

FITNESS360[®]

FT6018

Skimaskine - Pro



Skimaskine - Pro

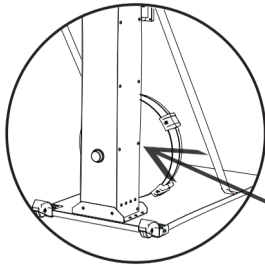


Skimaskine - Pro inkl. gulvstander

CONTENT

WARNING

Read all instructions before using this air ski trainer. It is important that the trainer receives regular maintenance to prolong its using life. Failing to regularly maintain your air ski trainer may void your warranty.



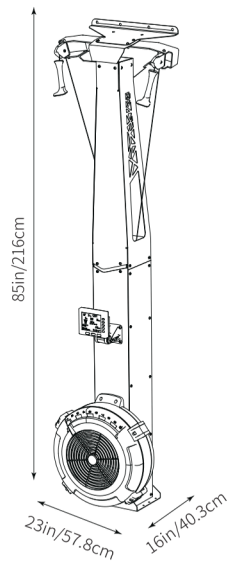
Your serial number is located on the inside flywheel cover near the metal box arm.

RECORD YOUR SERIAL NUMBER HERE

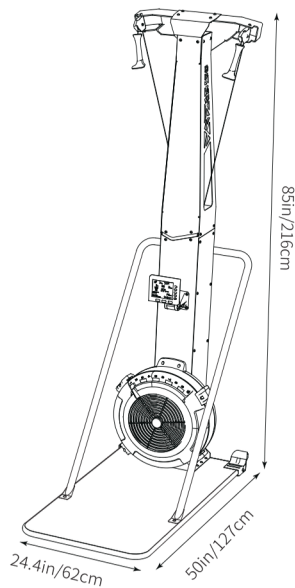
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SAFETY RANGE OF USE

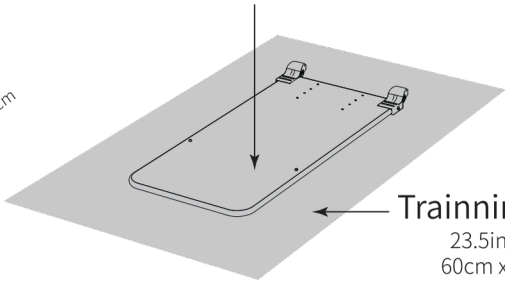
Wall mounted



With optional floor stand



Free Area
48in x 76in
122cm x 193cm



Training Area
23.5in x 50in
60cm x 127cm

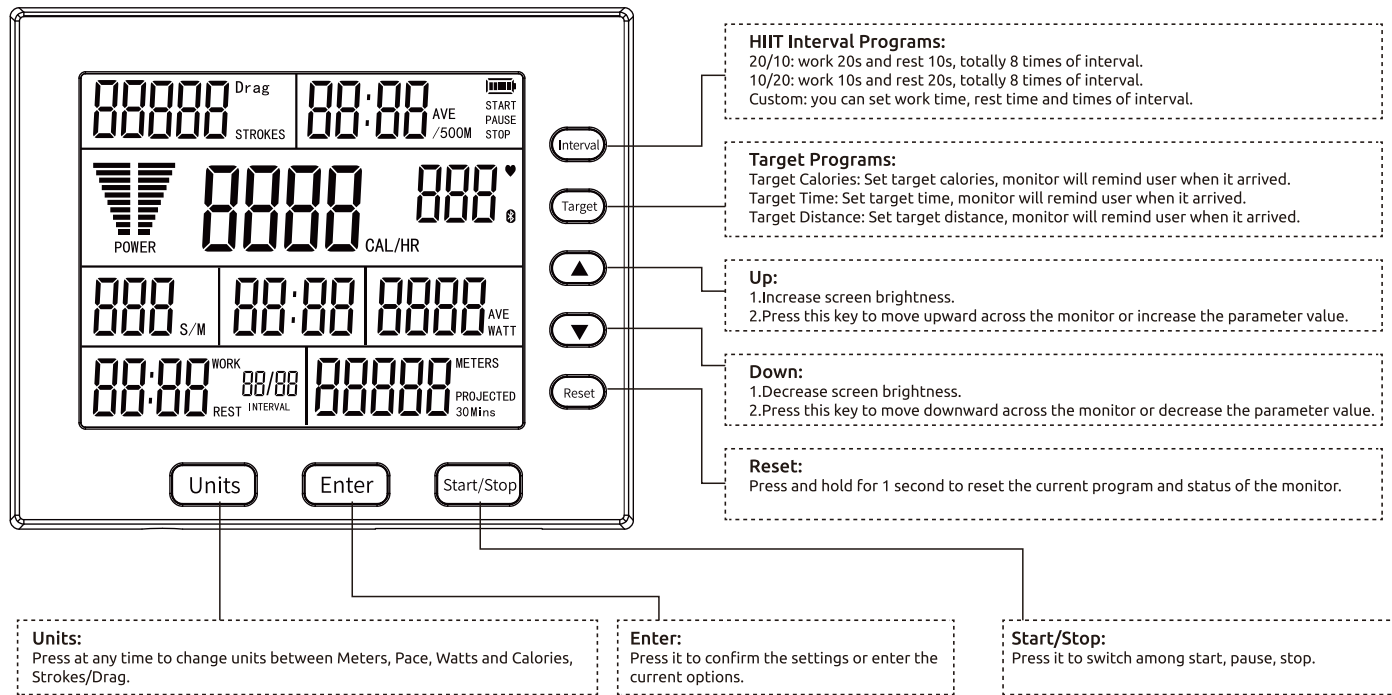
For both Ski trainer options(wall monted or with floor snad)

PERFORMANCE MONITOR

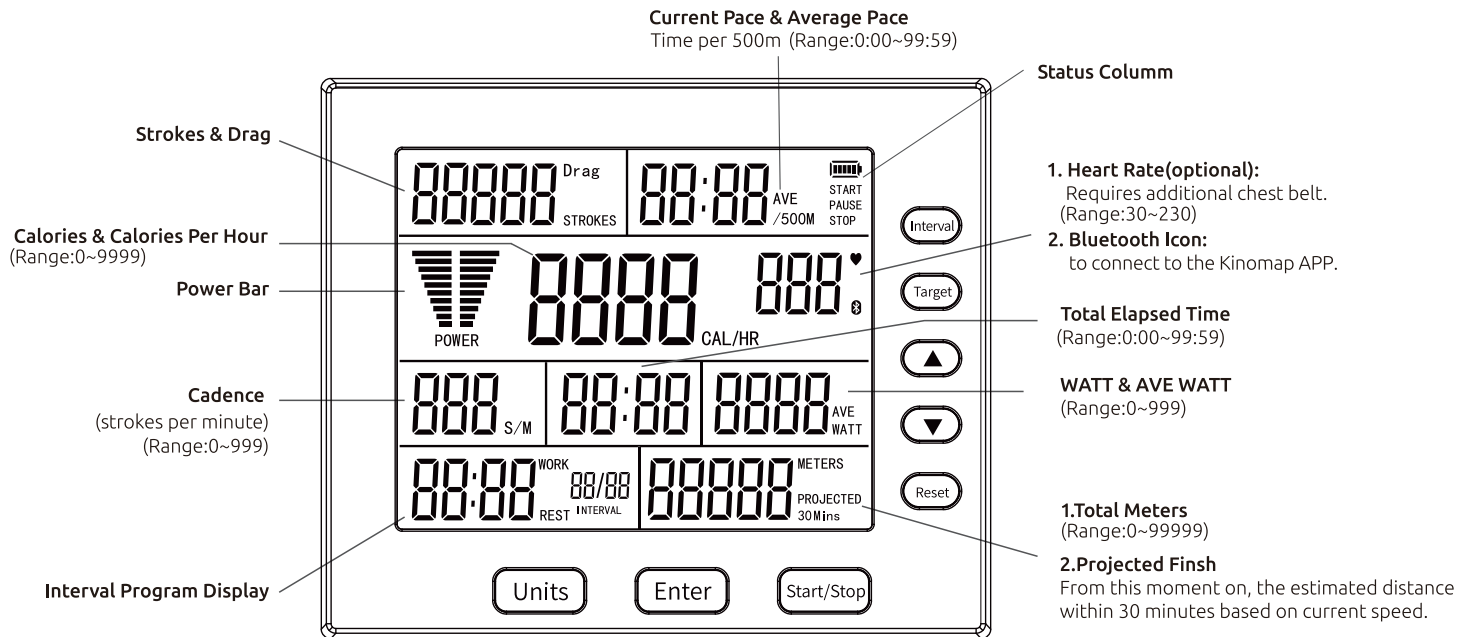
The performance monitor is included with Air Rower and Air Ski Trainer.

The operation and features of the monitor are the same on these machines, though the displays and units will vary slightly depending on which machine you use.

The monitor delivers reliable and comparable data for every workout and has Bluetooth wireless connectivity, allowing it to connect to heart rate belts. Also this monitor is compatible with bluetooth for Kinomap app.

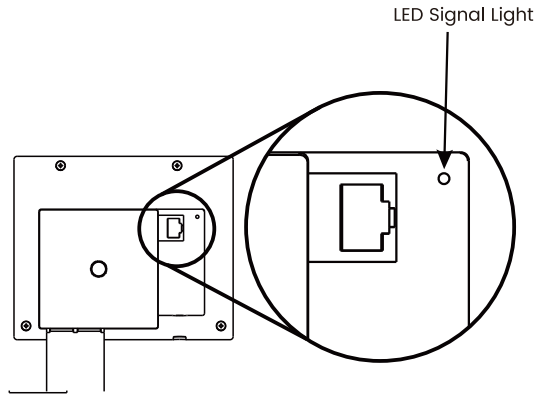


MONITOR MENU MAP

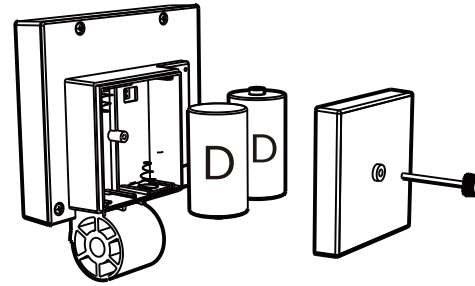


MONITOR VIEWS

Back view of monitor



Use 1.5 volt alkaline D Cell (LR20) batteries. Do not use lithium or 3.6 volt batteries, as there is risk of fire or explosion. Remove batteries when not in use for a period of four months or more.



More Information:

Using a Heart Rate Chest Strap:

The monitor will receive and display heart rate data directly from Bluetooth. Just wear the Bluetooth chest strap correctly, the monitor will connect it by itself.

Connecting Kinomap:

Open the Kinomap app, find the rowing device in Kinomap, select FTMS, and put the monitor in standby mode. The app will display the information of this monitor. Click connect, and the monitor will display the blue Bluetooth symbol. At the same time, beeps three times to indicate successful connection.

⚠ WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



AIR SKI TRAINER SPECIFICATIONS

DESCRIPTION:

Institutional grade skiing exercise machine with air-resistance flywheel, and high-performance electronic monitor.

CONSTRUCTION:

Frame:

Bent Steel boxframe with steel top bracket. Optional floor stand is constructed of steel frame pieces with a Polyurea-coated wooden deck.

Flywheel:

Fully enclosed spool-driven flywheel is steel with glass-reinforced ABS squirrel cage fan attached. The flywheel enclosure is made of hi-impact, ABS Thermo-plastic.

Monitor:

Backlit liquid crystal display (LCD) shows time/distance rowed and with 6 level different luminance; calories burned; power produced (watts); stroke rate; stroke output (Watts, Calories, Meters); average pace (time per 500 meters); library of workouts (Interval 10/20, Interval 20/10, Custom Interval, Target Time, Target Distance, Target Calories); projected finish (time or distance); power bar; wireless heart rate monitoring using Bluetooth with compatible devices; plus connectivity to smartphones via Kinomap APP (Optional). Monitor is powered by two 1.5 volt alkaline D Cell (LR20) batteries which are not included due to the inconvenience of transportation.

Misc:

Adjustable air resistance; impact-resistant, glass-reinforced Nylon, ergonomically-designed handles with adjustable nylon straps; Vectran drive cords. Wall mounting hardware included. Optional floor stand with high strength caster wheels allows for portability.

Benefits:

The Air Ski Trainer helps you build strength and endurance by working the entire body in an efficient, rhythmic poling motion that is integral to all techniques of Nordic skiing. Skiing is a low-impact, high calorie-burning exercise suitable for all ages and abilities. The user is in complete control of the resistance: the harder the pull, the faster the flywheel spins, which creates more resistance. The air ski trainer easily accommodates athletes with lower leg injuries: injured athletes can sit or kneel, reducing the amount of leg involvement, while training at normal intensity and duration using just upper body and core.

ASSEMBLY INSTRUCTIONS(Wall mounted)

PARTS *not to scale



10mm open-ended wrench



3mm wrench



4mm wrench



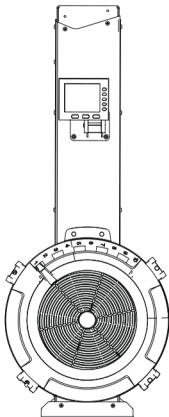
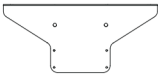
M5*12

X18

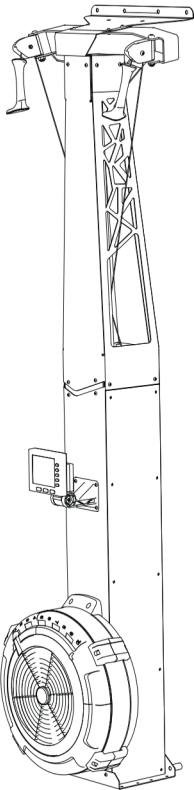


Wall spacer

X2

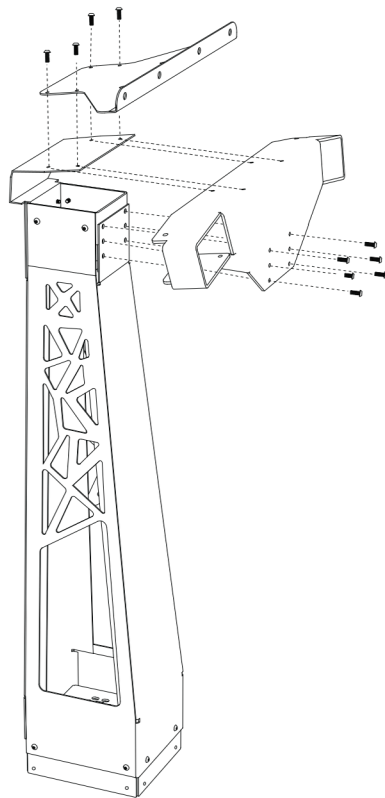


Weight: 88.2 lb (39.7 kg)
Space required for use
(training area):
24.4 in x 50 in x 85 in
(62 cm x 127 cm x 216 cm)



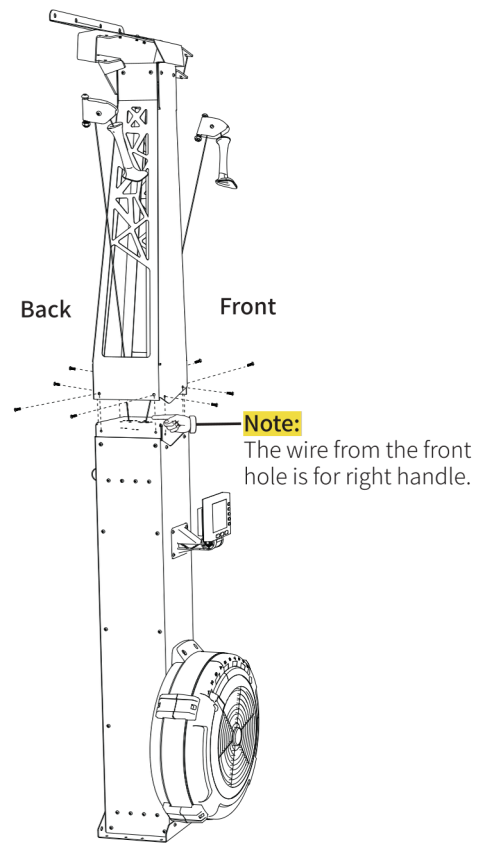
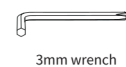
1

M5*12
X10



2

M5*12
X8



3



10mm open-ended wrench

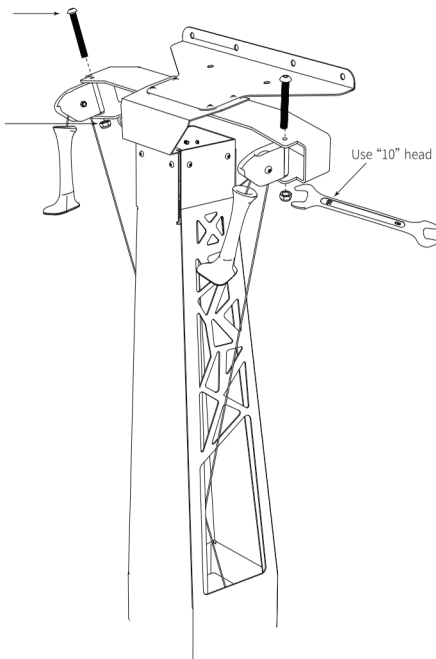


4mm wrench

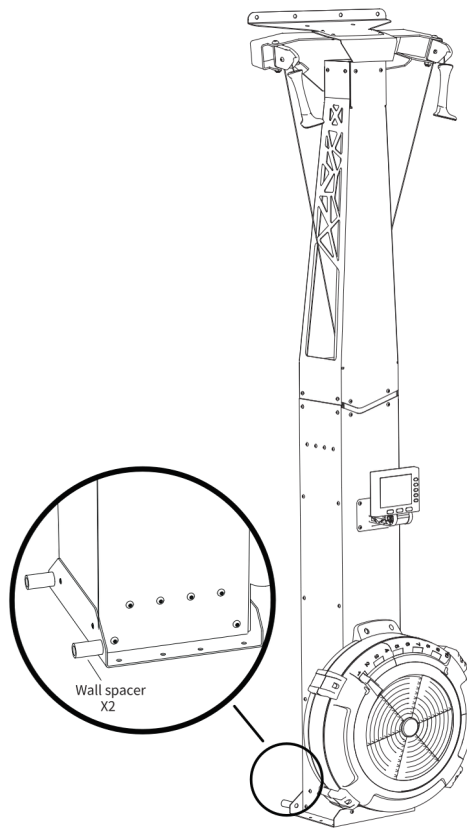
M6*80 bolt is pre-locked
with pulley housing

M6 Nut is pre-locked
with pulley housing

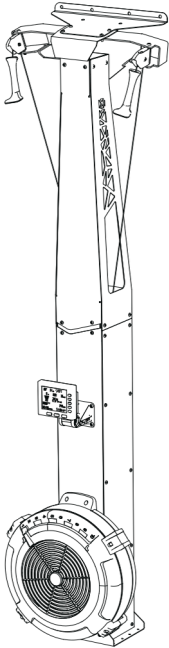
Use "10" head



FINISHED



INSTALLATION INSTRUCTIONS



Wall mounted

Wall mounted: For mounting to other types of wall construction (metal, concrete, etc.), please consult with a building professional for safe and secure installation. See below for installation recommendations.
Dimensions (without user): 23 in x 16 in x 85 in (57.8 cm x 40.3 cm x 216 cm).
Training area: 23.5 in x 50 in x 85 in (60 cm x 127 cm x 216 cm).
Weight: 88.2 lb (39.4 kg).

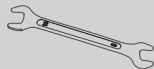
The Air Ski Trainer must be securely and reliably fastened to a solid wall. The Air Ski Trainer comes with pre-drilled holes for a standard 16" on center stud wall construction.

SAFETY NOTE:

Please touch the product to the ground (not suspended), and after fixing it to the wall, it is better to use ground nails to fix it to the ground.

ASSEMBLY INSTRUCTIONS(Free Standing)

PARTS *not to scale



10mm open-ended wrench



3mm wrench



4mm wrench



M5*12

X18



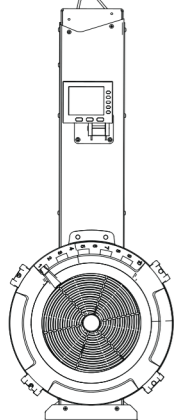
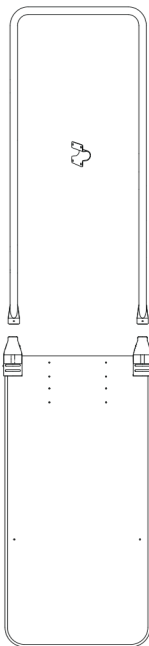
M5*16

X4

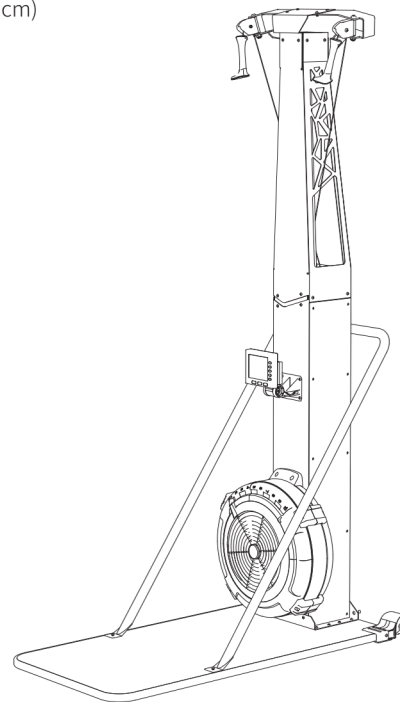


M5*25

X10



Weight: 122.7 lb (55.2 kg)
Space required for use
(training area):
24.4 in x 50 in x 85 in
(62 cm x 127 cm x 216 cm)



1

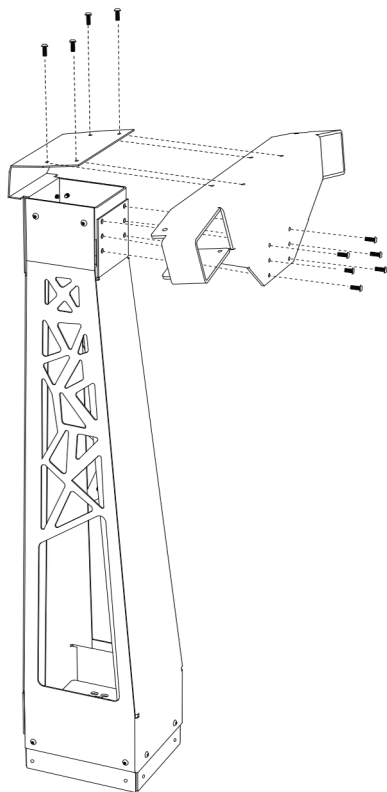


M5*12

X10



3mm wrench



2



M5*16

X4

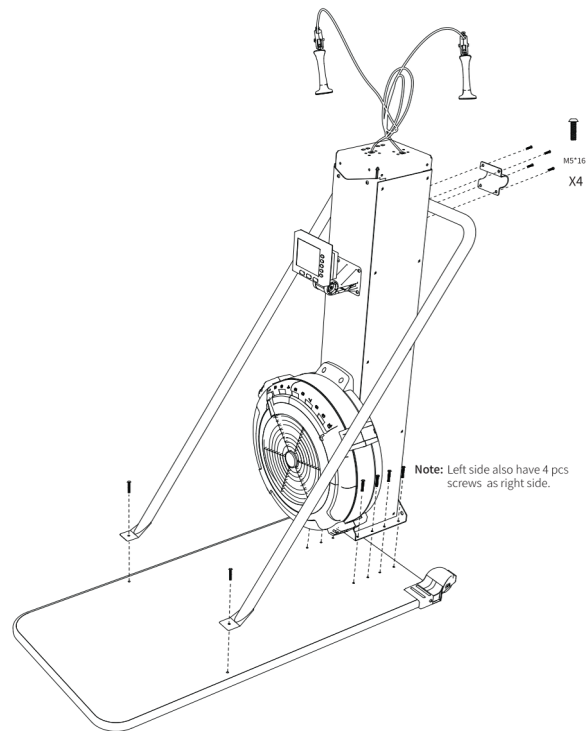


M5*25

X10



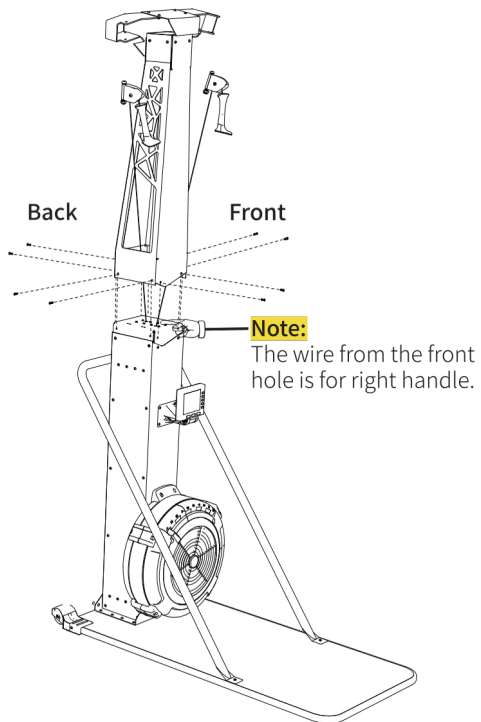
3mm wrench



3

M5*12
X8

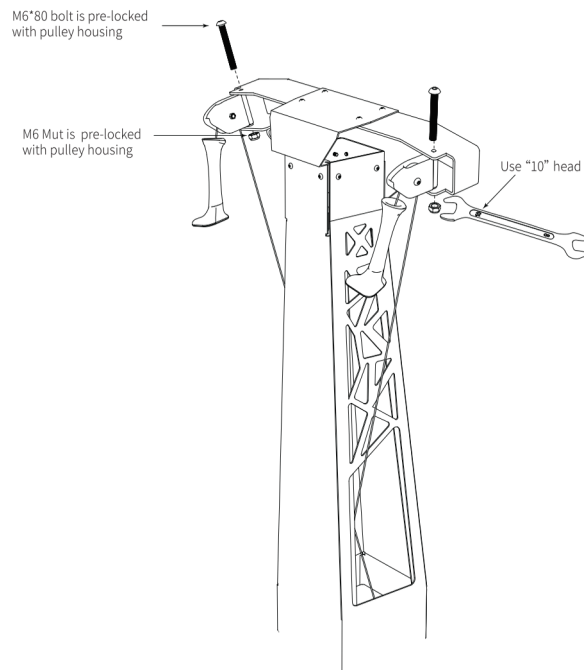
3mm wrench



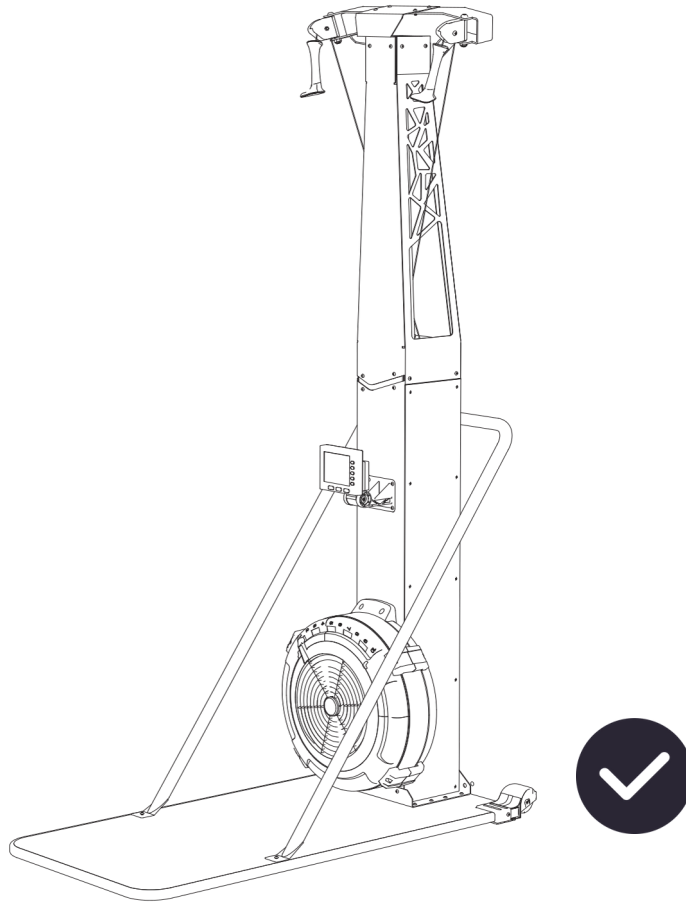
4

10mm open-ended wrench

4mm wrench



FINISHED



USE AND TRAINNING



Double-Pole Technique

Begin with your hands shoulder-width apart at about eye level. Your arms should be bent. Your feet should be shoulder-width apart.



Drive the handles downward by engaging your abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.

The Air Ski Trainer offers terrific exercise for the entire body. Each pull engages the legs, arms, shoulders and core in a downwards “crunch”, using body weight to help accelerate the handles. Each pull finishes by extending the arms down along the hips with knees partly bent.

The Air Ski Trainer enables you to train with the double-pole motion that is essential to both skate and classic skiing.

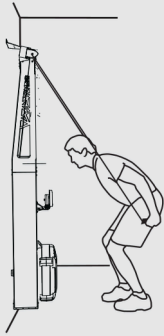
Classic skiing technique (alternating arms) is also possible.

Important Safety Notes

WARNING!

The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately to ensure safety and performance or keep machine out of use until repaired.

- Use of this machine with worn or weakened parts (pulleys, cords, spools) may result in injury to the user. When in doubt about the condition of any part, We strongly advises that it be replaced immediately. Use only genuine our parts. Use of other parts may result in injury or poor performance of your machine.



Finish the drive with knees slightly bent, and arms extended down alongside your thighs.



Bring your arms back up and straighten your body to return to the start position.

- The Air Ski Trainer with optional floor stand must be used on a stable, level surface.
- The wall-mounted Ski Trainer must be securely fixed to the wall at the top and bottom brackets. Be sure that your mounting bolts are going into a solid material such as wood or concrete, and that you are using the proper hardware for the wall material.
- Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.
- Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them.
- Perform regular inspection and maintenance as recommended.
- Keep unsupervised children away from the Air Ski Trainer.



Classic Skiing Technique (alternating arms)

Begin with one arm raised and slightly bent.

Pull down with the top arm, while gradually raising the lower arm.

Continue to alternate arm pulls, keeping some bend in the pulling arm, as it is a stronger position.

WORKOUT INTENSITY

User-Controlled Resistance

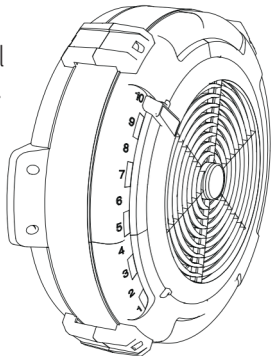
The harder you pull, the more resistance you will feel. This is because the Air Ski Trainer uses air resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be. You can ski as hard or as easily as you wish. The Air Ski Trainer will not force you to ski at any set intensity level.

Damper Setting

The Air Ski Trainer features a spiral damper with settings from 1 to 10.

The damper setting is like bicycle gearing. It affects the feel of the skiing but does not directly affect the resistance. By changing the damper setting, you can simulate the range of skiing speeds that occur on snow. Higher numbers feel more like skiing in slow conditions or uphill. Lower numbers feel like skiing in faster snow conditions, on flat terrain and downhill. For general fitness and a good aerobic workout, use a damper setting between 1 and 4.

Note: The 1–10 damper setting scale is a handy reference for setting the “gearing.” Using the drag factor on the Performance Monitor is a more accurate way to set gearing.



Cadence (Strokes Per Minute = SPM)

Cadence (or tempo) is displayed in strokes per minute (SPM) in the upper right corner of the monitor.

If you are skiing for general fitness using the double pole technique, aim for a cadence between 30 and 40 SPM. Your cadence will probably be lower for long steady workouts, and higher for short intense work intervals. You may vary your cadence to match your poling tempo for the range of conditions that occur on snow.

Immediate, Accurate Feedback

The monitor displays your output in a choice of units (pace, watts, or calories) and display options. Choose the units and displays that work best for you. You may press **UNITS** at any time during or after your workout.

GETTING STARTED

Before Your First Air Ski Trainer Workout

1. Consult your physician. Be sure that it is not dangerous for you to undertake an exercise program.
2. Carefully review the skiing technique information. Improper technique can result in injury.
3. Warm up before each workout with several minutes of easy skiing, then stretch for a few minutes before continuing with your workout. Stretch again after your workout.
4. Start gradually. Ski no more than five minutes the first day to let your body adjust to the new exercise.

WARNING!

Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Your First Air Ski Trainer Workout

1. Start with the double-pole technique as it uses more muscle groups and gives you a better overall workout. Keep the cadence between 25 and 30 SPM (slower if you prefer).

2. Ski steadily and easily for 3 minutes at a cadence between 30 and 35 SPM. Continue to practice good technique while also settling into a comfortable rhythm. Watch the monitor, which will show you how hard you are pulling on each stroke, how many meters (or watts or calories) you have skied, how long you have been skiing, your cadence and, if you are connected via a HR monitor, your heart rate.

3. Rest for several minutes and review the monitor instructions, walk or stretch.

4. Ski easily again for 3–5 minutes. Depending on your comfort, your cadence may be anywhere between 30 and 45 SPM.

5. Rest again for 1–2 minutes.

6. Repeat Step 4 two or three times. Gradually increase your skiing time and intensity over the first two weeks. Do not ski at full power until you are comfortable with the technique and have skied for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury. Monitor your progress and start a training log.

MAINTENANCE

WARNING!

The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately to ensure safety and performance or keep machine out of use until repaired.

On a Regular Basis Untwist the Cords

When you grasp the handles to use your Air Ski Trainer, you may be inadvertently twisting the cords, much like what would happen to the cord on a telephone handset. Over time, this may cause the cords to twist around each other inside the Air Ski Trainer resulting in a lumpy feeling when you pull on the handles. This may cause premature wear of the cord.

To avoid this, check the cords regularly and untwist them as needed. You will be able to see the twist in the cord; simply untwist by turning the handle in the opposite direction to the twist. Periodically untwist the cords. It will be easier if you have another person help you.

1. Pull out both handles as far as they go.
2. Hold the cords at the top bracket allowing the handles to dangle and spin freely.
3. Run your hand down the length of each cord to untwist the cord.
4. Return the handles to the top position.
5. Repeat the process starting at step 1 at least two times.

Clean Grips

Use a mild soap or cleaning product to clean the grips every few workouts as needed.

Every 50 Hours of Use Inspect the Cords

There are two separate cords and two bungee cords to inspect.

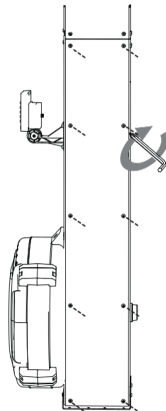
Important! Each cord is of a specific type and should be replaced with the appropriate our replacement cord if significant wear or damage is observed.

Cord Inspection:

1. The handle cords can be easily inspected by pulling the handles all the way out and visually checking for wear.

2. Inspect the cords working inside the vertical frame. Start by removing the lower right side cover by removing 8 screws, using 5mm screw provided with your Air Ski Trainer. See illustration. Once the cover is removed, all cords and pulleys will be visible.

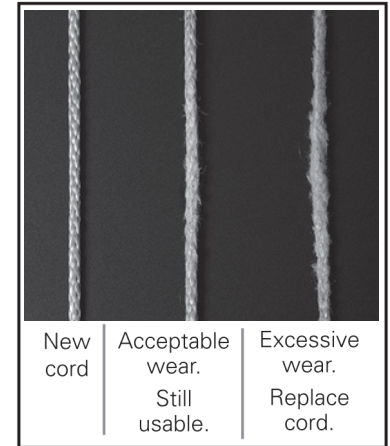
3. Have a helper slowly pull the handles all the way out and observe the condition of the handle cords and the bungee cord. You should be able to see the entire working length of all cords.



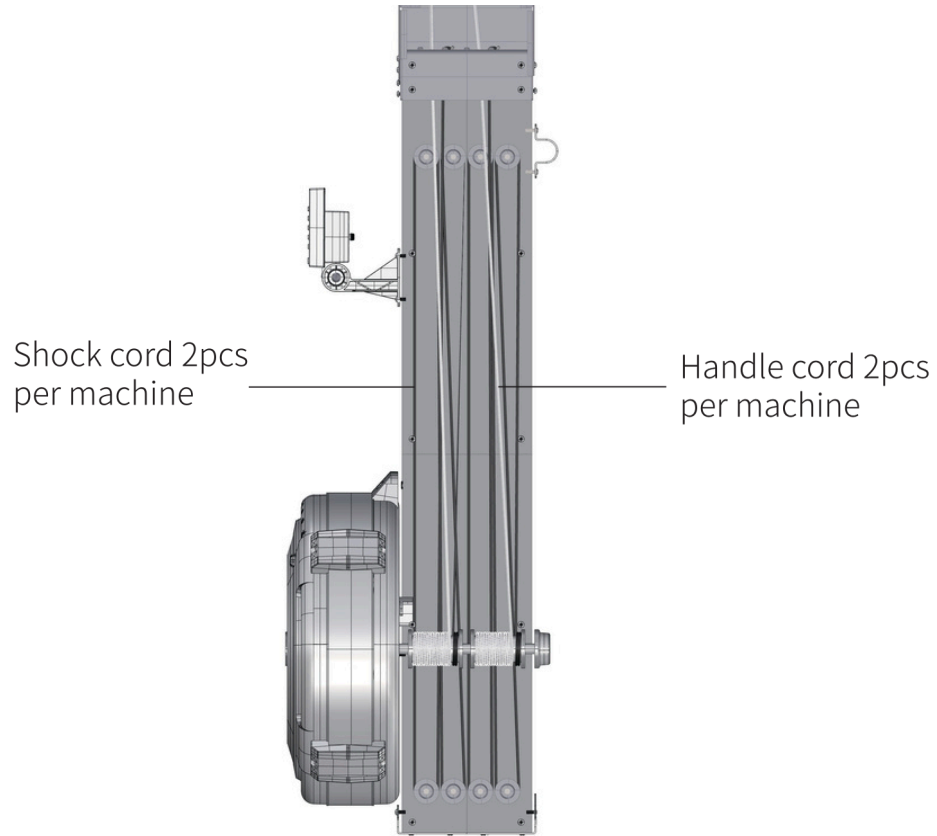
A Description of Cord Wear/Damage:

- The cords consist of a solid braid (not a covering over inner fibers). Over time the surface will show “fuzzing.” If this “fuzzing” becomes worse in a localized spot on the cord it is time to replace the cord. See photo. We recommend replacing both cords at the same time.

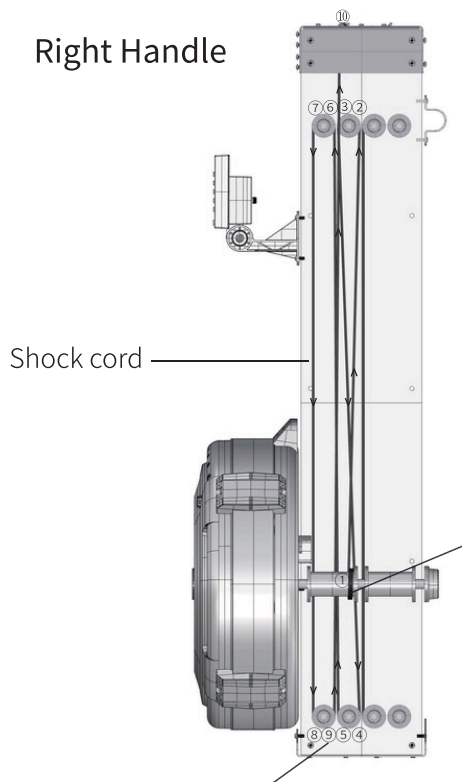
- The bungee cord consists of elastic fibers encased in a braided covering. Some “fuzzing” of the covering is normal, but once the white fibers are exposed the cord should be replaced immediately.



SHOCK AND HANDLE CORDS



Right Handle



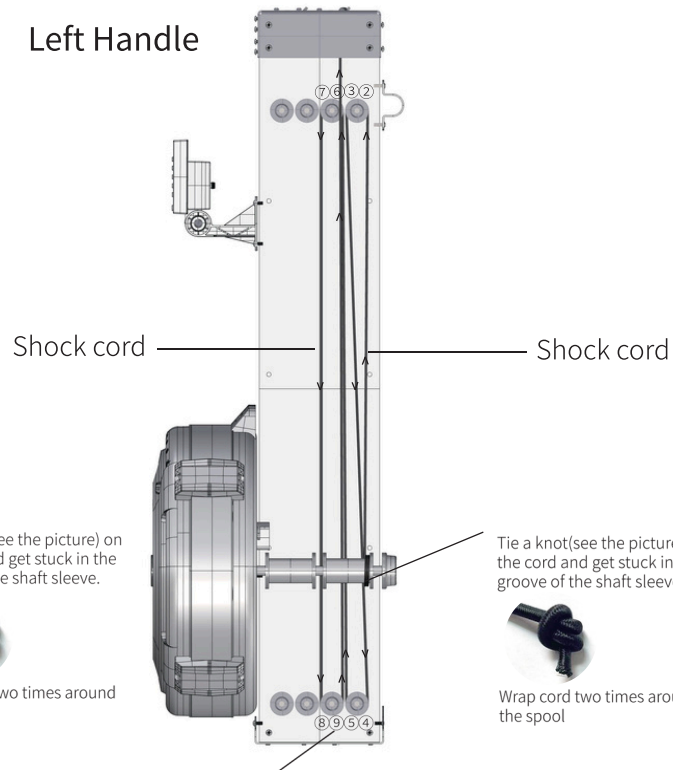
Tie a knot(see the picture) on the cord and get stuck in the groove of the shaft sleeve.



Wrap cord two times around the spool

Note:
These numbers represent the order of rope winding.

Left Handle



Tie a knot(see the picture) on the cord and get stuck in the groove of the shaft sleeve.

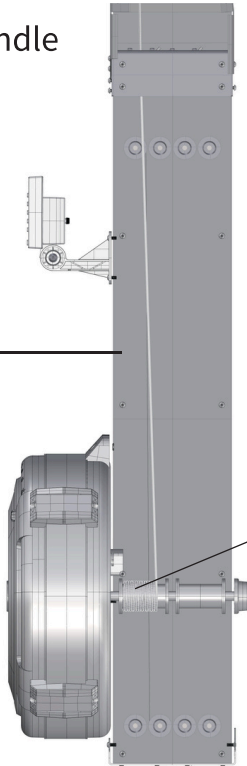


Wrap cord two times around the spool

Note:
These numbers represent the order of rope winding.

Right Handle

Handle cord



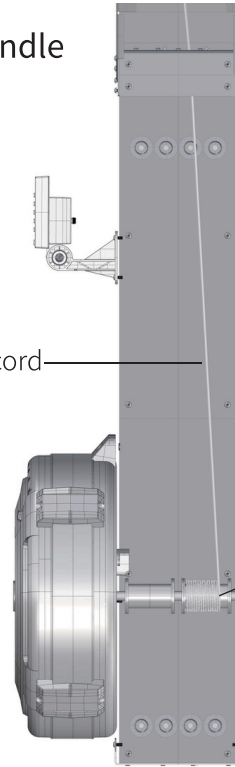
Tie a knot(see the picture) on the cord and get stuck in the groove of the shaft sleeve.



There should be 15 wraps of white handle cord with handles in the top position.

Left Handle

Handle cord



Tie a knot(see the picture) on the cord and get stuck in the groove of the shaft sleeve.



There should be 15 wraps of white handle cord with handles in the top position.

Inspect the Fasteners

Be sure all fasteners are tight and have not become loose during use. If your Air Ski Trainer is wall mounted, examine the wall mount fasteners carefully.

Inspect the Top Bracket Pulleys

Be sure the pulleys spin freely in the pulley housings and that the pulley housings swing in the pulley brackets.

As Needed

- Clean surfaces of the Air Ski Trainer, including floor or floor stand base, with any non-abrasive household cleaner. DO NOT spray any fluid onto the monitor.
- Dust and lint can collect inside of the flywheel enclosure. This buildup can restrict airflow reducing the resistance of the fan. The outer cover of the fan enclosure can be removed for cleaning by removing the four screws that hold the cover together. See illustrations.

