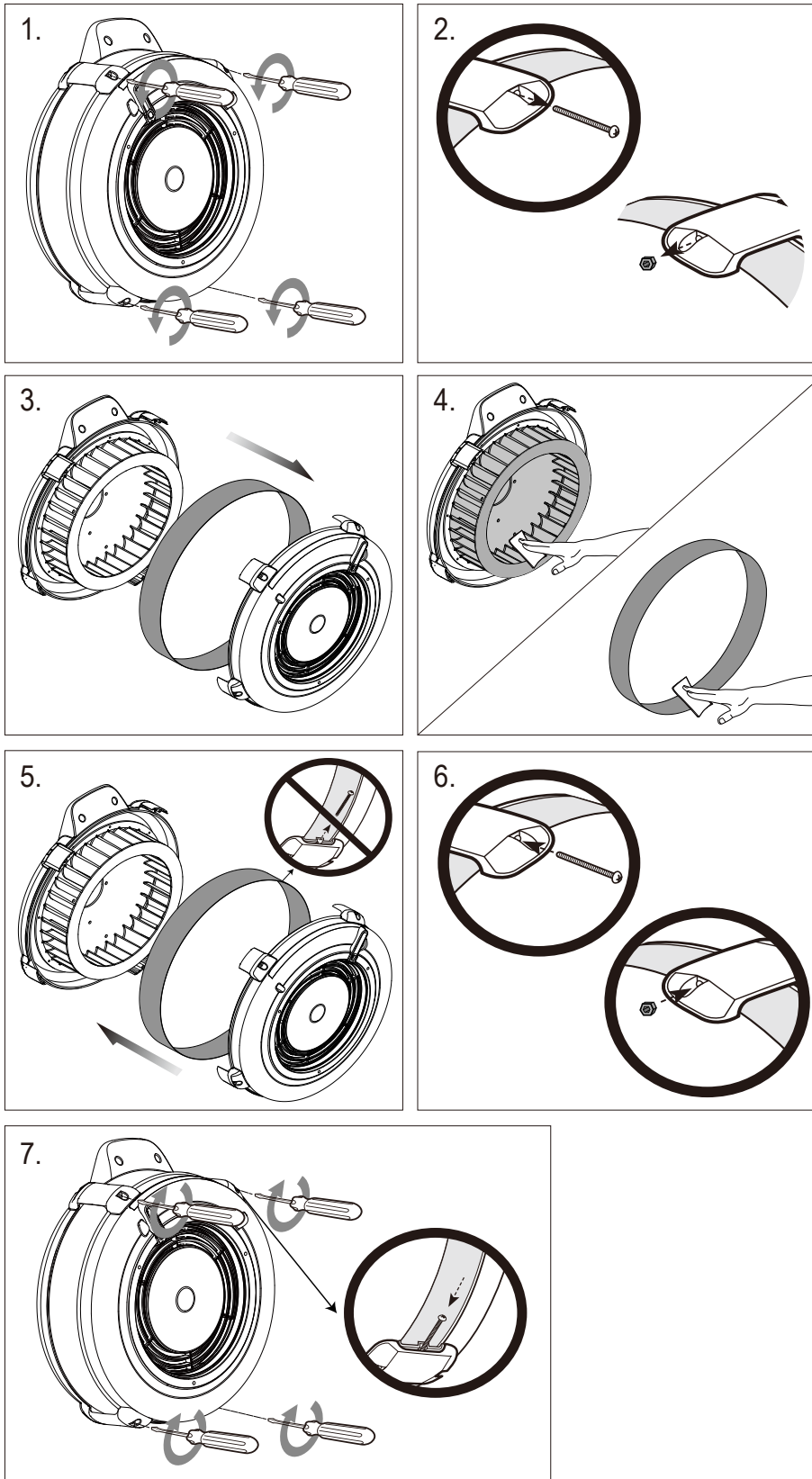
Be sure the pulleys spin freely inside the pulley housing and the pulley housing swing freely on the top bracket.



EVERY 500 HOURS OF USE (Monthly for Commercial Setting)

1. Clean the flywheel.

Dust and lint may collect inside the flywheel and on the stainless-steel mesh. This will restrict airflow and lower the resistance of the fan. The flywheel and mesh can be cleaned by following the illustrations below.

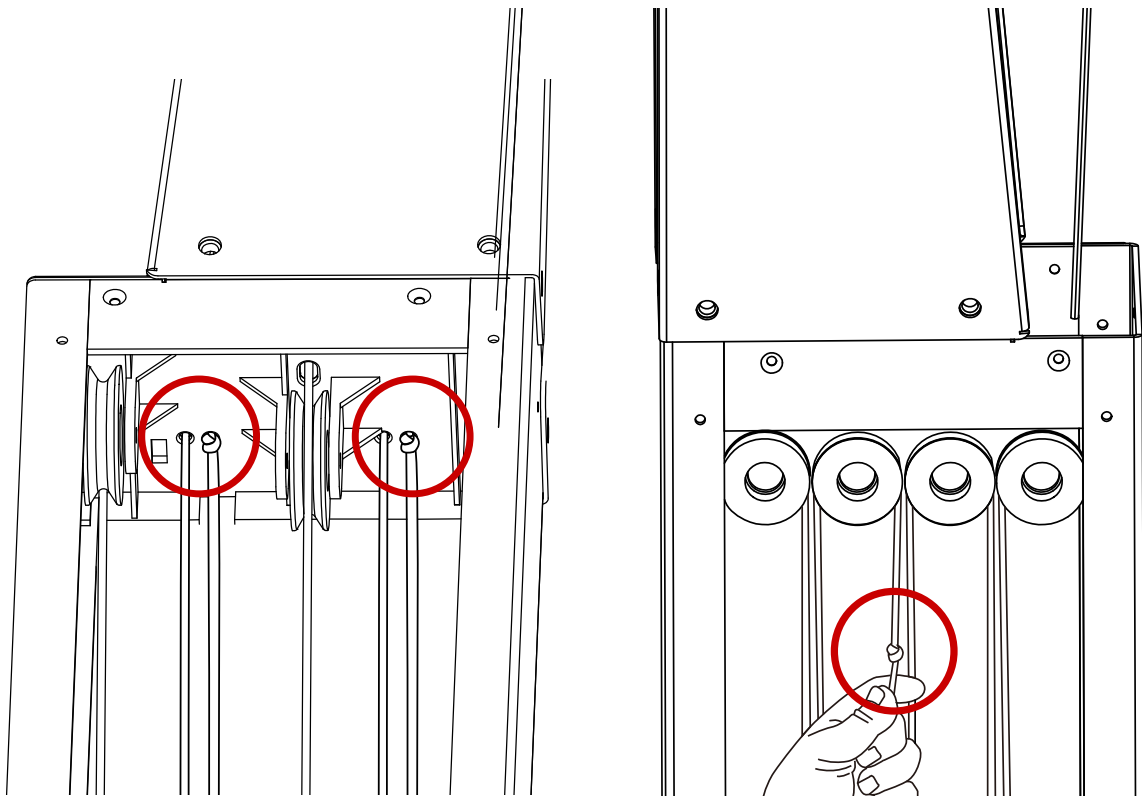


2. Bungee cord adjustment

After a period of use if you feel the return of the cords aren't as smooth or as fast as before you can adjust the tightness of the bungee cords.

- Open the right side cover
- Look under the top cover and there should be tied knots of the bungee cord under
- Pull down the bungee cord by the knot area
- Tie another knot above the original knot to make it tighter
- You may cut off the extra length

Note: There should be white markings on the bungee cord, move up one marking at a time. If moved up too much it may cause too much stress on the bungee cord and may result in faster wear of the bungee cord. Also make sure both cords are adjusted at the same.

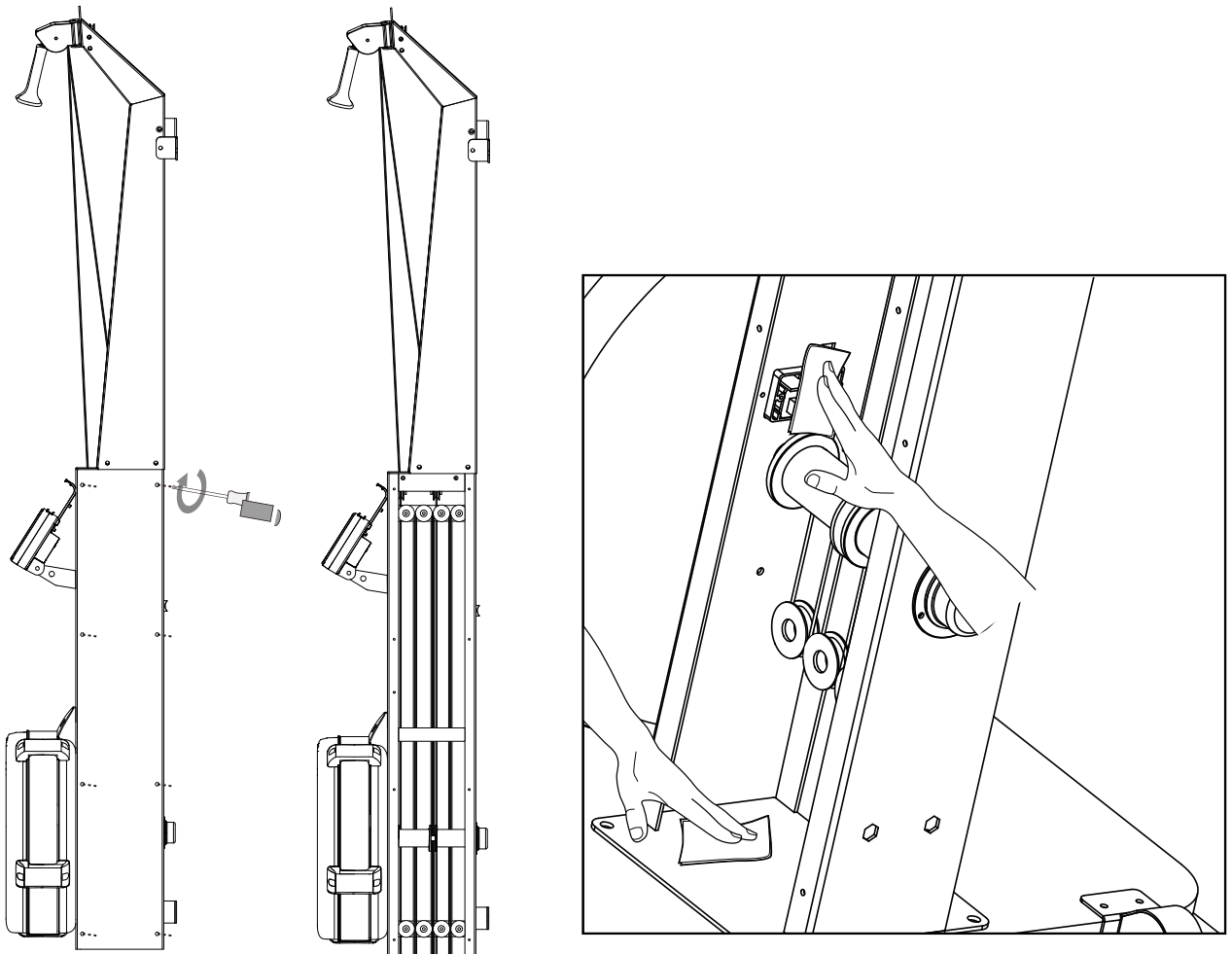


3. Clean Inside the Body

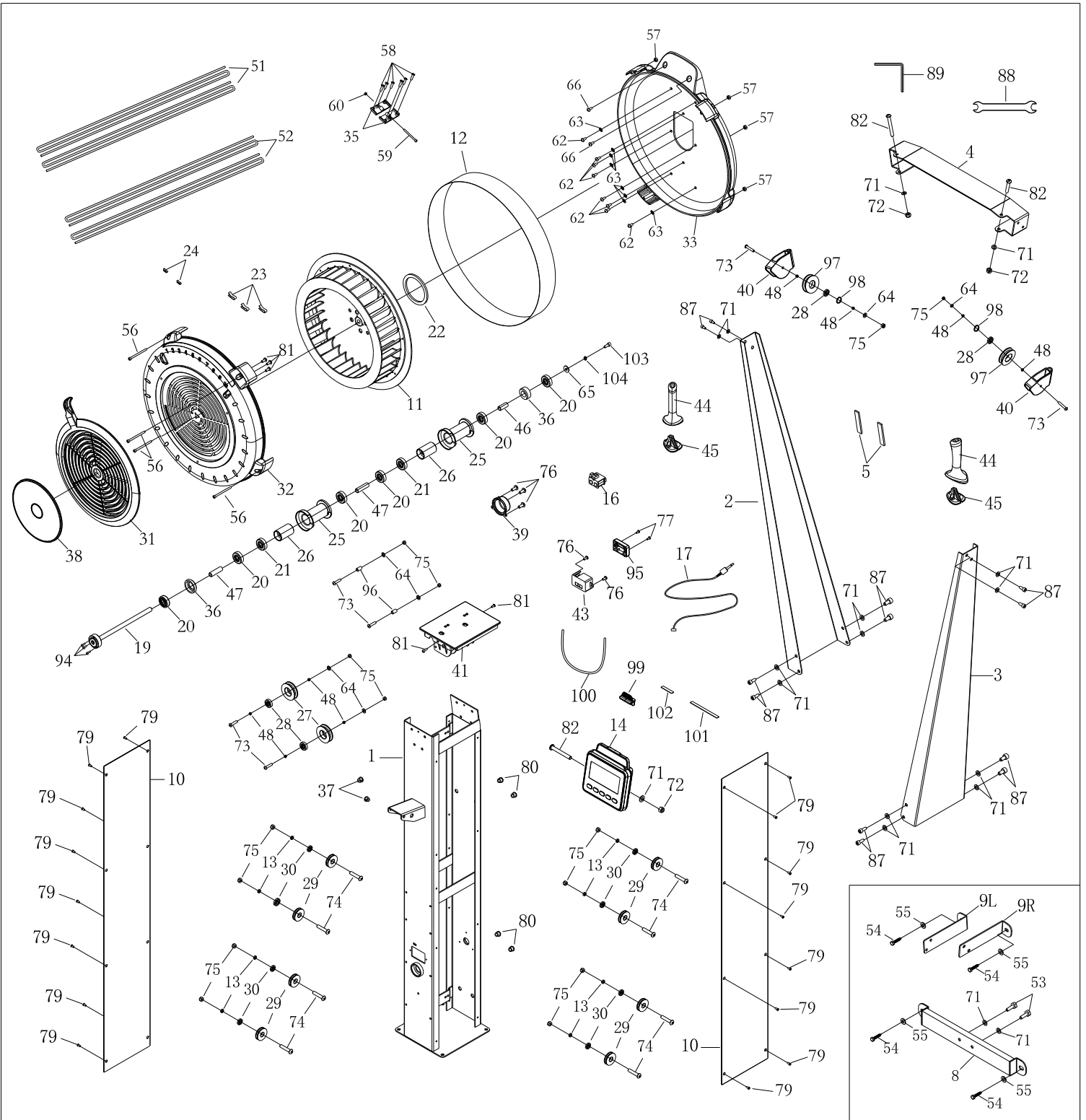
After period of use, some dust or lint may also collect inside the body. Remember to clean it periodically. To clean inside the body do the following.

- Open up the right side cover
- Use a towel to clean the insides of the body.
- Be sure to clean around the generator

Note: When cleaning around generator do not use damp or wet towels. You may damage the generator.



PRODUCT PARTS DRAWING



PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Body	1
2	Left Upper Arm	1
3	Right Upper Arm	1
4	Top Bracket	1
5	EVA Single Glue For Pulley Bracket	2
8	Lower Wall Mounting Bracket	1
9L	Left Upper Wall Mounting Bracket	1
9R	Right Upper Wall Mounting Bracket	1
10	Body Cover (Left/Right)	2
11	Fan	1
12	Perforated Steel Mesh	1
13	Console Pulley Spacer	8
14	Console Monitor	1
16	Generator	1
17	Sensor Cable	1
19	Fan Axle	1
20	Bearing 6001RS	6
21	One Way Bearing (HF1212,12t)	2
22	Magnet	1
23	Balance Weight	3
24	Small Balance Weight	2
25	Cord Pulley	2
26	Pulley Spacer	2
27	Cord Pulley	2
28	Bearing 6000ZZ	4
29	Console Pulley	8
30	Bearing 606ZZ	8
31	Damper	1
32	Upper Fan Shroud	1
33	Bottom Fan Shroud	1
35	Steel Plate	2
36	Bushing 6001	2
37	Cable Plug	2
38	Damper Cap	1
39	Pulley Cover	1

40	Pulley Bracket	2
41	Body Upper Cover	1
42	U-bar Bracket Cushion	1
43	Generator Base	1
44	Handle	2
45	Handle Plug	2
46	Short Spacer	1
47	Long Spacer	2
48	Cord Pulley Spacer	8
49	Transport Wheel	2
50	Wooden Base Cushion	6
51	Bungee Cord	2
52	Drive Cord	2
56	Socket Head Cap Screw, M5x92mm	4
57	Hex Nut, M5	4
58	Phillips Pan Head Self-Tapping Screw ST4.2x6mm	6
59	Phillips Pan Head Screw M4x45mm	1
60	Hex Nut, M4	1
62	Phillips Truss Head Screw M6x10mm	8
63	Lock Washer, Internal Tooth M6	8
64	Flat Washer, M6	6
65	Flat Washer, $\varnothing 16 \times \varnothing 6.2 \times 1.5 \text{mm}$	1
66	Phillips Pan Head Screw M6x16mm	2
67	Cushion Nut, M8	6
68	Phillips Flat Head Self-Tapping Screw ST4.2x6mm	18
69	Socket Head Cap Screw, M8x40mm	2
70	Phillips Pan Head Self-Tapping Screw ST4.2x25mm	26
71	Flat Washer, M8	23
72	Nylon Nut, M8	5
73	Button Head Cap Screw, M6x35mm	6
74	Phillips Truss Head Screw M6x20mm	8
75	Nylon Nut, M6	14
76	Phillips Pan Head Self-Tapping Screw ST4.2x10mm	5
77	Phillips Pan Head Self-Tapping Screw ST3.0x20mm	2
79	Flat Socket Head Cap Screw M5x8mm	16
80	Hex Nut, M8	4
81	Phillips Pan Head Self-Tapping Screw ST4.2x16mm	5
82	Button Head Cap Screw, M8x75mm	3

83	Socket Head Cap Screw, M8x30mm	6
84	Button Head Cap Screw, M8x50mm	2
85	Arc washer, M8	2
87	Socket Head Cap Screw, M8x15mm	12
88	Wrench	1
89	Allen Wrench 6mm	1
90	Allen Wrench 5mm	1
94	Socket Head Cap Screw, M4x12mm	3
95	Generator Cover	1
96	PU Stopper	2
97	Aluminium Alloy large pulley	2
98	C Ring Φ 26	2
99	Phone Holder	1
100	Bungee Cord for Phone Holder	1
101	Long EVA Pad	1
102	Short EVA Pad	1
103	Socket Head Cap Screw M6 x 16mm	1
104	Spring Spacer M6	1

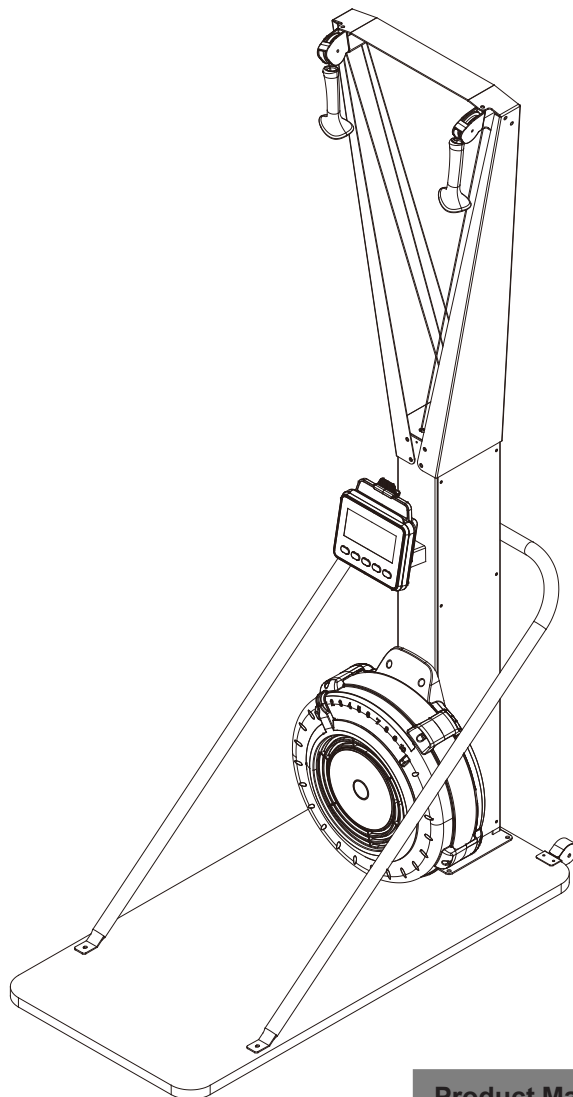


HIT FITNESS

OWNER'S MANUAL

-BOX1+2

(FOR FREE STANDING STYLE,
WITH OPTIONAL WOODEN BASE)



Product May Vary Slightly From Pictured.

Item No: HIT00799-HIT FITNESS 2 SKI ERG

TABLE OF CONTENTS

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Before You Begin	3	Product Parts Drawing	27
Hardware Identification Chart	4	Parts List.....	28
Assembly Instructions	6		
Computer Instructions	12		
Operational Instructions	19		
Maintenance	20		

SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safe Instructions before using the **SKI TRAINER**
2. Save these instructions and ensure that other exercisers read this manual prior to using the **SKI TRAINER** for the first time.
3. Read all warnings and cautions posted on the **SKI TRAINER**.
4. The **SKI TRAINER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **SKI TRAINER**. Do not allow children to use or play on the **SKI TRAINER**. Keep children and pets away from the **SKI TRAINER** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **SKI TRAINER** on a solid level surface. Do not position the **SKI TRAINER** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **SKI TRAINER**.
10. Before using, inspect the **SKI TRAINER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before using, check the condition of the DRIVE CORD (52). Replace the DRIVE CORD (52) if it is damaged or broken.
12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **SKI TRAINER**.
15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **SKI TRAINER**, loss of balance may result in a fall and bodily injury.
17. Do not use the U-BAR BRACKET (6) to move the **SKI TRAINER**. It may cause danger. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.
18. The **SKI TRAINER** should be used with training area 24 X 52 X 85 inch (61 X 132 X 215.9 cm).
19. The **SKI TRAINER** should be used by only one person at a time.

BEFORE YOU BEGIN

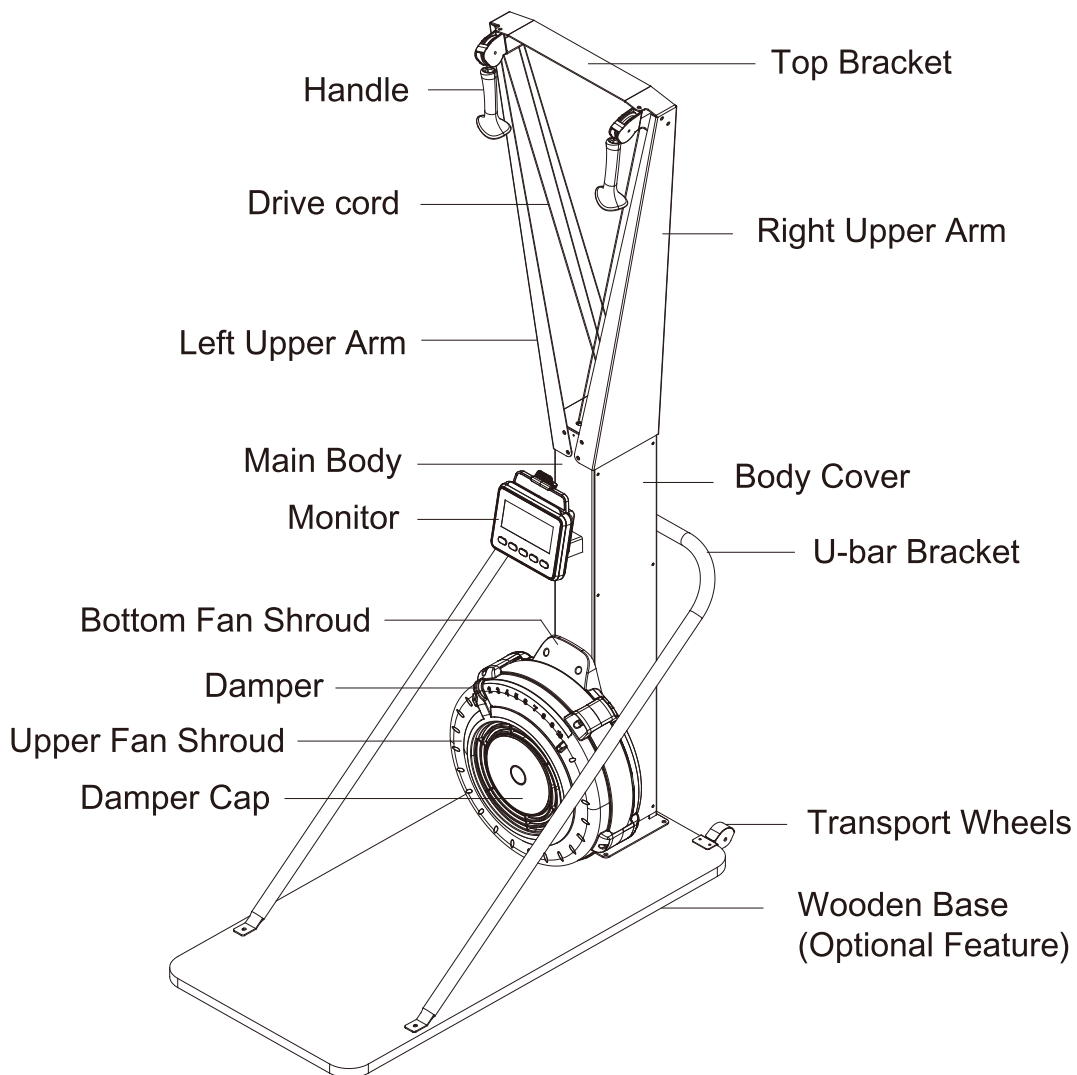
Thank you for choosing the **SKI TRAINER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **SKI TRAINER**

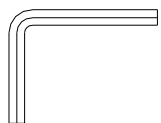
provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

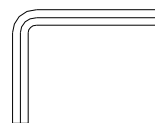
Read this manual carefully before using the **SKI TRAINER**.



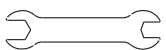
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench (6mm)



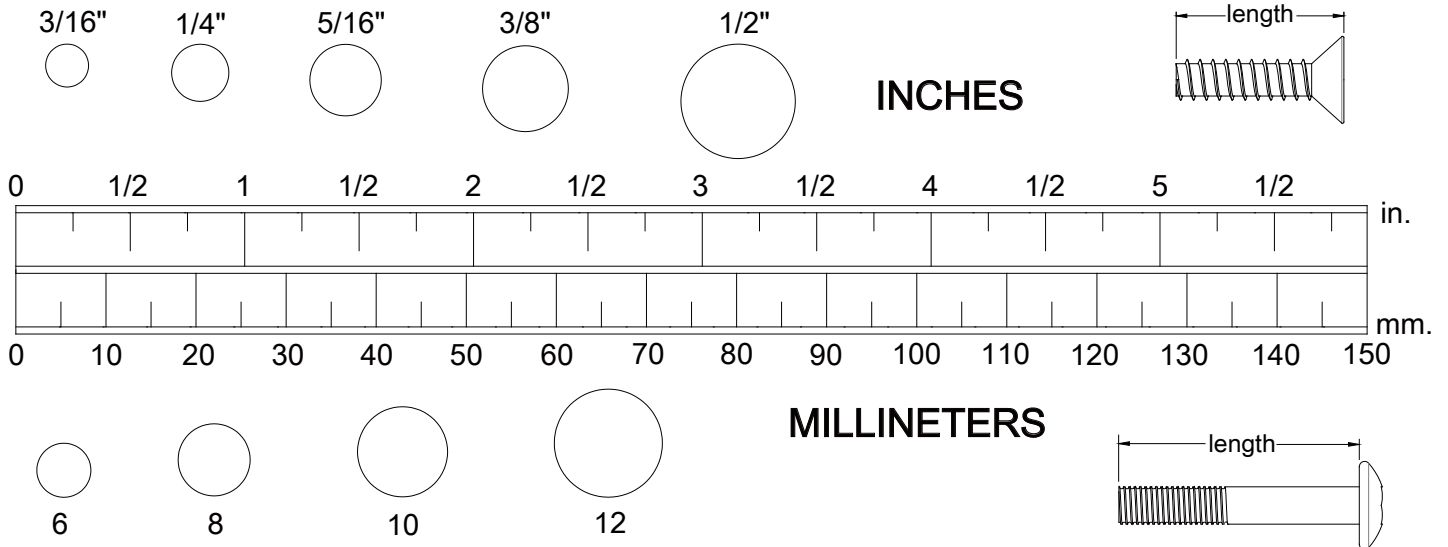
Allen Wrench (5mm)



Wrench

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

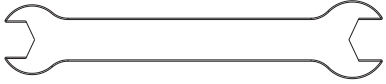


NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

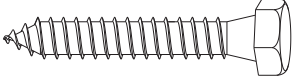
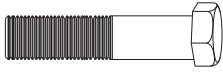

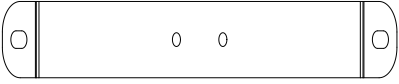
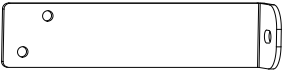

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

Below chart include the fasteners for Main Body assembly:

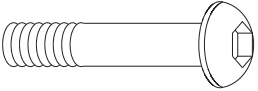

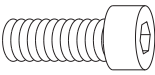

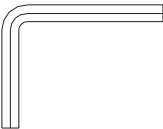
Drawing of Parts	Parts No.	Description	QTY
	#82	Button Head Cap Screw, M8x75 mm	1
	#71	Flat Washer, M8	13
	#72	Nylon Nut, M8	1
	#87	Socket Head Cap Screw, M8x15 mm	12
	#89	Allen Wrench 6mm	1

	#88	Wrench 13 -15	1
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Below chart include the EXTRA fasteners for Wall Mounted Style assembly:

Drawing of Parts	Parts No.	Description	QTY
	#54	Socket Head Cap Screw, ST8 x50mm	4
	#53	Socket Head Cap Screw, M8 x35 mm	2
	#71	Flat Washer, M8	2
	#55	Flat Washer, $\Phi 22 \times \Phi 9 \times 2.0$ mm	4
	#8	Lower Wall Mounting Bracket	1
	9L	Upper Wall Mounting Bracket (Left)	1
	9R	Upper Wall Mounting Bracket (Right)	1

Below chart include the EXTRA fasteners for Fee Standing Style assembly:

Drawing of Parts	Parts No.	Description	QTY
	#84	Button Head Cap screw, M8 x50 mm	2
	#85	Arc washer, M8	2
	#83	Socket Head Cap Screw, M 8x30 mm	6
	#71	Flat Washer, M8	6
	#90	Allen Wrench 5mm	1

ASSEMBLY INSTRUCTIONS

STEP 1

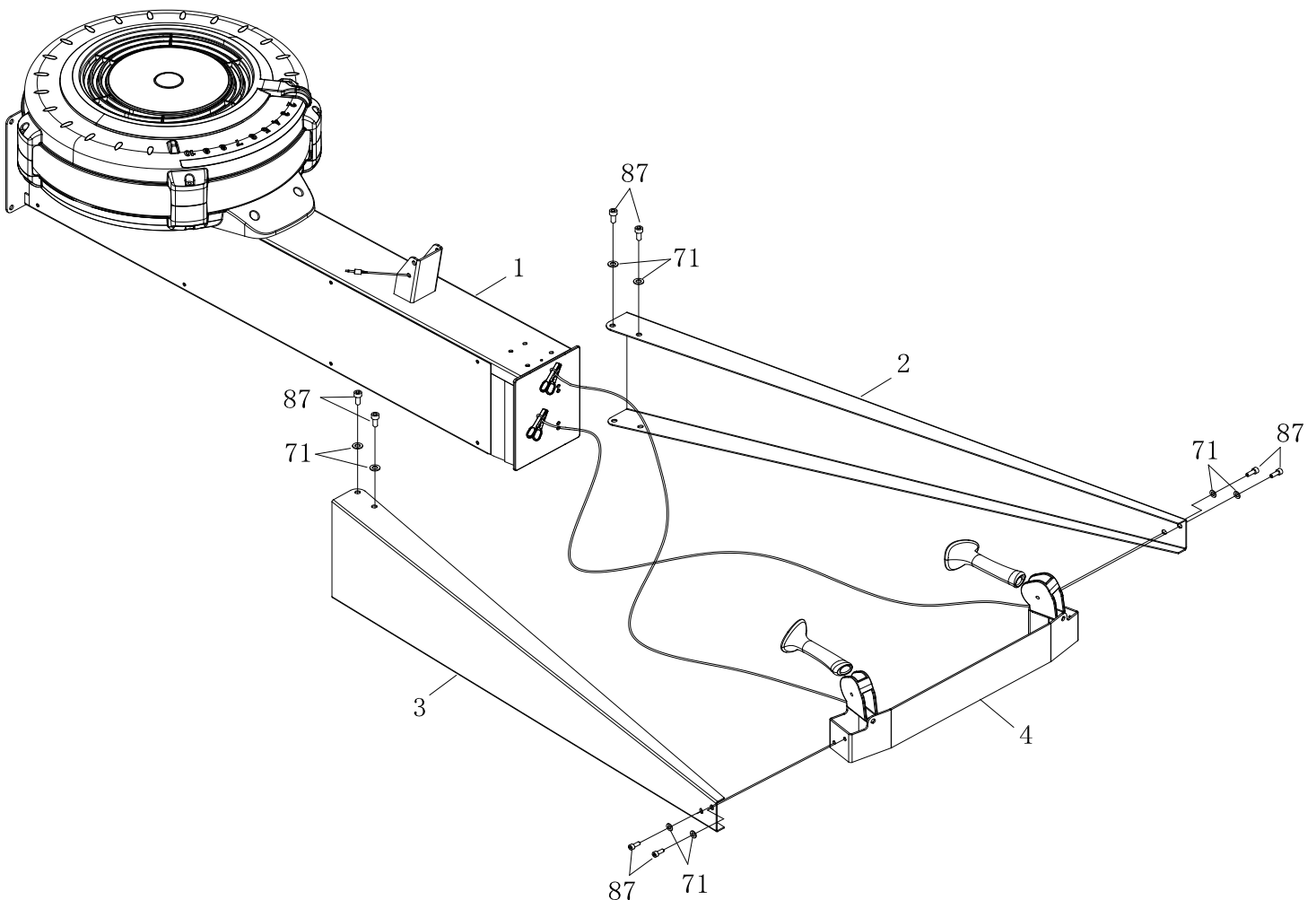
Attach the **Left and Right Upper Arms (2/3)** to **Main Body (1)** to using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

STEP 2

Attach the **Left and Right Upper Arms (2/3)** to **Top Bracket (4)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of above steps

NOTE: Before assembling check if **Drive Cord(52)** is untangled.



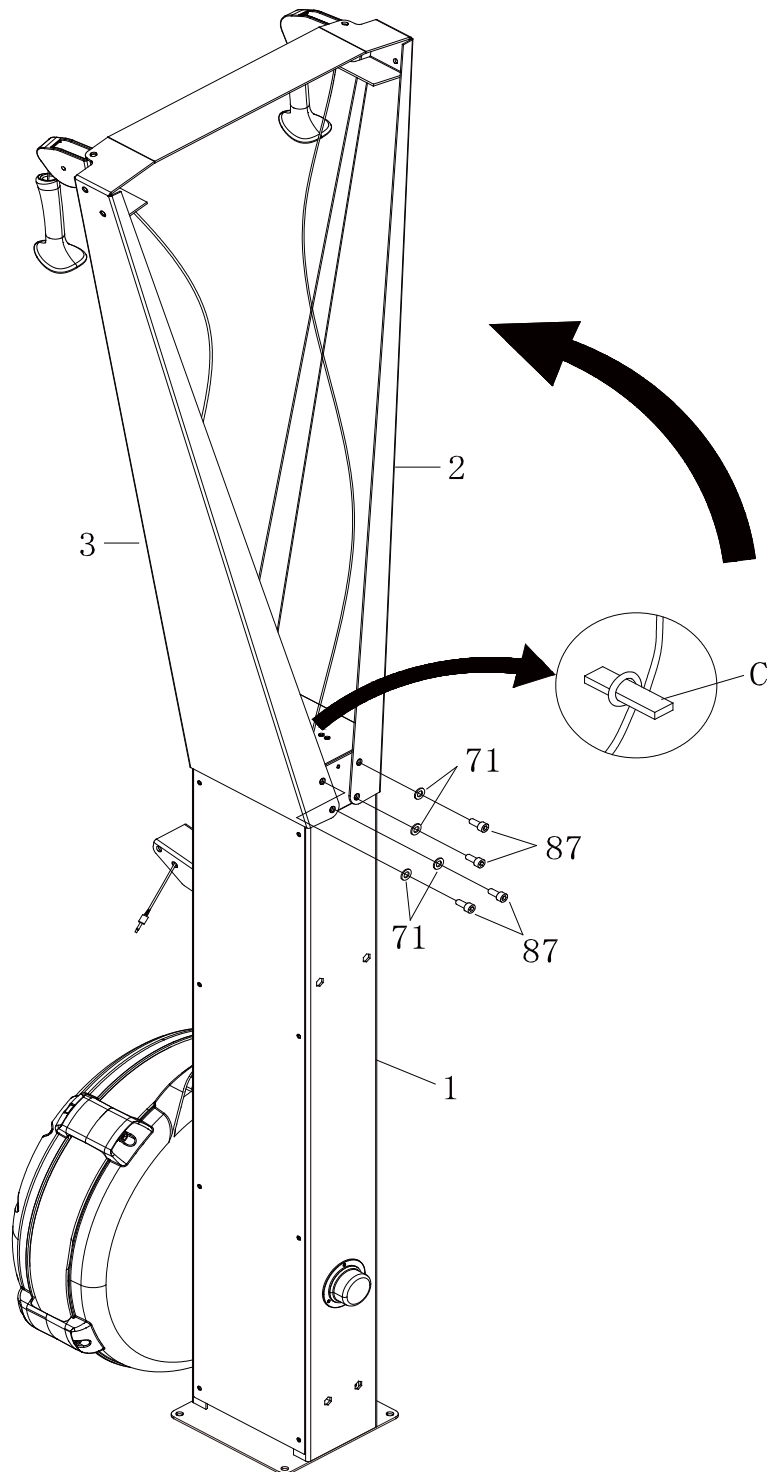
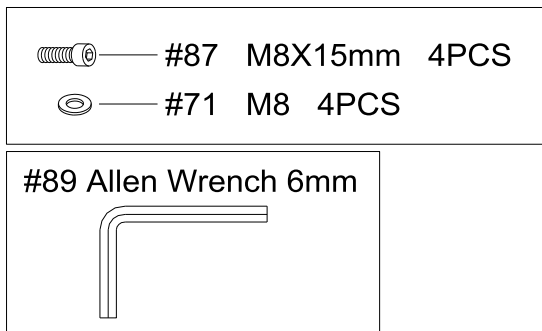
STEP 3

Make the assembly stand up. Tighten the **Left and Right Upper Arms (2/3)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of this step.

STEP 4

Remove the clicker from the **Drive Cord (52)**.

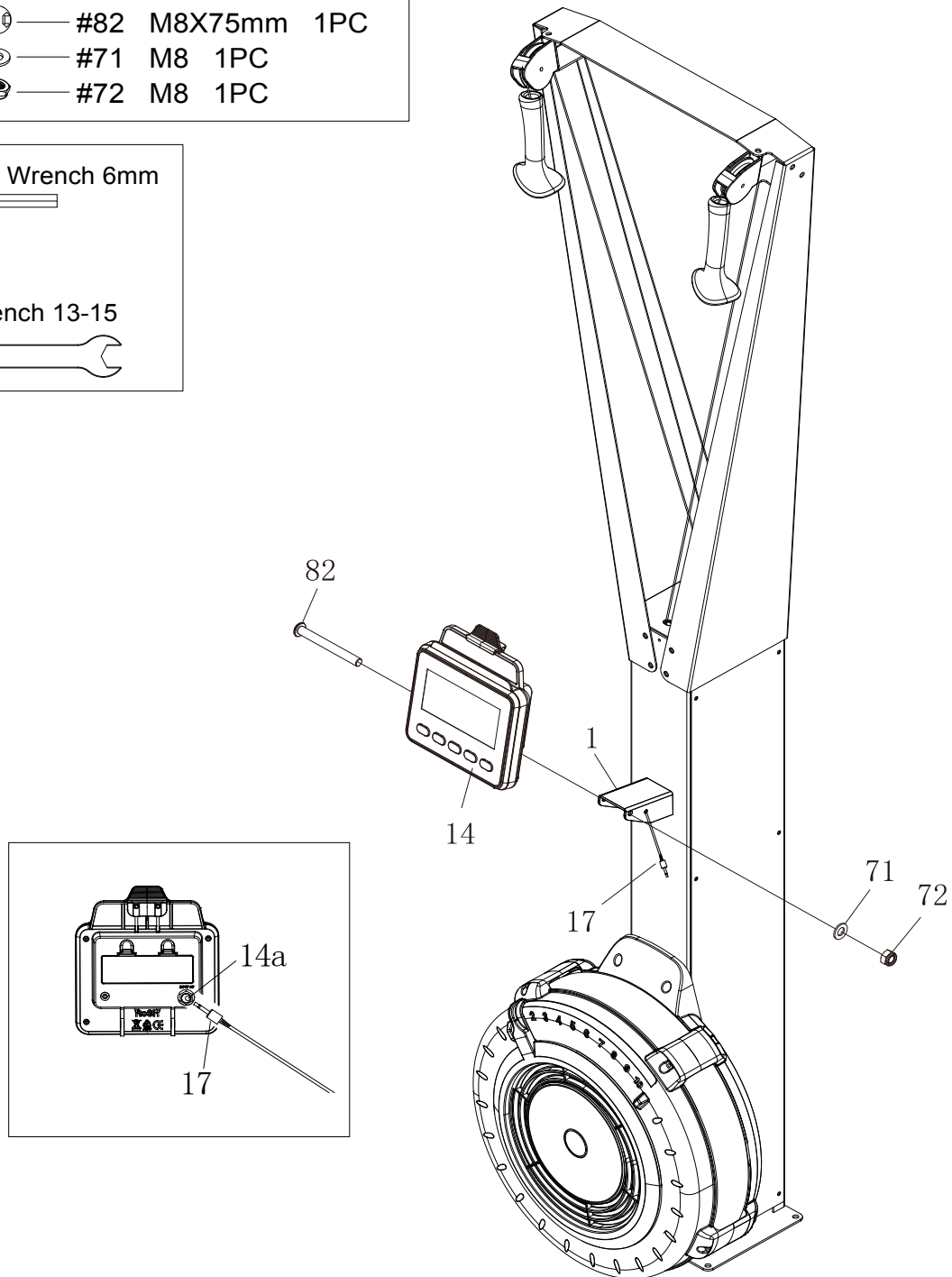
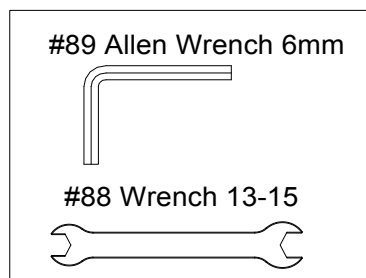
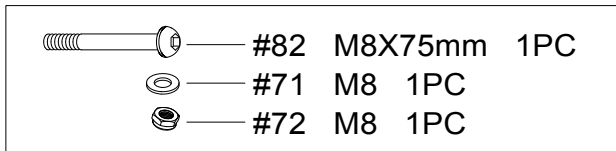


STEP 5

Attach the **Console Monitor (14)** to the console mounting bracket on **Main Body (1)** using: 1 PC of **M8x75mm Button Head Cap Screw (82)**, **M8 Flat Washer (71)**, and **M8 Nylon Nut (72)**.

STEP 6

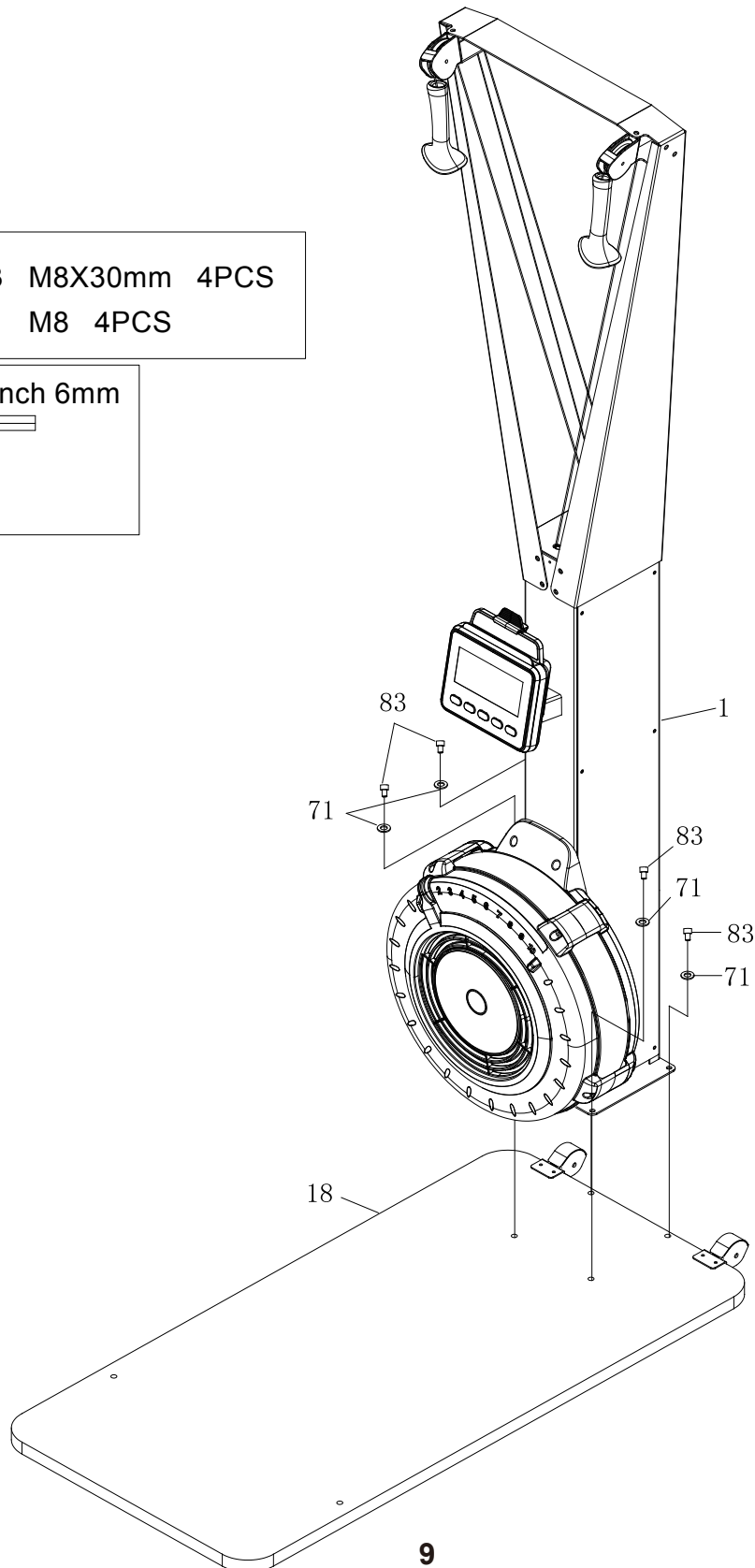
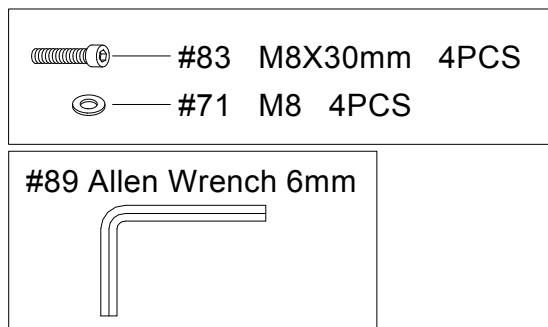
Connect **Sensor Cable (17)** into the back of the **Console Monitor (14a)**.



STEP 7

Attach the **Main Body (1)** to **Wooden Base (18)** using: 4 PCs of **M8x30mm Socket Head Screw (83)** and **M8 Flat Washer (71)**.

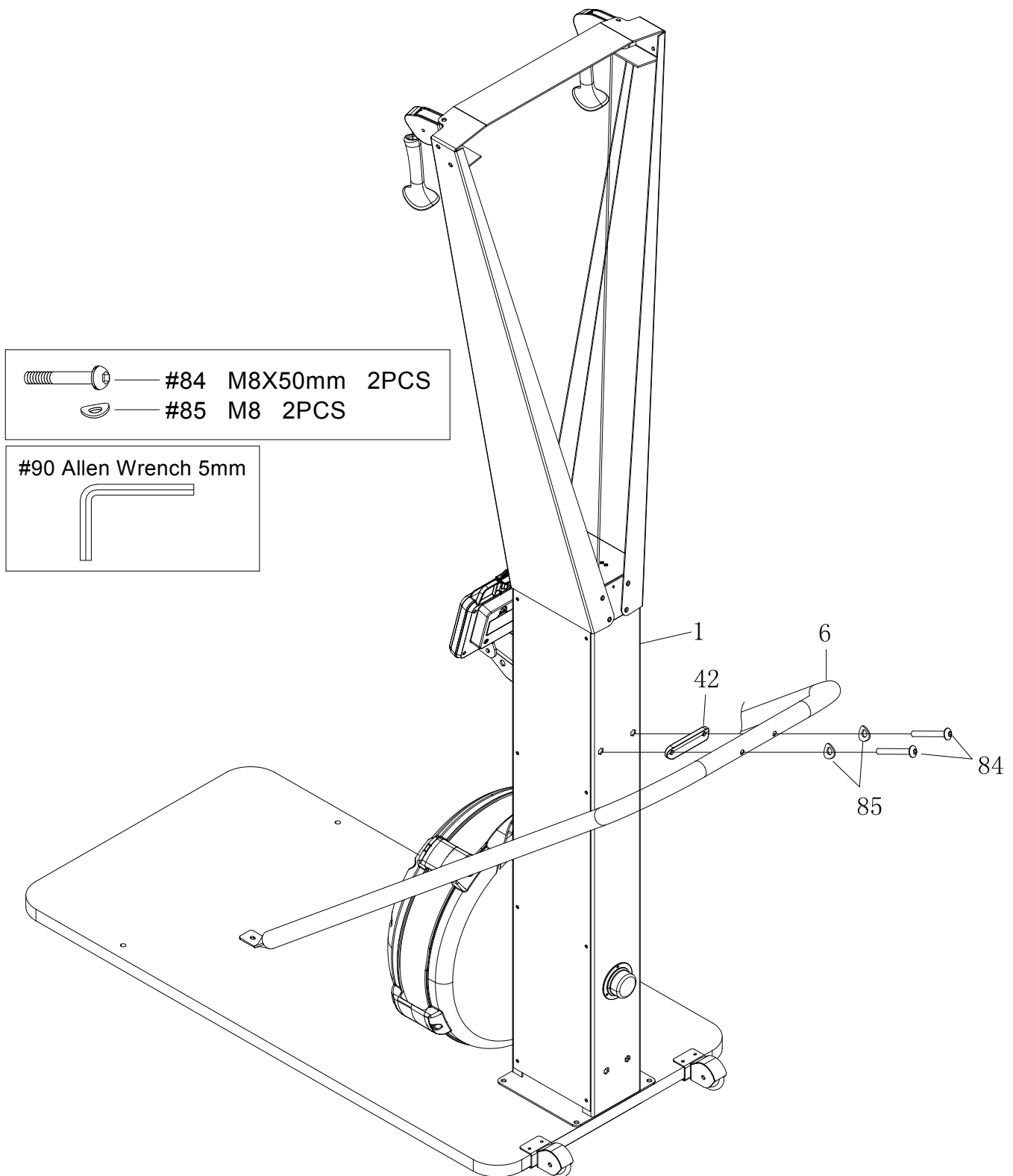
NOTE: Fully tighten bolts at end of this step.



STEP 8

Attach the **U-bar Bracket (6)** to **Main Body (1)** using: 2 PCs of **M8x50mm Button Head Cap Screw (84)**, **M8 Arc washer (85)**, and 1 PC of **U-bar Bracket Cushion (42)**.

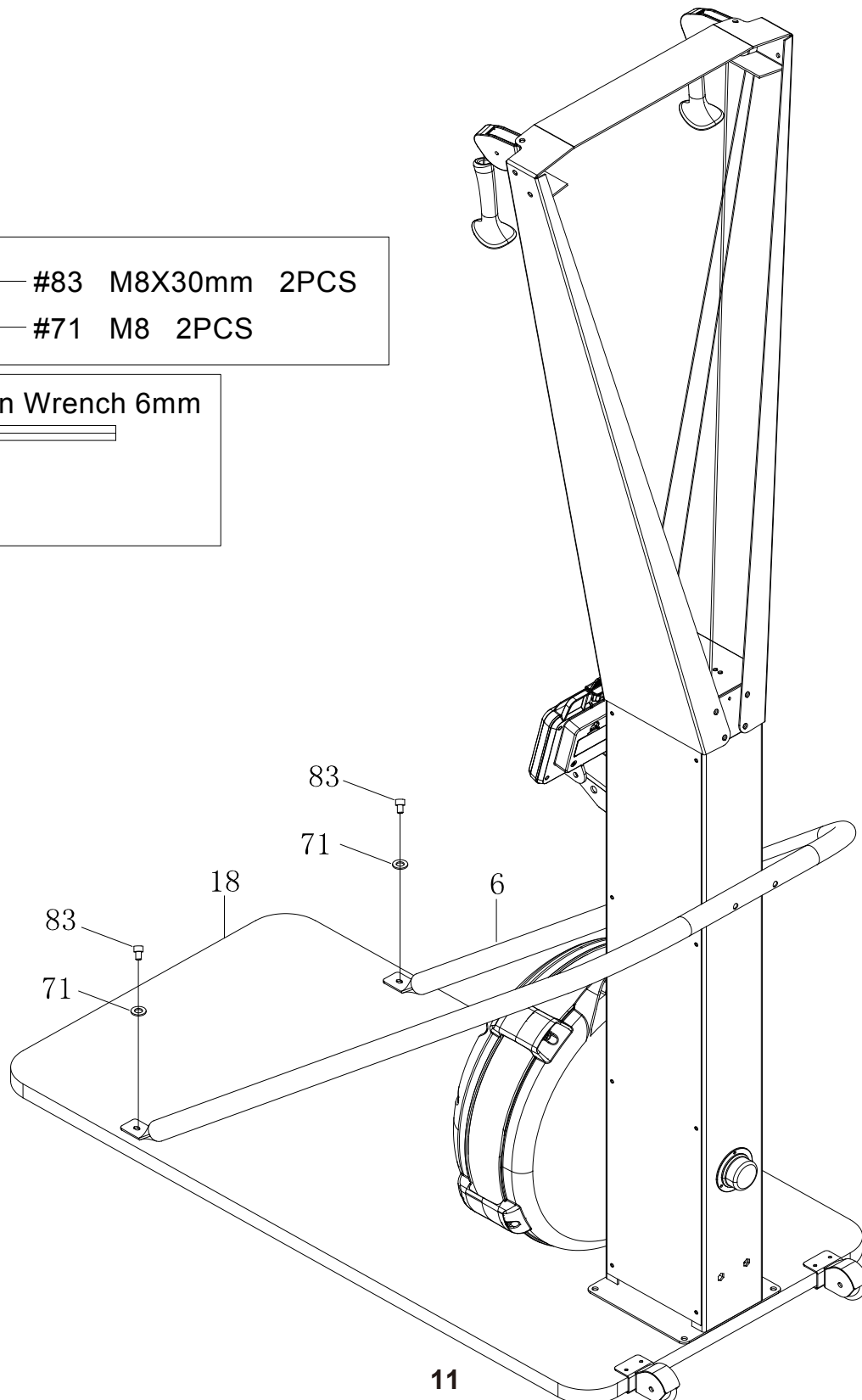
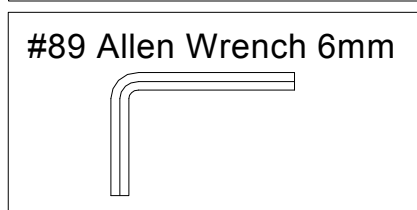
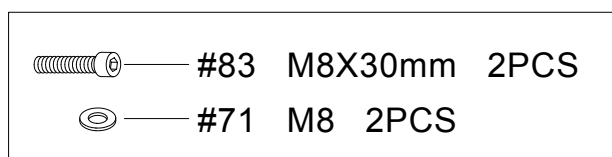
NOTE: Fully tighten bolts at end of this step.



STEP 9

Attach the **U-bar Bracket (6)** to **Wooden Base (18)** using: 2 PCs of **M8x30mm Socket Head Screw (83)** and **M8 Flat Washer (71)**. Tighten all screws on the **U-bar Bracket (6)**.

NOTE: Fully tighten bolts at end of this step.

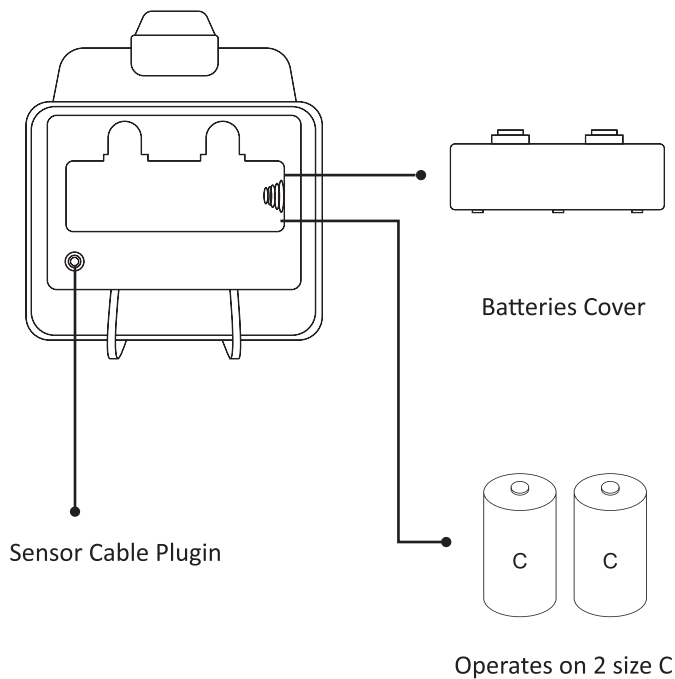


COMPUTER INSTRUCTIONS

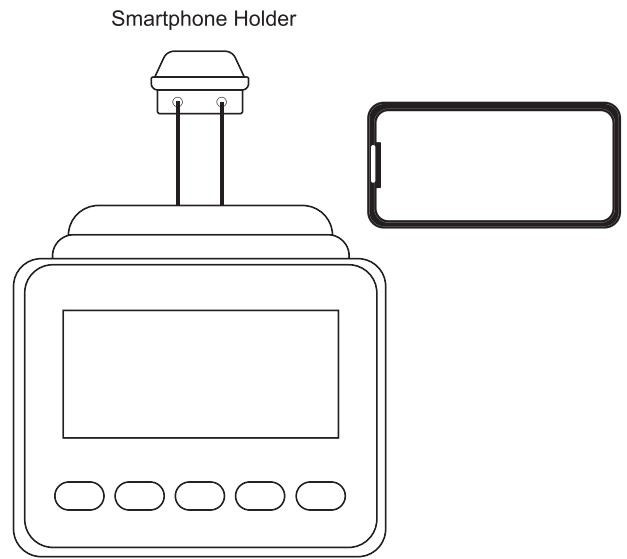
Your **SKITRAINER** utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



Back View



Front View



Your SKI TRAINER utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

Initial Setup

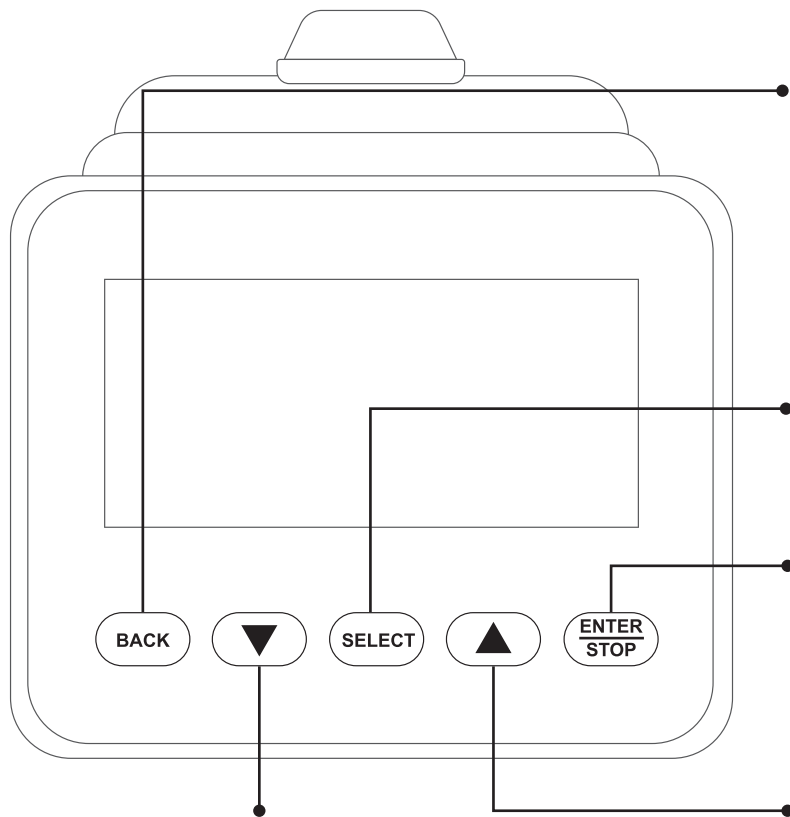
POWER ON

- Move the handlebar to start exercising in Quick Start Program or press any button to go into IDEL mode.
- When there is no batteries installed, monitor can still work in Quick Start Program.

POWER OFF

- In IDEL mode, monitor will automatically shut off after 20 seconds of inactivity.
- When running an interval program, monitor will automatically shut off after 2 minutes of inactivity.
- In all other programs, monitor will automatically shut off after 30 seconds of inactivity.
- Monitor will not shut off when connecting to Bluetooth.

Function Buttons



BACK BUTTON:

- When selecting the programs, press the button to return to the previous program.
 - When you finish a running program, press the button to jump into the IDEL mode.
-

SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle through each program option. Stop on the program of your choosing.

NOTE: Default exercising mode is Quick start program.

ENTER/STOP BUTTON:

- When selecting the programs and presetting target values, press the button to confirm.
 - Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.
-

▼ DOWN BUTTON :

- Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

▲ UP BUTTON :

- Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

When the back light is lit, press STOP button the first time to pause the counting of all function values. Press STOP button the second time to view the workout summary. Press STOP button the third time to go back to IDLE mode.

* When back light is turned off, press any button or keep rowing to turn on the back light.

COMPUTER INSTRUCTIONS

Console Display

PULSE

- Display the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear Heart Rate Chest Strap.

STROKE RATE

- Display the current stroke per minute during exercise.
- The lightened up semi-circle equals to the stroke rate that displayed in numbers. The more grids it shows, the higher your stroke rate is.

BLUETOOTH

- Display Bluetooth icon at the upper side of monitor screen when monitor is connected to an app.

TIME & TIME/500mAVG

- Total workout time
- The estimated average time for reaching 500 meters based on your current stroke rate.

TIME/500m

- The estimated time for reaching 500 meters based on your current stroke rate.

WATTS AVG

- Display the average watts during the exercise.

DIST & DIST/30min

- DIST is the distance accumulated in the exercise (meter only).
- DIST/30min is the estimated distance for 30 minutes based on current stroke rate.

CAL & CAL/HOUR

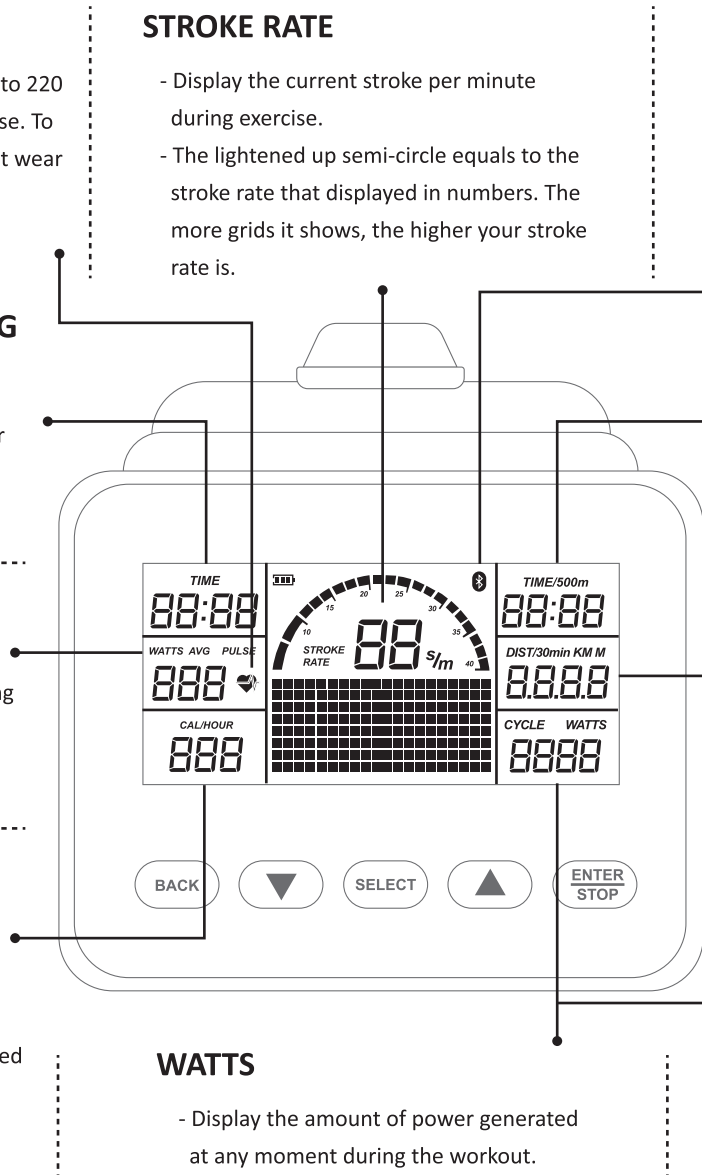
- CAL display the amount of calories burnt in the exercise.
- CAL/HOUR display the estimated calories burnt in an hour.

WATTS

- Display the amount of power generated at any moment during the workout.

CYCLE

- Display different cycles in the interval programs.

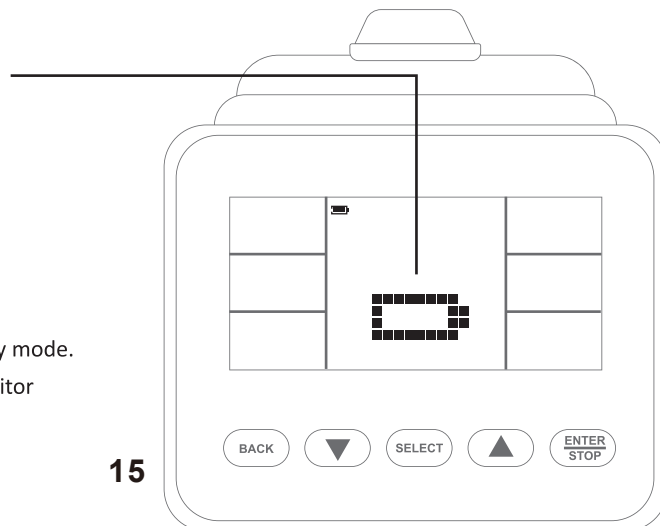


LOW BATTERY

- Display battery symbol only when the battery is low.

SUMMARY

- Press ENTER/STOP button for 2 times to enter summary mode.
- When user pulls Handlebar (3) in summary mode, monitor resumes back to display all data with a "beep" sound.



COMPUTER INSTRUCTIONS

PROGRAMS

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

1. QUICK START PROGRAM

To Quick Start the program, you can pull on the Handlebar(3) to start. All function values for the console will count up.

- Press "STOP" button once to temporarily stop counting all values (Pause function). Pull the Handlebar (3) again to continue the counting. Long press "STOP" button to delete all counting data.
- For Quick Start and all three countdown programs, press "SELECT" button to choose the data displayed in the same display window, including Time & Time/500m AVG.
- For the other seven programs, press "BACK" button to enter IDLE mode. Or press and hold "ENTER/STOP" button for over 3 seconds to re-start the console. Use "SELECT" button to toggle between programs. Use "UP" and "DOWN" buttons to adjust the value and press "ENTER/STOP" to confirm.

2. DISTANCE COUNTDOWN PROGRAM

During the workout, the "DISTANCE" program will count down from preset value.

- The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "WINNER" with an audible alarm. Press the "BACK" button to go to the IDLE mode.
- The target distance value can be set from 100 to 9999 meters.

3. TIME COUNTDOWN PROGRAM

- During the workout, the "TIME" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press "BACK" button to go to the IDLE mode.
- The target time value can be set from 1:00 to 99:00 minutes.

4. CALORIES COUNTDOWN PROGRAM

- During the workout, the "CALORIES" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "END" with an audible alarm. Press "BACK" button to go to the IDLE mode.
- The target calories value can be set from 10 to 999 cal.

COMPUTER INSTRUCTIONS

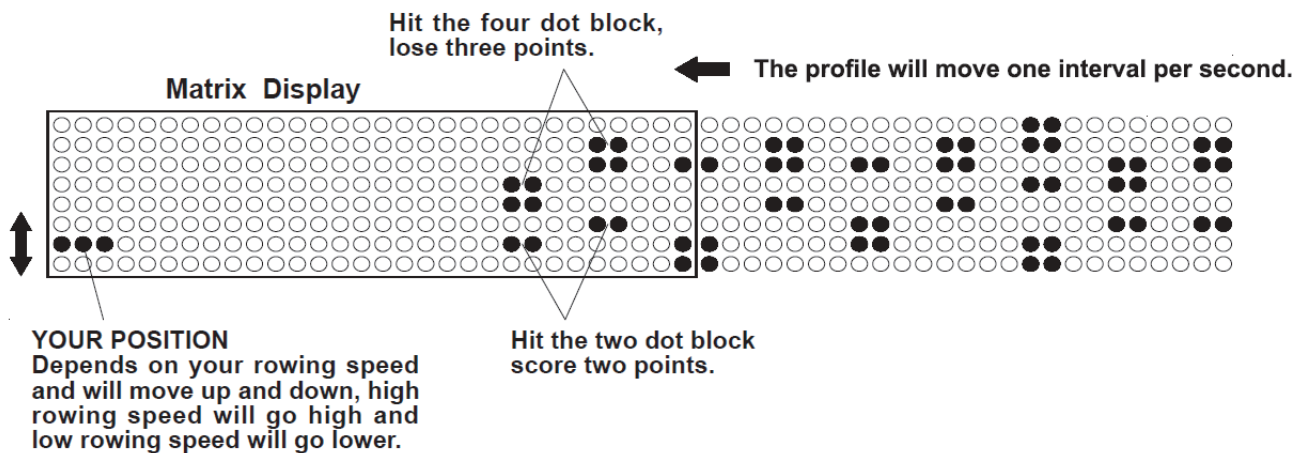
PROGRAMS

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

5. GAME PROGRAM

- When the "GAME" program is selected, the program will start once the user pulls the Handlebar. There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the "BACK" button to go to the IDLE mode.



6. 20/10 INTERVAL PROGRAM

- When it is in the "20/10 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. "20" is 20 seconds for exercising, and "10" is 10 seconds for resting. Then user can use "UP" and "DOWN" buttons to input the value from 1 - 99 rounds for cycles. The user will workout for 20 seconds and then rest for 10 seconds. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

7. 10/20 INTERVAL PROGRAM

- When it is in the "10/20 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 rounds for cycles. User will workout for 10 seconds and then rest for 20 seconds. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

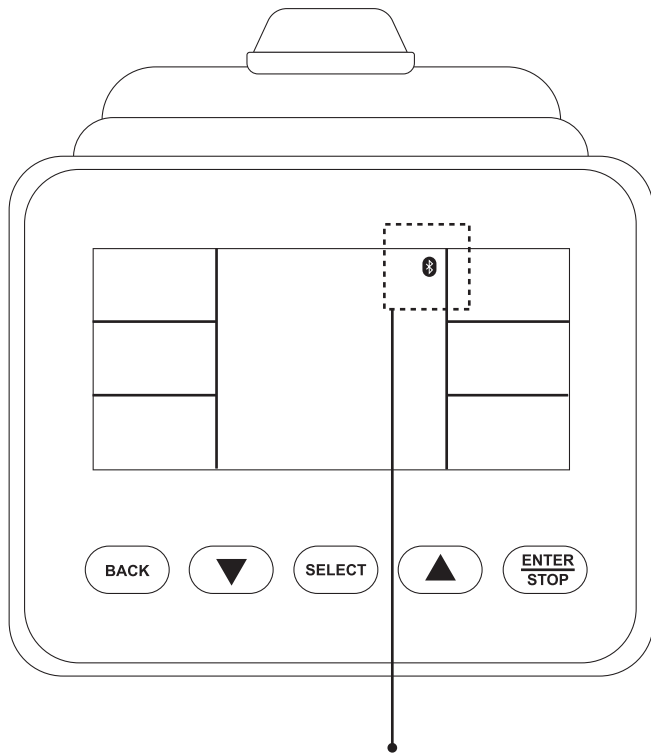
8. 10/10 CUSTOMIZE INTERVAL PROGRAM

- When it is in the "10/10" INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 for number of cycle, workout time, and rest time. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

COMPUTER INSTRUCTIONS

BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smart-phone or tablet devices.



AVAILABLE APPS



Kinomap



D-fit

 **BTMS PROTOCOL**

The icon will be displayed at the top right of console screen when it's connected to an app.

*Please go to settings on your device to allow the apps to access Bluetooth connection.

SCAN TO DOWNLOAD



Android

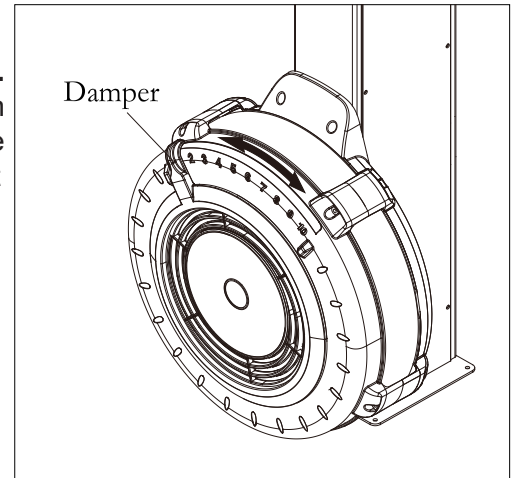


IOS

OPERATIONAL INSTRUCTIONS

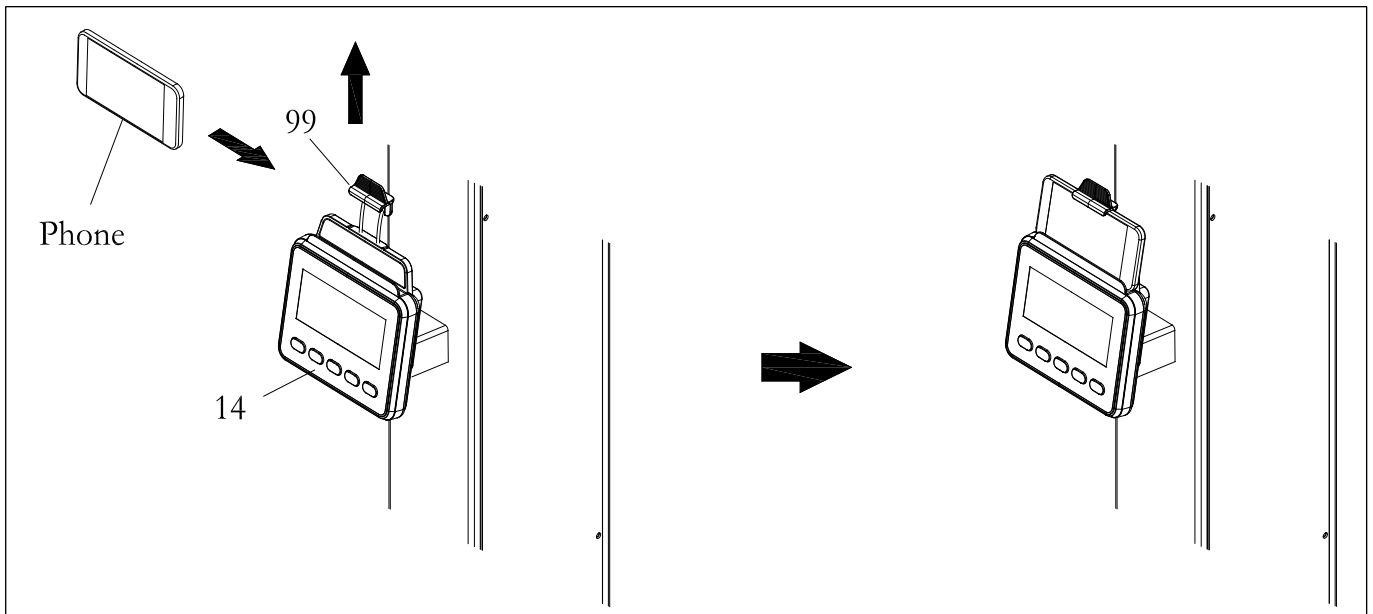
LOAD ADJUSTMENT

There is a **Damper (31)** built into the **Upper Fan Shroud (32)**. Move the Indicator in the **Damper (31)** to point to the numbers on the **Upper Fan Shroud (32)** to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.



USING THE CELL PHONE BRACKET

The **Cell Phone Bracket (99)** can move up and down. Move up the **Cell Phone Bracket (99)**, then slide the Cell Phone into the gap between the **Cell Phone Bracket (99)** and the **Console Monitor (14)**. Move down the **Cell Phone Bracket (99)** to clip the Cell Phone in position.



MAINTENANCE

The safety and integrity designed into the **SKI TRAINER** can only be maintained when the **SKI TRAINER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **Handle (44)** and verify that the System provides tension and the seat travel is smooth and stable.
2. Clean the revealed surface of **Cord Pulley (27)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **Drive Cord (52)**. Replace the **Drive Cord (52)** if it is damaged or broken.
5. Verify that the **Warning Label** is in place and easy to read.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **SKI TRAINER** removed from service until repair is made.
8. Keep your SKI TRAINER clean by wiping it off with an absorbent cloth after use.

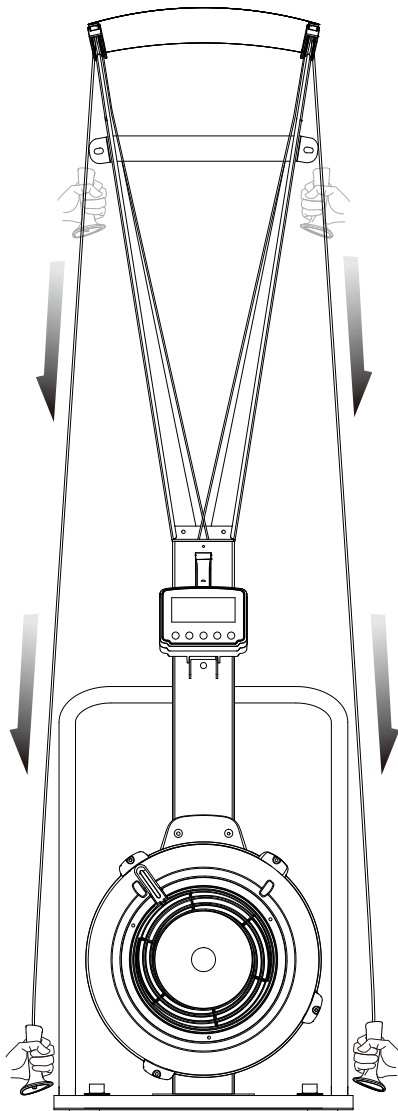
EVERY 250 HOURS OF USE (Weekly for Commercial Setting)

1. Untwist the cords

When you are using the Ski Trainer you may be inadvertently twisting the cords. Over period of use, it may cause the cords to twist resulting in bumpy feeling. To avoid this, check the cords on a regular basis.

Below are steps to untwist the cords. It will be easier if you have a second person helping you.

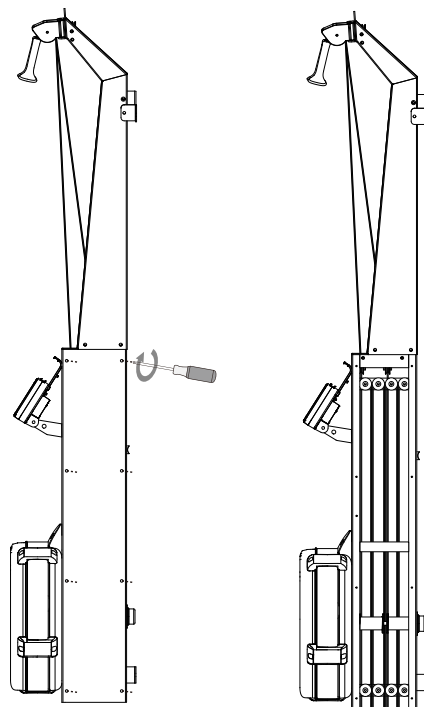
- Pull out both handles as far as you can.
- Hold onto the cords at the top pulley/top bracket, so the cords will dangle from the position you hold. Or use a clip to keep the ropes in place like when received new in packaging.
- Run your hands down each cord to untwist the cord.
- Return handles back to top position.
- Repeat process at least two times.



2. Inspect the cords

You can inspect the drive cords easily by pulling on the handle to see the full length of the cord. Some wear is normal after repeated use. If the drive cords become very thin, please replace drive cords.

To inspect the bungee cords, please remove the side panels by removing the 8 screws on the side. After removing you are able to see all the cords clearly. The bungee cord has a fiber wrapped outside and some wear is normal. If the inner white elastic fibers are exposed, please replace bungee cords. While you have opened the side panels to examine the cords, also clean the inside as some dust and lint may collect near the generator and bottom of the machine.

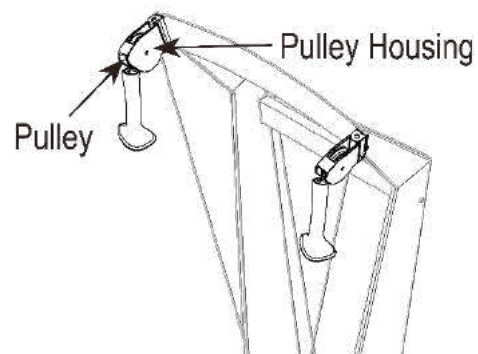


3. Inspect the Fasteners

Be sure all fasteners on the Ski Trainer are tight and don't become loose during use.

4. Inspect the Top Bracket pulleys

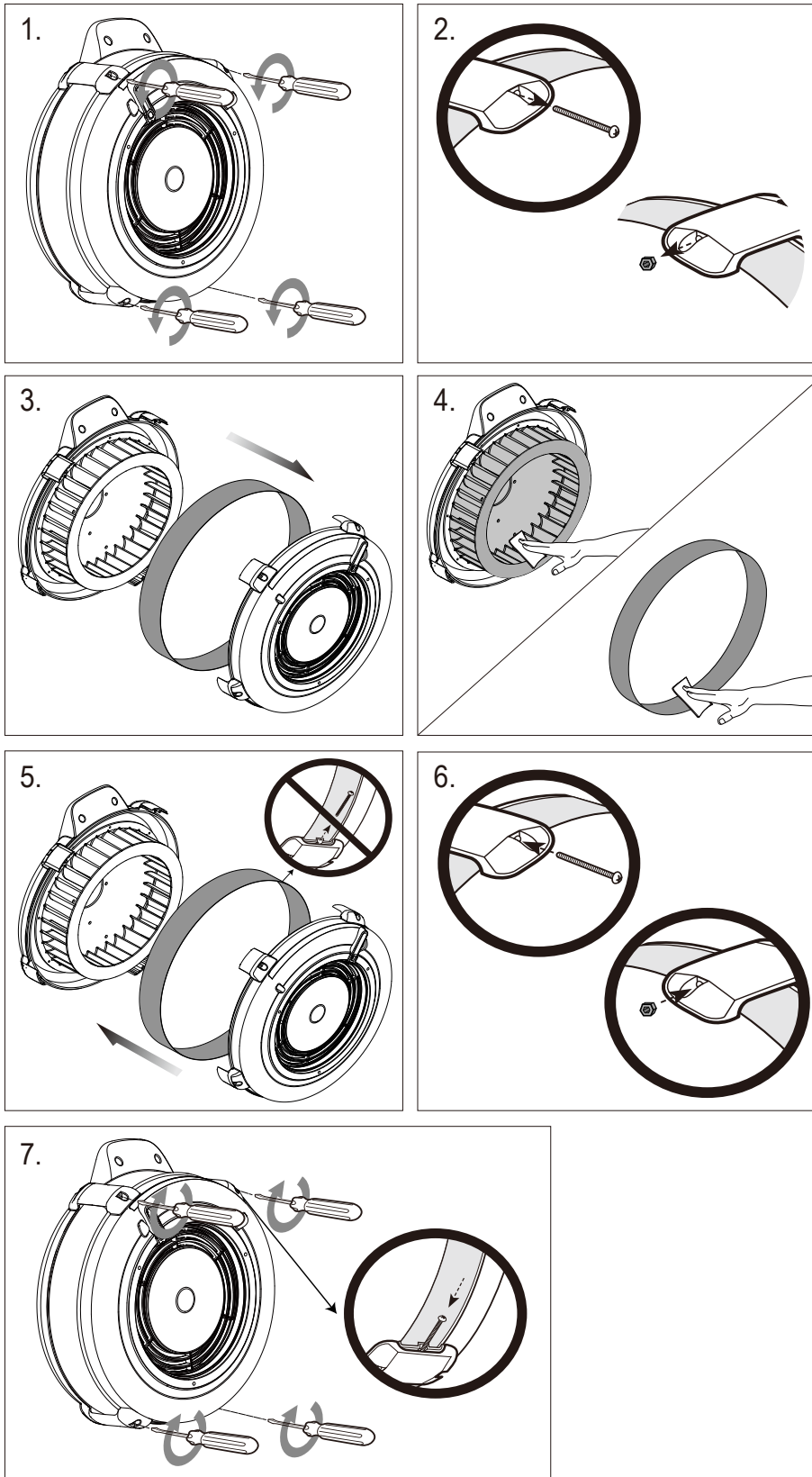
Be sure the pulleys spin freely inside the pulley housing and the pulley housing swing freely on the top bracket.



EVERY 500 HOURS OF USE (Monthly for Commercial Setting)

1. Clean the flywheel.

Dust and lint may collect inside the flywheel and on the stainless-steel mesh. This will restrict airflow and lower the resistance of the fan. The flywheel and mesh can be cleaned by following the illustrations below.

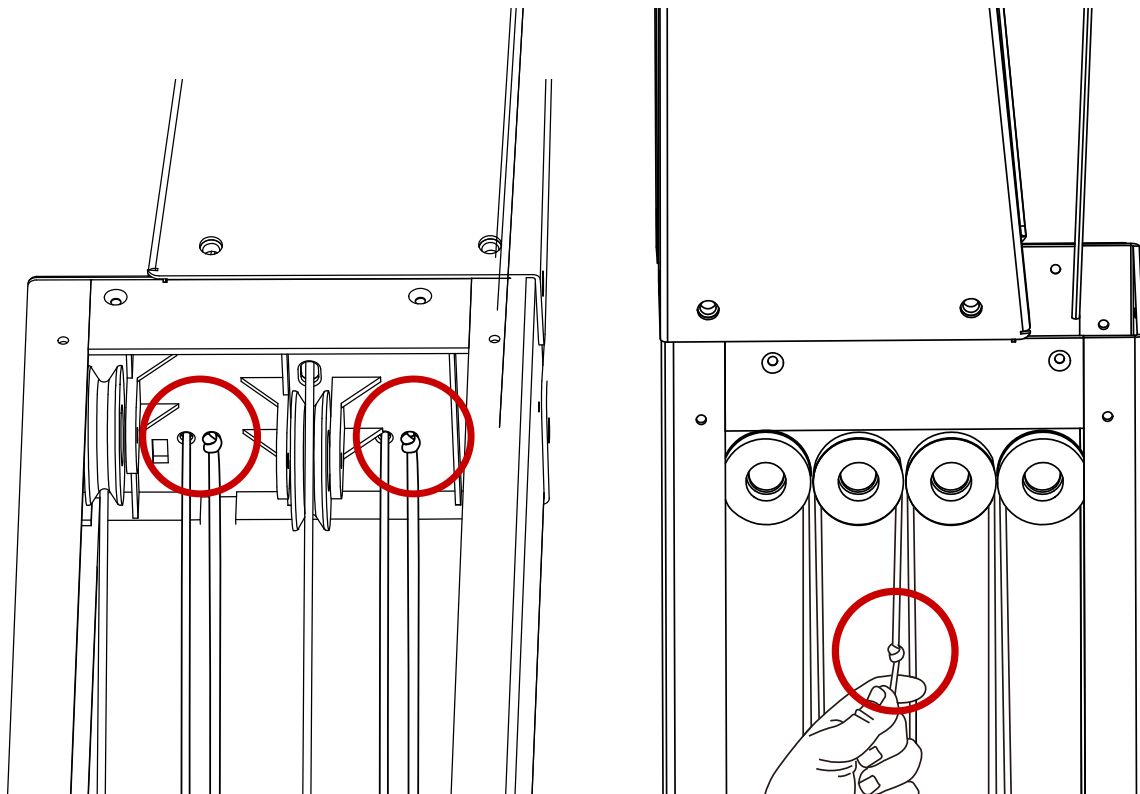


2. Bungee cord adjustment

After a period of use if you feel the return of the cords aren't as smooth or as fast as before you can adjust the tightness of the bungee cords.

- Open the right side cover
- Look under the top cover and there should be tied knots of the bungee cord under
- Pull down the bungee cord by the knot area
- Tie another knot above the original knot to make it tighter
- You may cut off the extra length

Note: There should be white markings on the bungee cord, move up one marking at a time. If moved up too much it may cause too much stress on the bungee cord and may result in faster wear of the bungee cord. Also make sure both cords are adjusted at the same.

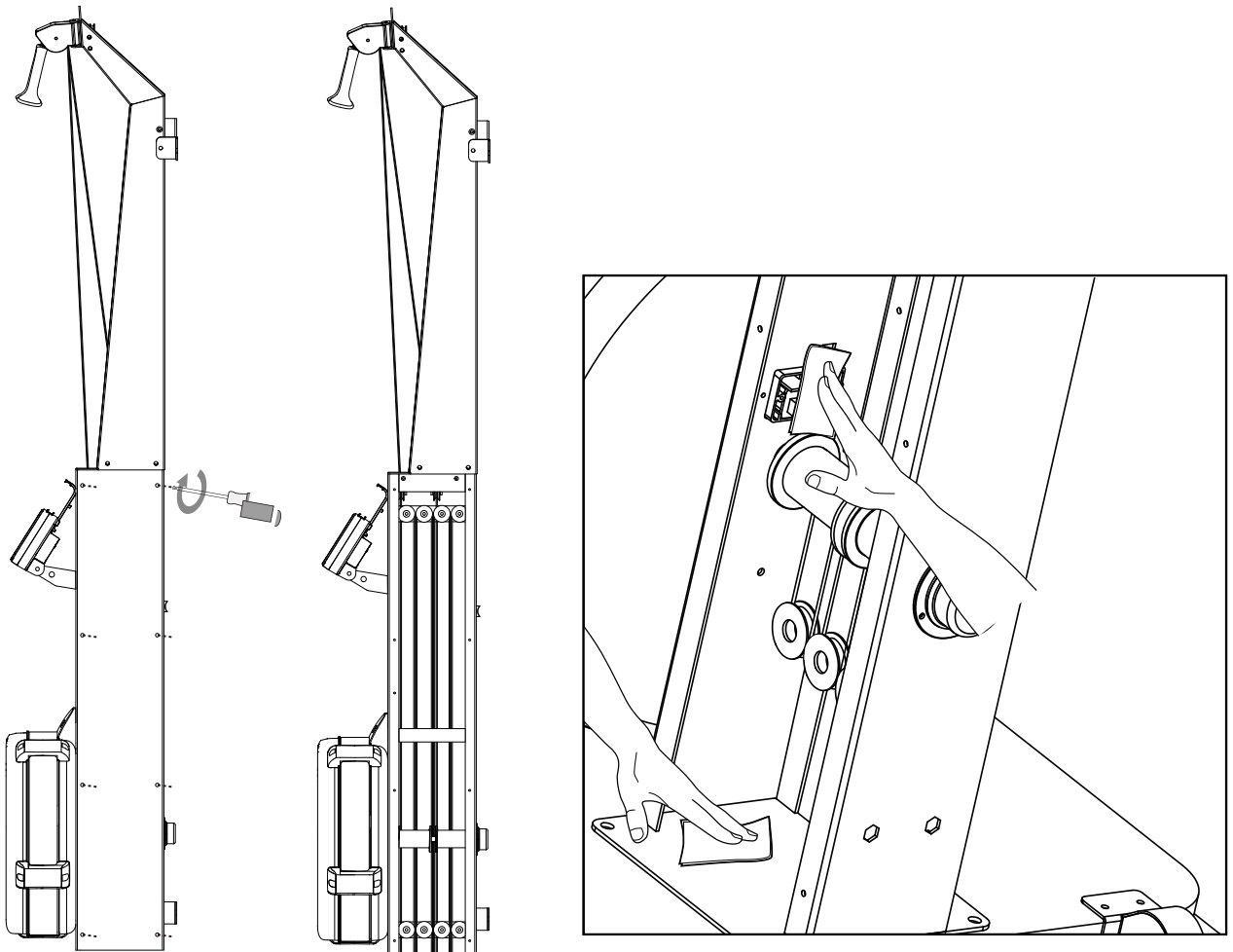


3. Clean Inside the Body

After period of use, some dust or lint may also collect inside the body. Remember to clean it periodically. To clean inside the body do the following.

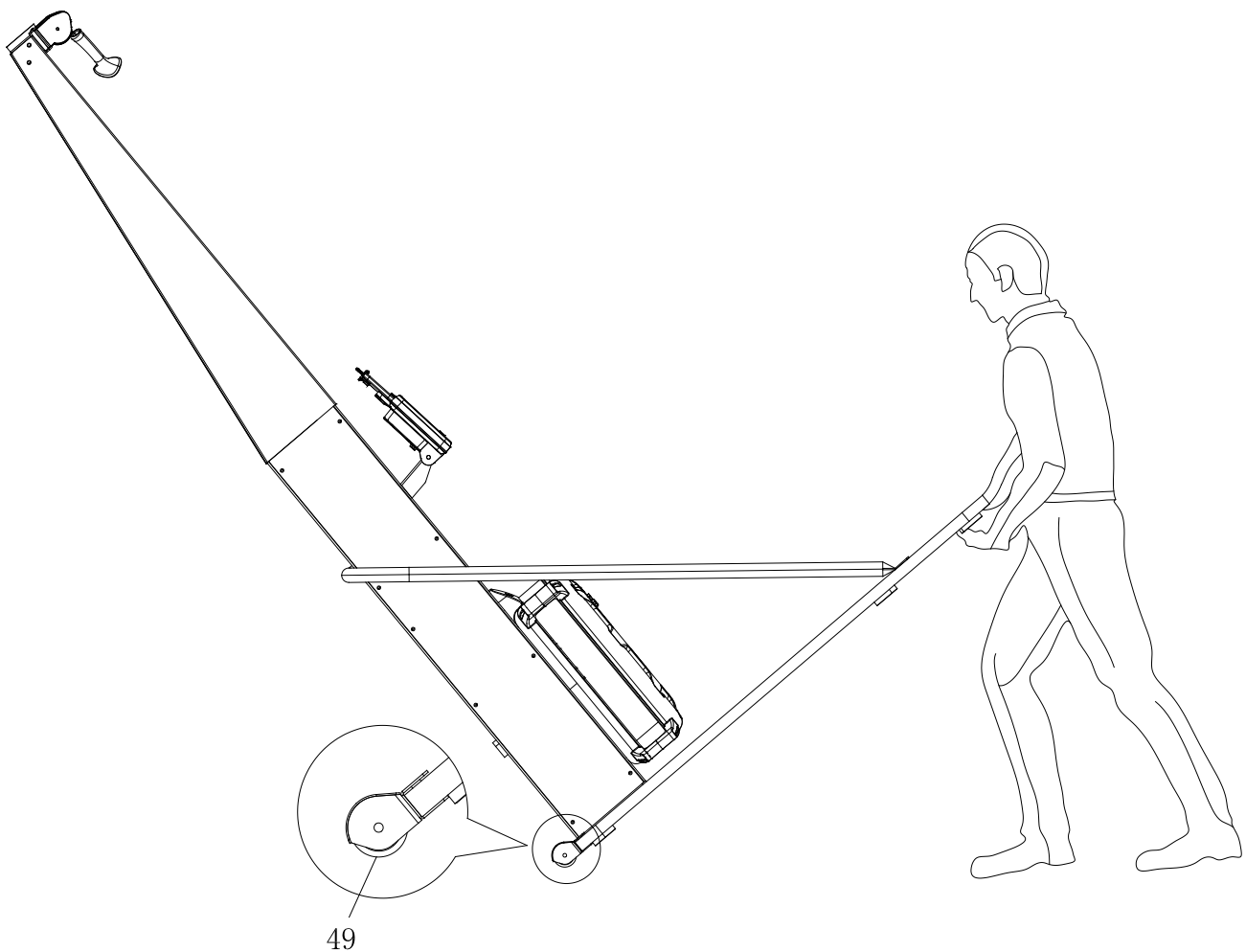
- Open up the right side cover
- Use a towel to clean the insides of the body.
- Be sure to clean around the generator

Note: When cleaning around generator do not use damp or wet towels. You may damage the generator.

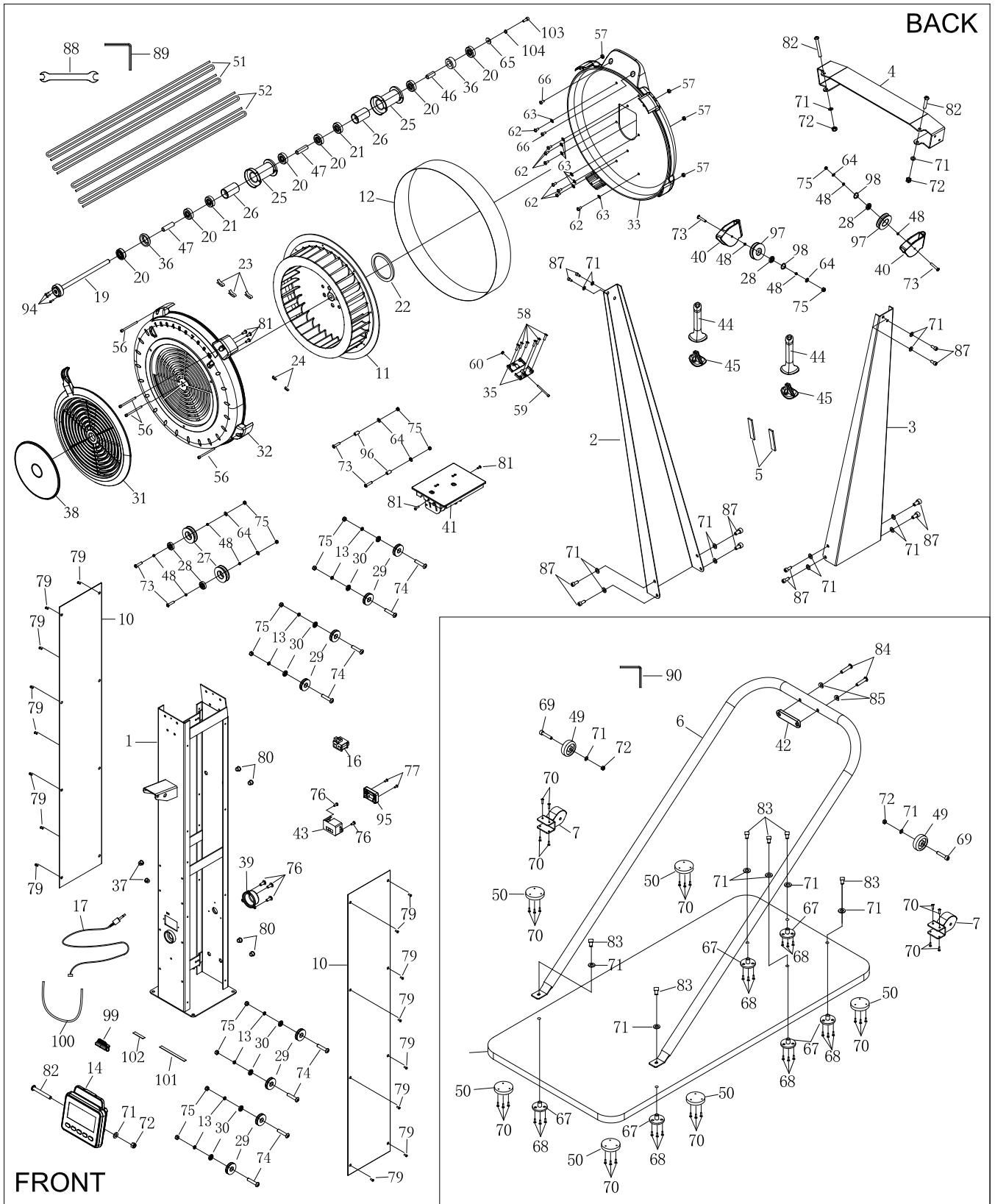


STORAGE

1. To store the **SKI TRAINER**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **Console Monitor (14)** before storing the **SKI TRAINER** for one year or more.
3. Move the **SKI TRAINER** with the **Transport Wheels (49)** on the **Wooden Base (18)**. Lift one end of **Wooden Base (18)** to move the **SKI TRAINER**. Refer to the illustration below. Do not use the **U-bar Bracket (6)** to move the **SKI TRAINER**. It may cause danger.



PRODUCT PARTS DRAWING



PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Body	1
2	Left Upper Arm	1
3	Right Upper Arm	1
4	Top Bracket	1
5	EVE Single Glue For PulleyBracket	2
6	U-bar Bracket	1
7	Transport Wheel Cover	2
10	Body Cover (Left/Right)	2
11	Fan	1
12	Perforated Steel Mesh	1
13	Console Pulley Spacer	8
14	Console Monitor	1
16	Generator	1
17	Sensor Cable	1
18	Wooden Base	1
19	Fan Axle	1
20	Bearing 6001RS	6
21	One Way Bearing (HF1212, 12t)	2
22	Magnet	1
23	Balance Weight	3
24	Small Balance Weight	2
25	Cord Pulley	2
26	Pulley Spacer	2
27	Cord Pulley	2
28	Bearing 6000ZZ	4
29	Console Pulley	8
30	Bearing 606ZZ	8
31	Damper	1
32	Upper Fan Shroud	1
33	Bottom Fan Shroud	1
35	Steel Plate	2
36	Bushing 6001	2
37	Cable Plug	2
38	Damper Cap	1
39	Pulley Cover	1

40	Pulley Bracket	2
41	Body Upper Cover	1
42	U-bar Bracket Cushion	1
43	Generator Base	1
44	Handle	2
45	Handle Plug	2
46	Short Spacer	1
47	Long Spacer	2
48	Cord Pulley Spacer	8
49	Transport Wheel	2
50	Wooden Base Cushion	6
51	Bungee Cord	2
52	Drive Cord	2
56	Socket Head Cap Screw, M5x92mm	4
57	Hex Nut, M5	4
58	Phillips Pan Head Self-Tapping Screw ST4.2x6mm	6
59	Phillips Pan Head Screw M4x45mm	1
60	Hex Nut, M4	1
62	Phillips Truss Head Screw M6x10mm	8
63	Lock Washer, Internal Tooth M6	8
64	Flat Washer, M6	6
65	Flat Washer, $\varnothing 16 \times \varnothing 6.2 \times 1.5 \text{mm}$	1
66	Phillips Pan Head Screw M6x16mm	2
67	Cushion Nut, M8	6
68	Phillips Flat Head Self-Tapping Screw ST4.2x6mm	18
69	Socket Head Cap Screw, M8x40mm	2
70	Phillips Pan Head Self-Tapping Screw ST4.2x25mm	26
71	Flat Washer, M8	23
72	Nylon Nut, M8	5
73	Button Head Cap Screw, M6x35mm	6
74	Phillips Truss Head Screw M6x20mm	8
75	Nylon Nut, M6	14
76	Phillips Pan Head Self-Tapping Screw ST4.2x10mm	5
77	Phillips Pan Head Self-Tapping Screw ST3.0x20mm	2
79	Flat Socket Head Cap Screw M5x8mm	16
80	Hex Nut, M8	4
81	Phillips Pan Head Self-Tapping Screw ST4.2x16mm	5
82	Button Head Cap Screw, M8x75mm	3

83	Socket Head Cap Screw, M8x30mm	6
84	Button Head Cap Screw, M8x50mm	2
85	Arc washer, M8	2
87	Socket Head Cap Screw, M8x15mm	12
88	Wrench	1
89	Allen Wrench 6mm	1
90	Allen Wrench 5mm	1
94	Socket Head Cap Screw, M4x12mm	3
95	Generator Cover	1
96	PU Stopper	2
97	Aluminium Alloy large pulley	2
98	C Ring $\Phi 26$	2
99	Phone Holder	1
100	Bungee Cord for Phone Holder	1
101	Long EVA Pad	1
102	Short EVA Pad	1
103	Socket Head Cap Screw M6 x 16mm	1
104	Spring Spacer M6	1