

SKI ATTACK

AIR SKIER

OWNER'S MANUAL

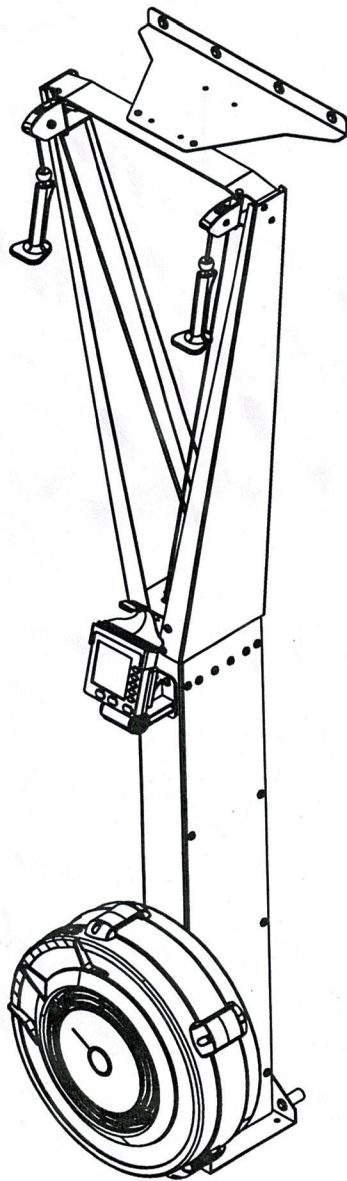


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(2020/ 03)(SKI-01)

INTRODUCTION

Congratulations!

Welcome to the world of the AIR SKIER . The AIR SKIER is one of the finest and most comprehensive Ski Simulators available.

The AIR SKIER is designed to provide relevant skiing related exercises. In addition, the AIR SKIER gives several option for regular light strength training.

By choosing AIR SKIER , you have made a decision that will improve the health and fitness and well being for you and your family Being. Fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the AIR SKIER provides a more effective workout, producing better results and will encourage you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the AIR SKIER .

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will :

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

Important Safety Information

We suggest that you read this User Manual thoroughly to familiarize yourself with the AIR SKIER before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in the chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

The maximum weight capacity of this unit is **320 pounds (145 KGS)**. Adult supervision is required at all times when children are on or near the AIR SKIER. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout, we advise that a precautionary safety check is wise. All equipment should be safety checked for wear and damage. If you find any damage or defective components stop using the AIR SKIER immediately and contact your dealer for help. Keep the equipment out of use until repaired by a certified technician. To avoid injury, care should be taken when getting on or off your AIR SKIER.

Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes. It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cool" muscles and cooling down after exercise are important injury-prevention measures. If you have not warmed up prior to mounting your AIR SKIER, to avoid injury we suggest you exercise slowly for at least five minutes before beginning any intense exercise programs.

CARE AND MAINTENANCE

Your AIR SKIER is made of the high quality materials. However it is still important that you take care of your AIR SKIER on a regular basis. Your AIR SKIER is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your after each use.

For safety, inspect your AIR SKIER on a regular basis. When used in a domestic environment a safety check and clean before use is advised.

CORD ROUTING SETTING TIPS & SCHEMATIC

The cord suffers a lot of friction and can easily fray. Check for frayed cord consistently.. When the cord is damaged we suggest that you replace it yourself or contact your dealer for assistance. The cord proper routing setting tips & schematic –Pls refer the next page(6)&(7)

CORD USING INSTRUCTION & MAINTENANCE TIPS

In order to avoid the cords are frayed easily, pls refer the cord proper cord using instruction & maintenance tips on next pages(8&9) .

ALL FASTENERS [Nuts, Bolts, and Screws]

Due to vibration, over time some of the fasteners may become loose. We strongly suggest the owner periodically check all visible fasteners at least once a year to ensure that they remain tight.

If your AIR SKIER is wall mounted, examine the wall mount fasteners carefully before using

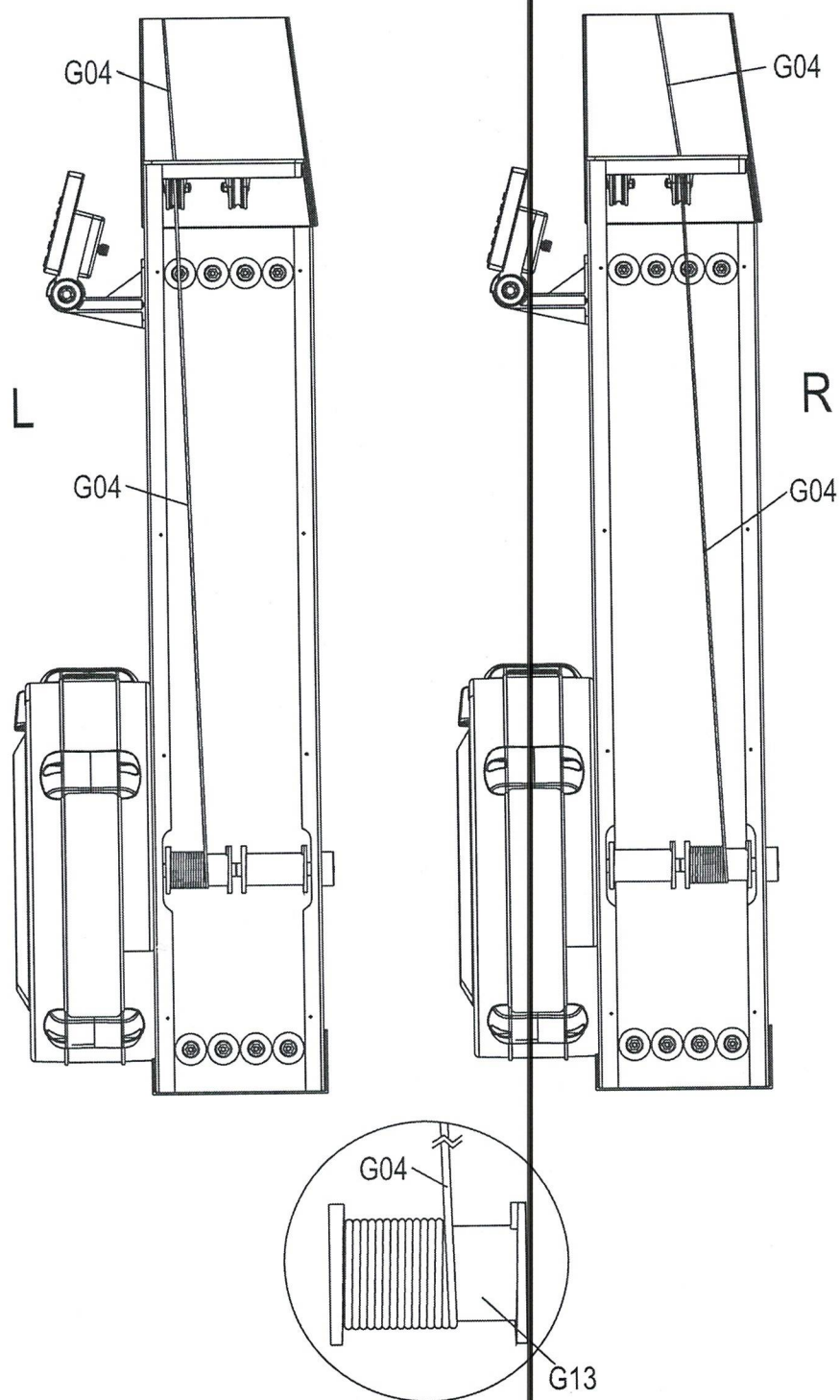
WARNING: Do not apply oil to any moving parts as this will wash the grease away damaging your AIR SKIER

WARNING: Use only the accessory attachments recommended by the manufacturer. Do not attempt to modify or alter your AIR SKIER as injury may result

**** CORD ROUTING SETTING TIPS & SCHEMATIC ****

(1) The Handle Cord (G04) setting tips & schematic

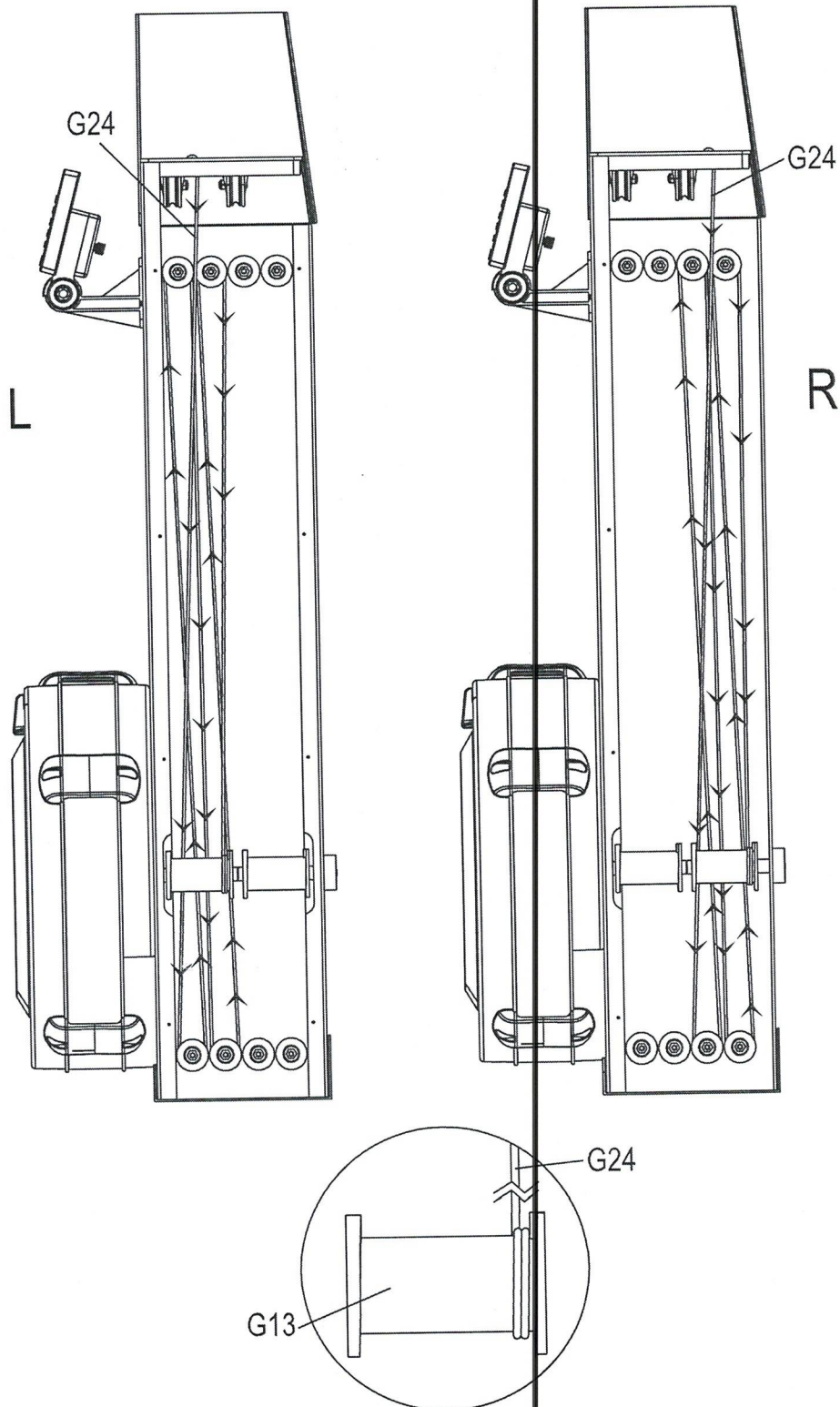
There should be 15 wraps of white Handle Cord (G04) around the Cord Spool (G13) as show



**** CORD ROUTING SETTING TIPS & SCHEMATIC ****

(2) The Bungee Cord (G24) setting tips & schematic

There should be 2 wraps of Bungee Cord (G24) around the Cord Spool (G13) as show



(1) Untwist the Cords

When you grasp the handles to use your AIR SKIER, you may be inadvertently twisting the cords, this may cause the cords to twist around each other inside AIR SKIER, it will effect the tangled felling when you pull on the handles and 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 or adjust the cords by the below steps:

1. Pull out both handles as far as they go
2. Hold the cords at the mounting 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.

(2) Inspect the Cords (about after 50 hours of use)

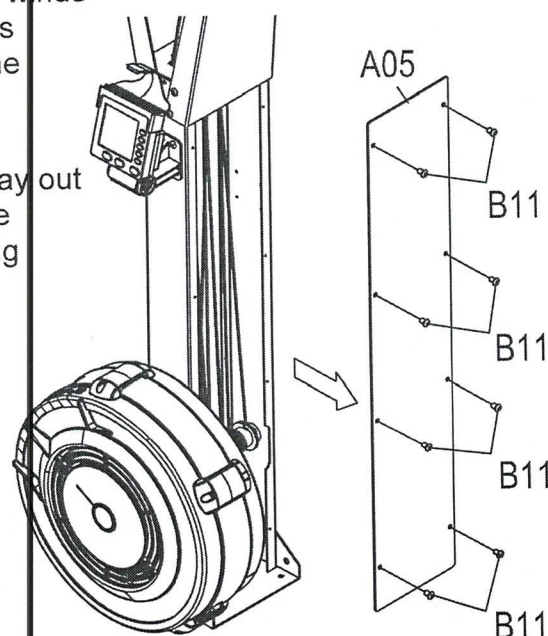
There are two separate cords and two bungee cords have to be inspected after a period time use regularly.

Important ! Each cord is of a specific type and should be replaced if significant wear or damage is observed by the following tips:

1. Each **handle cord** is a single cord connected to both handles and can be easily inspected by pulling the handles all the way out and visually checking for wear.
2. To inspect the cords working inside the vertical frame, The Right Side Panel (A05) must be removed in advance for this Inspection by the following steps:

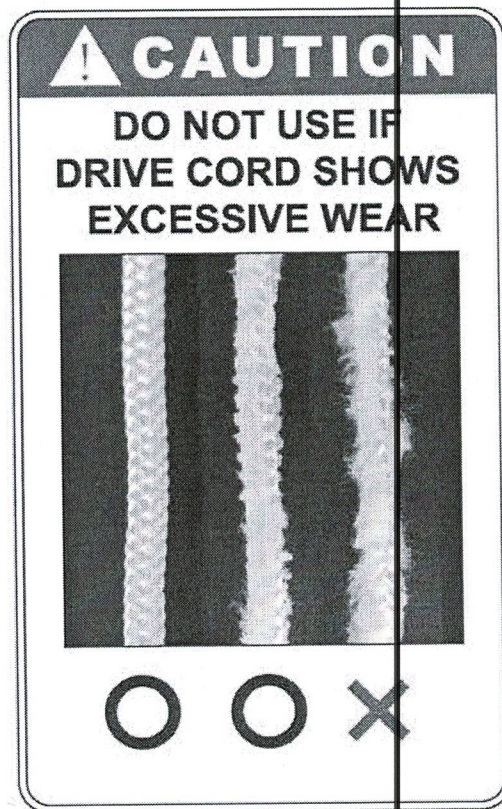
A• Remove the Right Side Panel (A05) by removing the eight Screws(B11). This will expose the cord that winds onto the flywheel spool, the handle cord that winds onto the spool (this is a separate cord from the one attached to the handles), and the bungee cord.

B• Have a helper slowly pull the handles all the way out and observe the condition of the cords. Pulling the handles out will allow you to see the entire working length of these cords.



(3)Inspect the Cord Wear/Damage:

- Over time the surface of the cords will show “fuzzing.” If this “fuzzing” becomes worse in a localized spot on the cord it is time to replace the cord. (pls see the photo)
- Over time the bungee cord will appear some “fuzzing” is normal, but once the white fibers are exposed the cord should be replaced immediately.



Safety Using Instruction

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

1

Head rolls

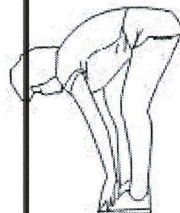
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



5

Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



2

Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



6

Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



3

Side stretches

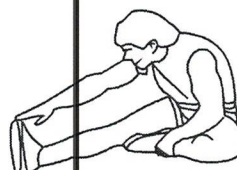
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



7

Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.



4

**Inner thigh stretch**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

8

**calf/ Achilles stretch**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

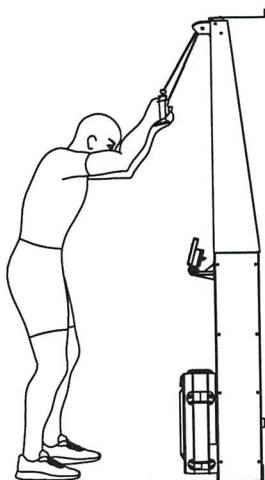
Safety Using Instruction

USE & TRAINING TIPS

This Air Skier 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.

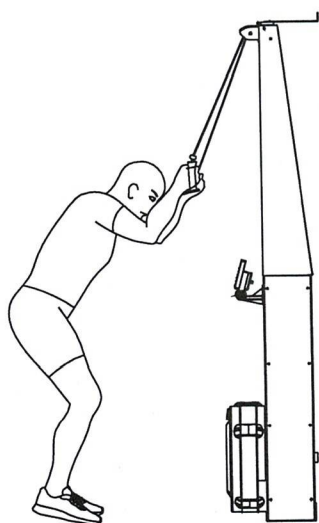
Also this Air Skier enables you to train with the double-pole motion –It is essential to both skate and classic skiing by the below using tips :

1.The using tips for double-pole motion



TIP1

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



TIP2

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.

Safety Using Instruction

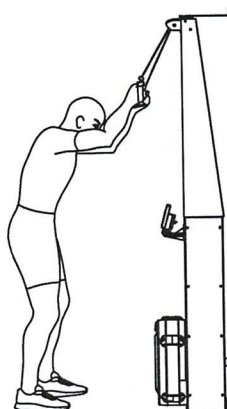
USE & TRAINING TIPS

1.The using tips for double-pole motion



TIP3

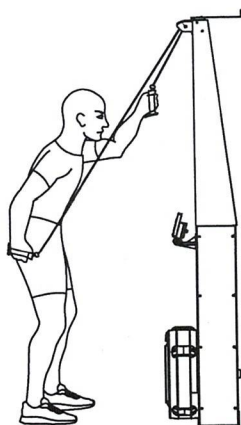
Finish the drive with knees slightly bent, and arms extended down alongside your thighs



TIP4

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

2.The using tip for Classic Skiing (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.

MUSCLE TRAINING INSTRUCTION

There are both types of muscles work together in a synchronized fashion to accomplish the movement as the below show on page 14&15, but with different levels of involvement and power output.

Primary Muscles (black) :

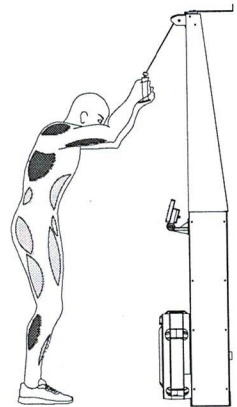
These are the muscles that contract to accomplish the desired movement and power; they have high power output.

Secondary Muscles (grey):

These muscles play a posture supporting and stabilizing role; they have low power output.

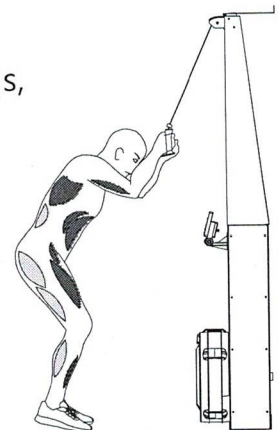
(1) The start of the pull:

- Primary muscles: triceps trapezius, lats, calves
- Secondary muscles: abs, back extensors, glutes, hamstrings, hip flexors, quads and shins



(2) The pull:

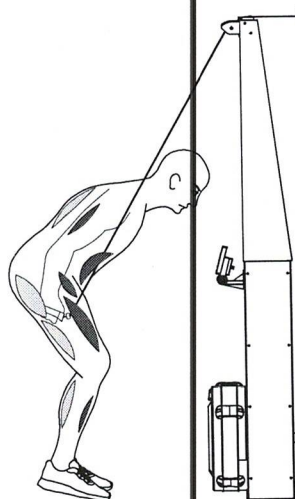
- Primary muscles: triceps, lats, abdominal muscles, hip flexors, shins
- Secondary muscles: quads, back extensors, glutes, hamstrings, calves



MUSCLE TRAINING INSTRUCTION

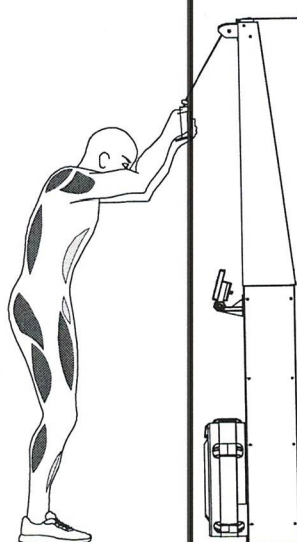
(3) Finishing the pull:

- Primary muscles: triceps abdominal muscles, hip flexors, shins
- Secondary muscles: quads, back extensors, glutes, hamstrings, calves

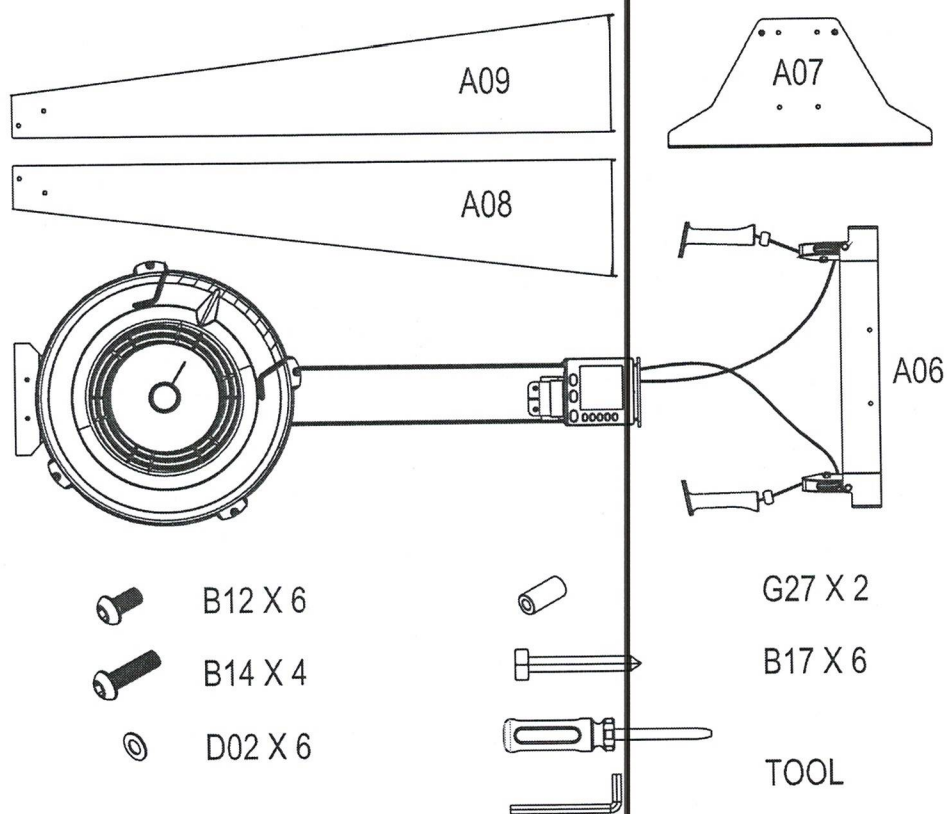


(4) Returning to start:

- Primary muscles: quads, glutes, hamstrings, back extensors, deltoid front part, trapezius upper part, pectoralis upper part, calves
- Secondary muscles: abdominals, shins, hip flexors



AIR SKIER GENERAL PARTS IDENTIFICATION



1	Top Bracket (#A06)X 1PC	
2	Mounting Bracket (#A07) X1PC	
3	Left Arm (#A08) X 1PC	
4	Right Arm (#A09)X1PC	
5	1/4-20*5/8" BUTTON HEAD SOCKET SCREW(STAINLESS) (B12) X6 PCS	
6	M6*P1.0*15L BUTTON HEAD SOCKET SCREW(STAINLESS) (B14)X4PCS	
7	5/16 "2" HEX HEAD SCREW(SILVER) (B17) X6PCS	
8	$\psi 23 \times \psi 8.0 \times 2.0$ FLAT WASHER(SILVER) (D02) X6PCS	
9	BOTTOM BRACKET SPACER (G27) X2PCS	
10	TOOL (SCREWDRIVER& WRENCH) X1 SET	

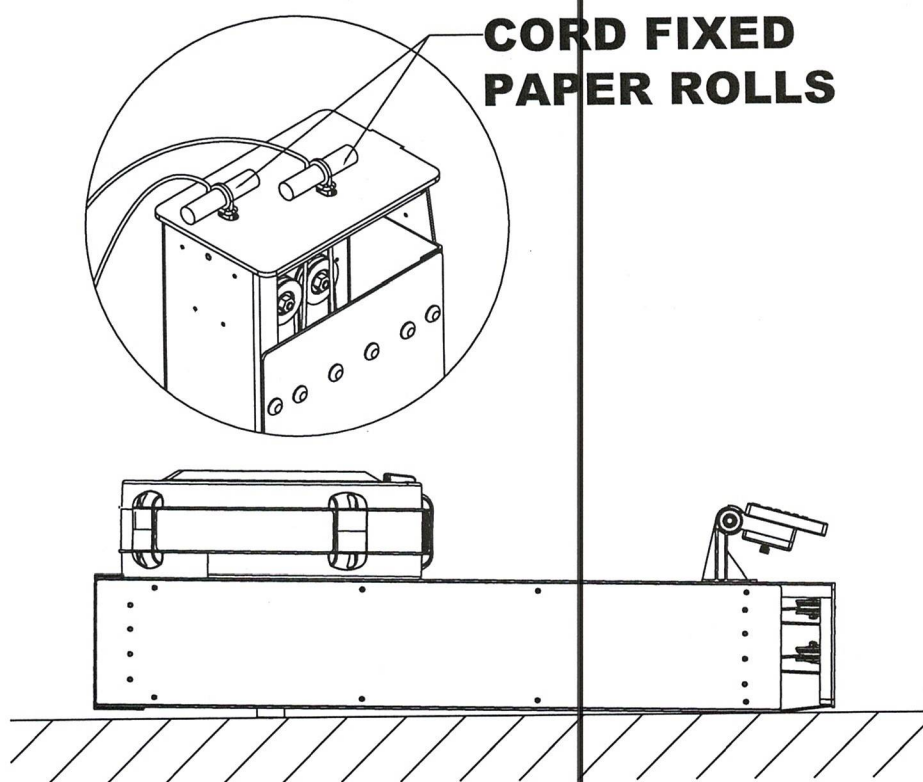
ASSEMBLY INSTRUCTION

****IMPORTANT NOTICE :**

1.REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

2. IN ORDER TO AVOID PERSONAL INJURY AND PRODUCT DAMAGE DURING THE INSTALLATION PROCESS,PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

3. PLS DO NOT REMOVE THE CORD FIXED PAPER ROLLS BEFORE COMPLETE THE MACHINE INSTALLATION TO THE WALL .



ASSEMBLY INSTRUCTION

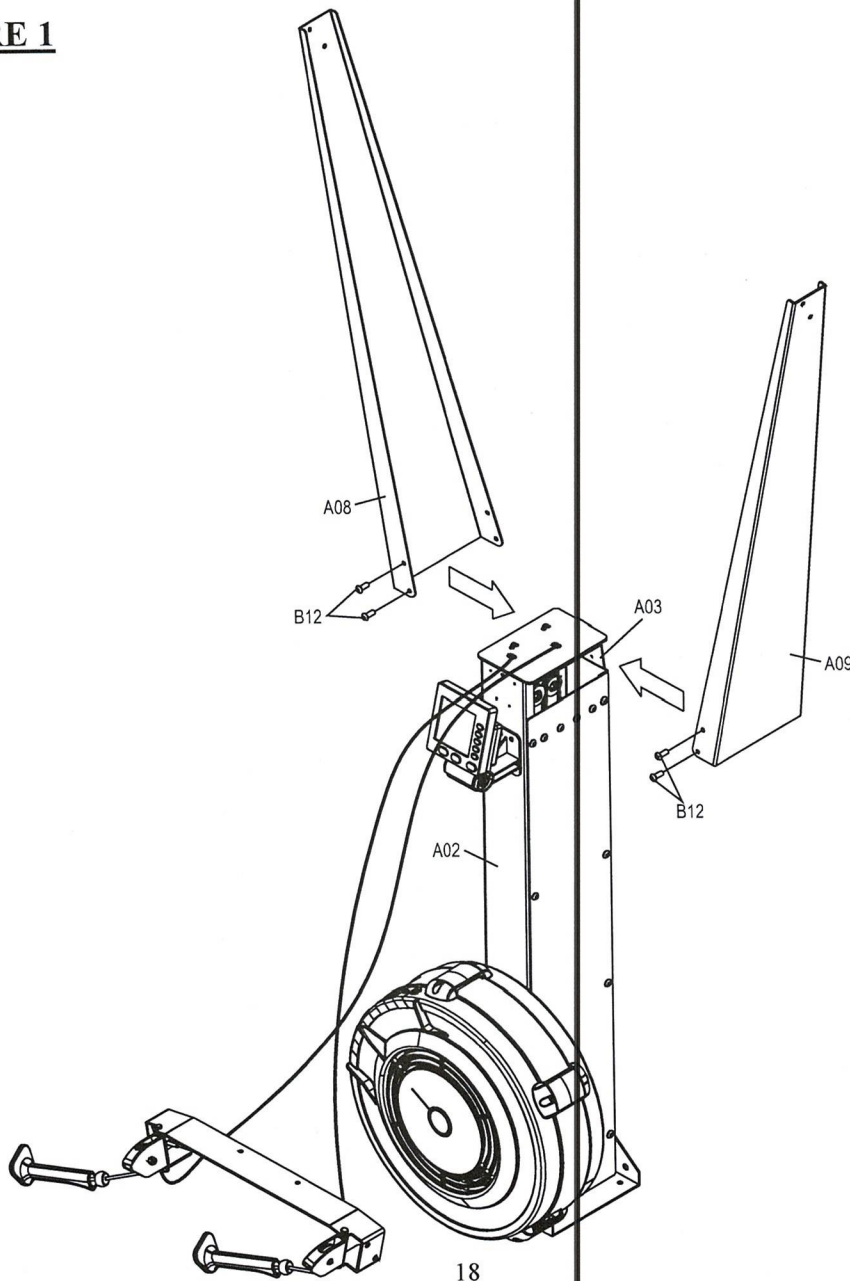
PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 1

Secure the Left and Right Arms(A08&A09) with the Front Frame Panel(A02) to be together by using screws(B12X4 PCS) as show on the drawing ,

Note: Be careful not to pinch or nip the cords in above process.

FIGURE 1



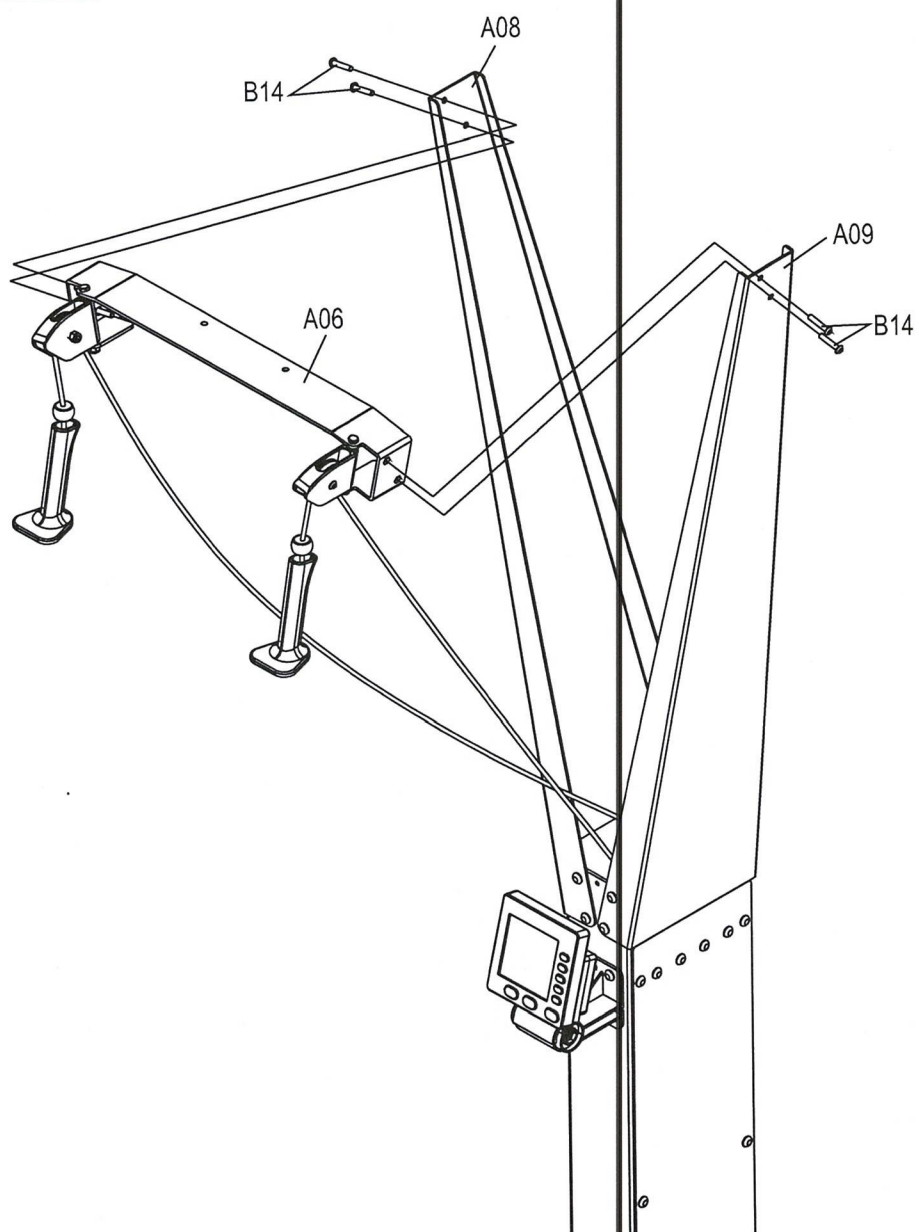
ASSEMBLY INSTRUCTION

PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 2

Attach the Top Bracket (A06) to be combined with Left and Right Arms(A08&A09) by screws (B14X4PCS)as show in the drawing .

FIGURE 2



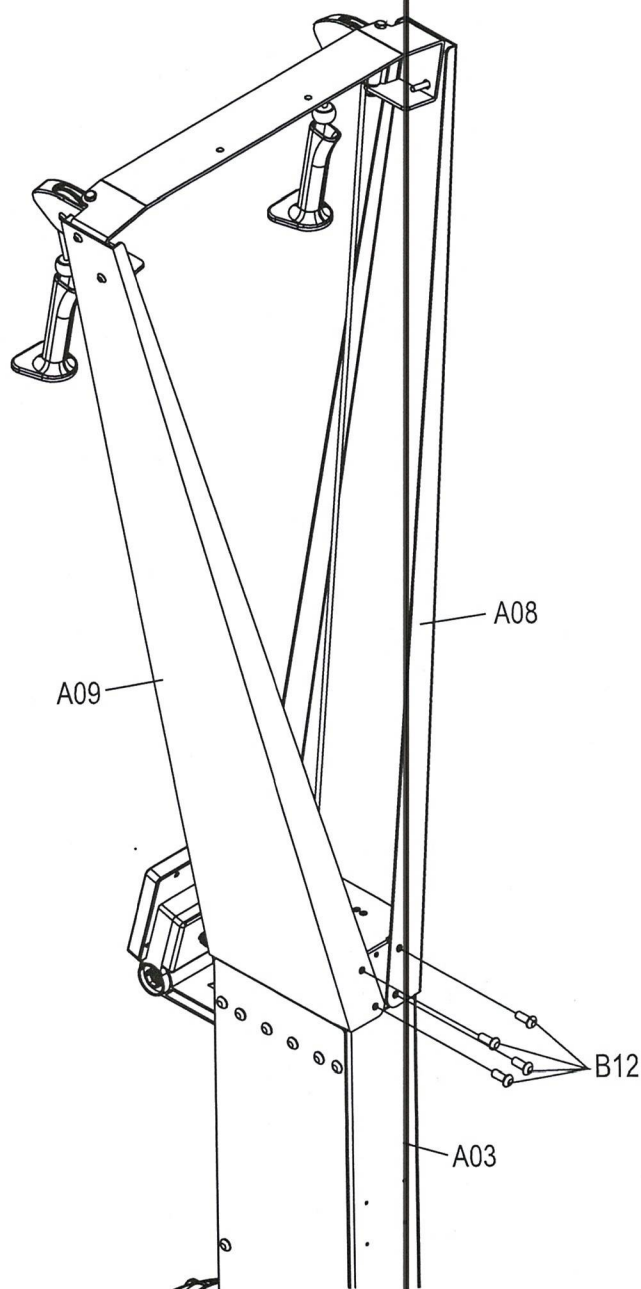
ASSEMBLY INSTRUCTION

PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 3

Secure the Left and Right Arms(A08&A09) with the Rear Frame Panel (A03) together by using screws(B12X4 PCS) as show on the drawing .

FIGURE 3



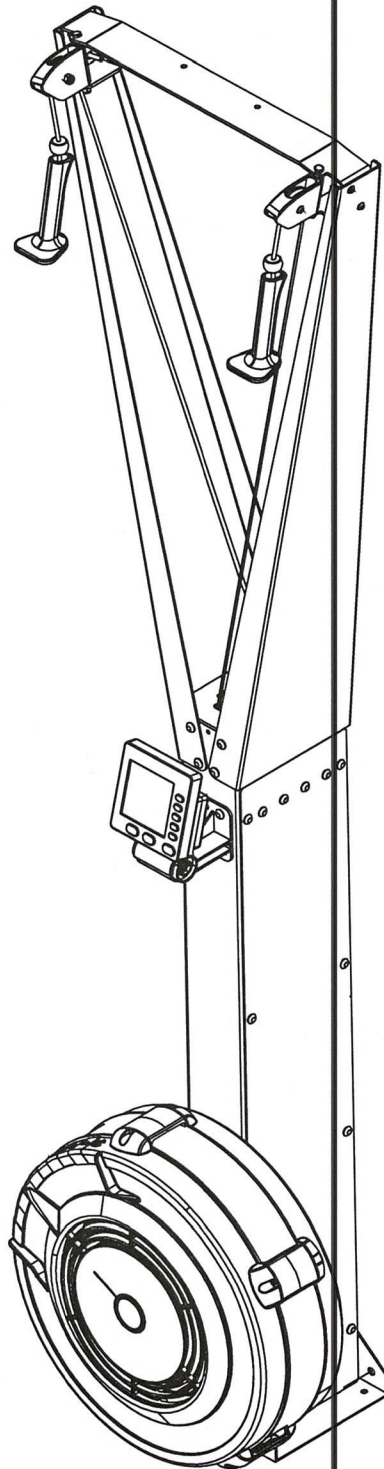
ASSEMBLY INSTRUCTION

FIGURE 4

You have completed the assembly of your main unit of **AIR**

SKIER.

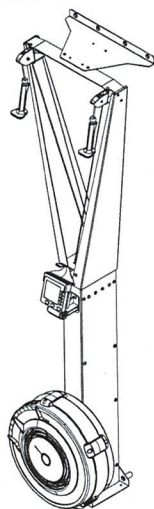
FIGURE 4



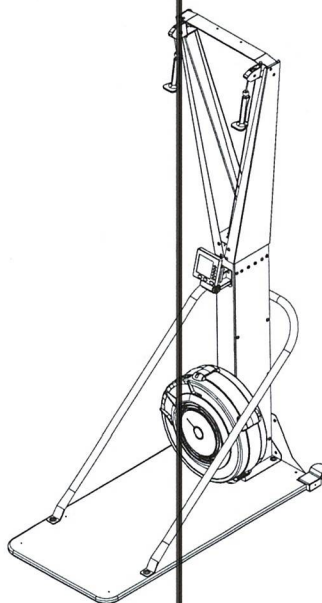
ASSEMBLY INSTRUCTION

FIGURE 5

You will have two methods to install your AIR SKIER :
Mount the AIR SKIER to a wall (A) or to the optional to be with the floor stand using(B) as show



A. Wall mounted



B. With optional floor stand

A. Wall mounted

The AIR SKIER must be securely and reliably fastened to a solid wall, hardware is included for attaching the AIR SKIER to a wall based on the below two status :

(1) with 16" wooden stud spacing.

-See next pages of 23~26 for 16" wooden stud installation recommendations

(2) other than 16" wooden stud spacing

- See next pages of 27~28 for other than 16" wooden stud installation recommendations

Note :For mounting to other types of wall construction (metal, concrete, etc.), please consult with a building professional for safe and secure installation.

B. With optional floor stand

If you choose the optional floor stand to install your Air Skier ,pls refer the another FLOOR STAND ASSEMBLY INSTALLATION manual)

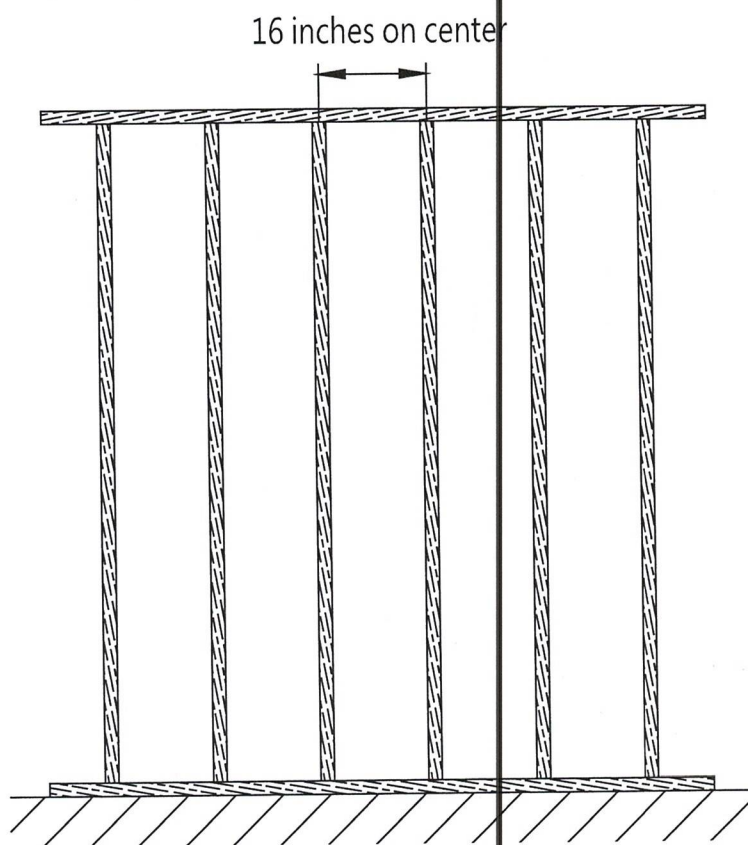
ASSEMBLY INSTRUCTION

FIGURE 6

Wall Mounting Instructions for a Wall with 16" Wooden Stud

Important Notice for install the machine to the wall

The Air Skier must be securely and reliably fastened to a solid wall. The Air Skier comes with pre-drilled holes for a standard 16" on center stud wall construction, Also the hardware –screws (B17) have to be installed at the central position of 16" wooden stud as show



SAFETY NOTE:

If you are unsure that your walls have wooden studs at 16" spacing, you should not continue installation until you determine the spacing of the studs.

If the studs are spaced at a dimension other than 16," you must follow the alternate installation instructions on pages 27~28. If you are still unsure about the spacing of the studs do not continue installation until you have made the correct determination or suggest to choose the optional floor stand install your Air Skier .

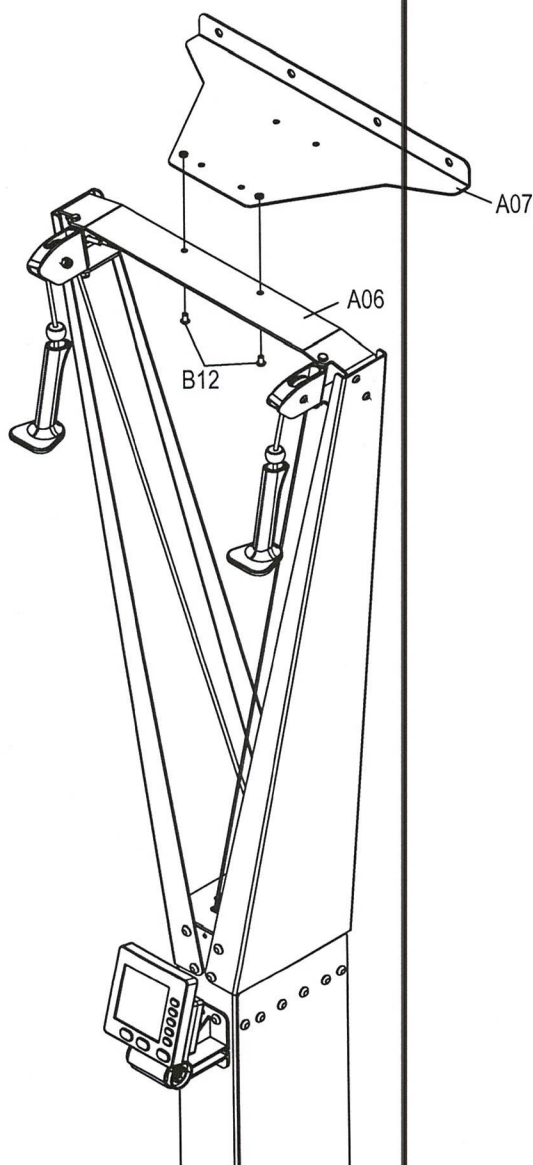
ASSEMBLY INSTRUCTION

PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 7

Wall Mounting Instructions for a Wall with 16" Wooden Stud

Lay the AIR SKIER on the floor with the flywheel facing up. Install the MOUNTING BRACKET (A07) on the AIR SKIER Top Bracket (A06) . Insert two 1/4"-20 *5/8 " Screws(B12) through the AIR SKIER top bracket (A06) and into the two outer holes of the MOUNTING BRACKET (A07) as show .

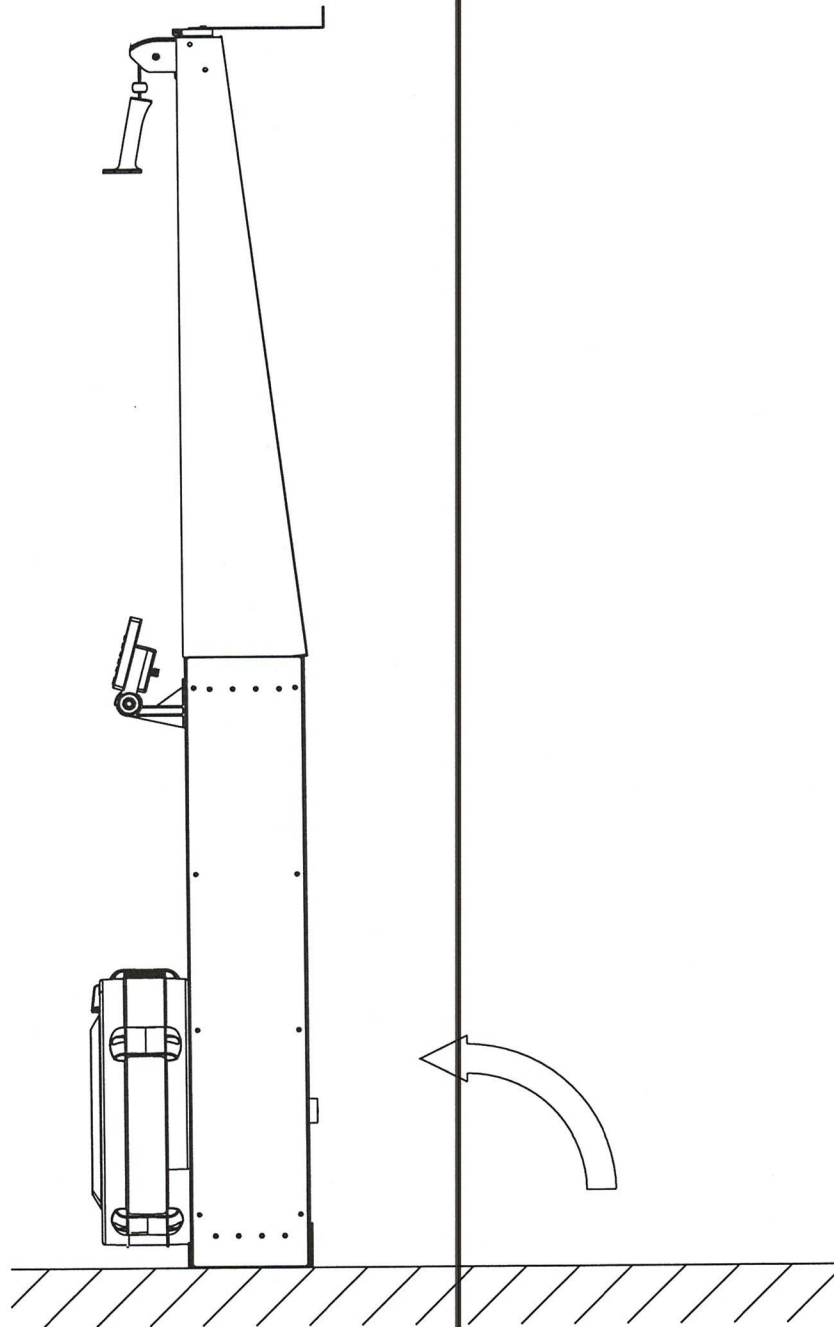


ASSEMBLY INSTRUCTION

FIGURE 8

Wall Mounting Instructions for a Wall with 16" Wooden Stud

You have completed the assembly of your main unit of AIR SKIER ,Pls stand up the machine carefully .



ASSEMBLY INSTRUCTION

FIGURE 9

Wall Mounting Instructions for a Wall with 16" Wooden Stud

Install the machine to the wall

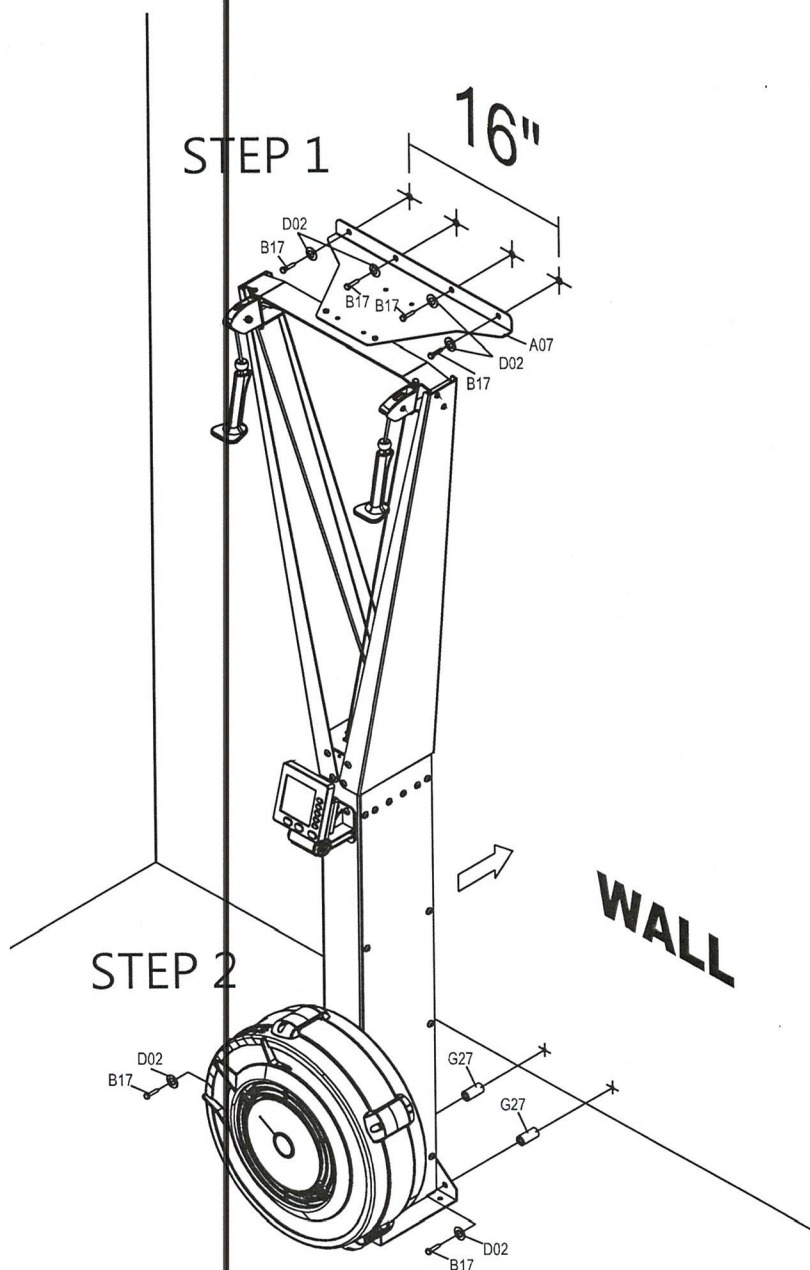
Step 1 .Hold the Air Skier up against the wall.

The two outside holes on the Mounting Bracket(A07) should be lined up with the wall studs. Mark each hole location. Mark each hole location.

Also mark each hole location where the Air Skier bottom bracket lines up with the wall (left and right side) .

Next assemble the washers (D02) on the screws(B17) and screw into each hole until tight as show .

Step 2 . Place a black spacer (G27) behind each mounting hole on the AIR SKIER bottom bracket. Assemble a washer(D02) on the screw(B17) and screw into each mounting hole until tight as show



NOTE :BE SURE YOU ARE DRILLING INTO SOLID MATERIAL AND THAT THE SKIER IS FIRMLY ATTACHED TO THE WALL TO AVOID ANY INJURY!

ASSEMBLY INSTRUCTION

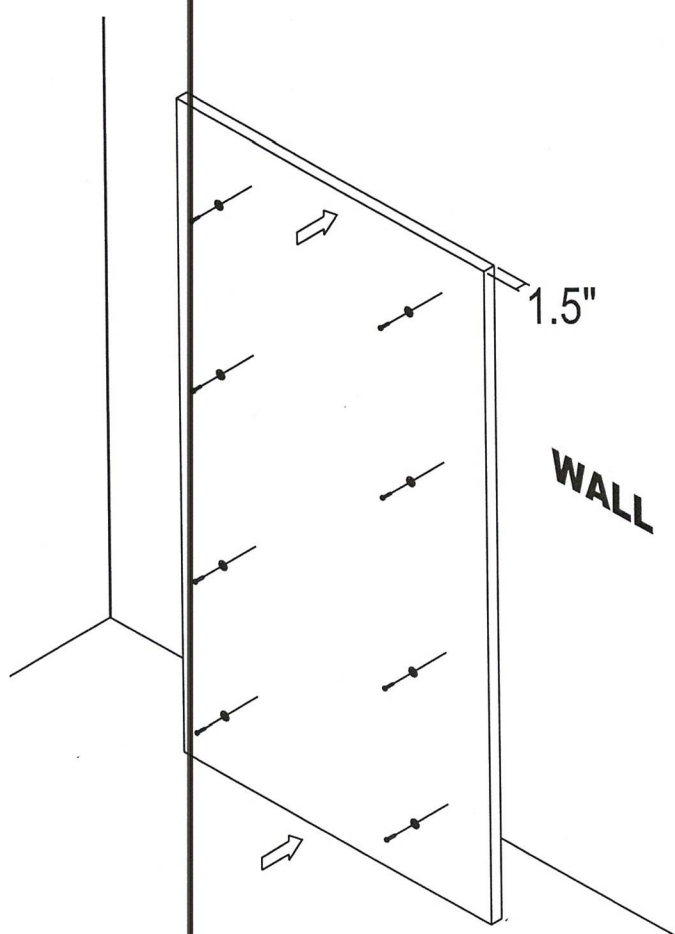
FIGURE 10

Wall Mounting Instructions for a Wall with Wooden Stud Spacing other than 16"

Prior to mounting your AIR SKIER to a wall with stud spacing other than 16"

you must provide a solid attachment point by first securing a wooden mounting plate to the wall as the below steps. This wooden plate should be 1.5" thick and suitable for receiving the screws(B17) (provided in parts bag) which will hold the AIR SKIER. You will need to provide screws(B17) and washers (D02) to attach this mounting plate to the wall **on next page**

1. Determine the location of the studs in your wall. Mark the center of the studs. Measure the distance between them.
2. Make 4 marks on each piece of wood 1" from the top, 1" up from the bottom, and separated by the stud spacing in your wall.
3. Drill through holes at each of these locations.
4. Install the pieces of wood such that the center line of the top piece is 87" above the floor, and the lower piece is resting on the floor. (Note, if you have a wooden baseboard, you may attach the directly to the baseboard.)
5. You may now follow steps 2-4 and the AIR SKIER mounting instructions **on next page** using the mounting hardware provided.



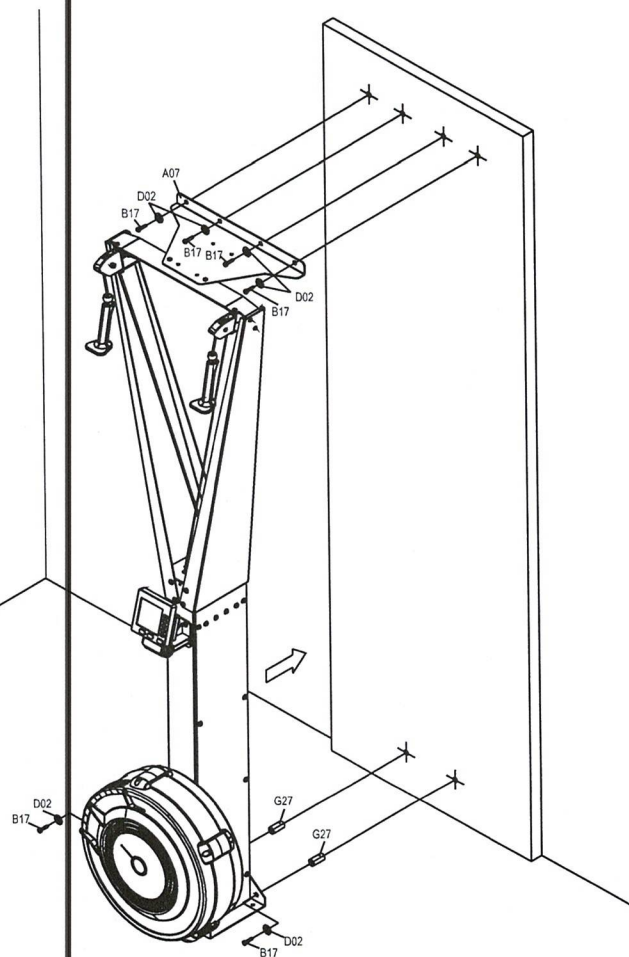
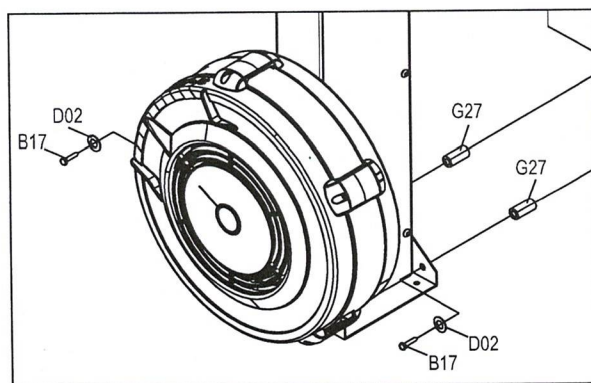
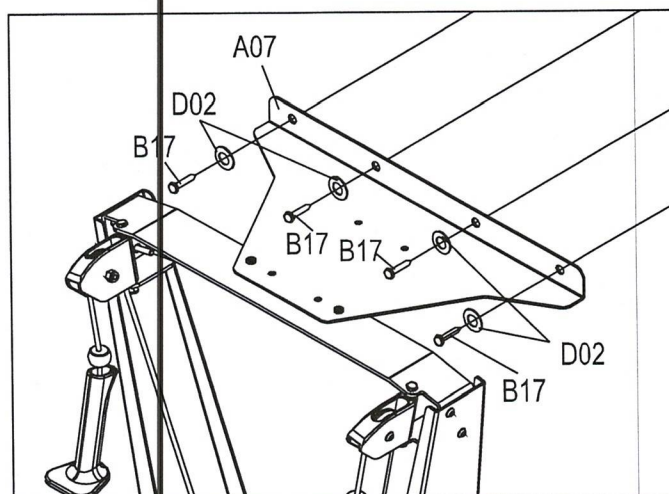
ASSEMBLY INSTRUCTION

FIGURE 11

Wall Mounting Instructions for a Wall with Wooden Stud Spacing other than 16"

1. Hold the Air Skier up against the wall.
The two outside holes on the Mounting Bracket(A07) should be lined up with the wall studs. Mark each hole location.
Also mark each hole location where the Air Skier bottom bracket lines up with the wall (left and right side) .Next assemble the washers (D02) on the screws(B17) and screw into each hole until tight as show .

2. Place a black spacer (G27) behind each mounting hole on the AIR SKIER bottom bracket. Assemble a washer(D02) on the screw(B17) and screw into each mounting hole until tight as show .



ASSEMBLY INSTRUCTION

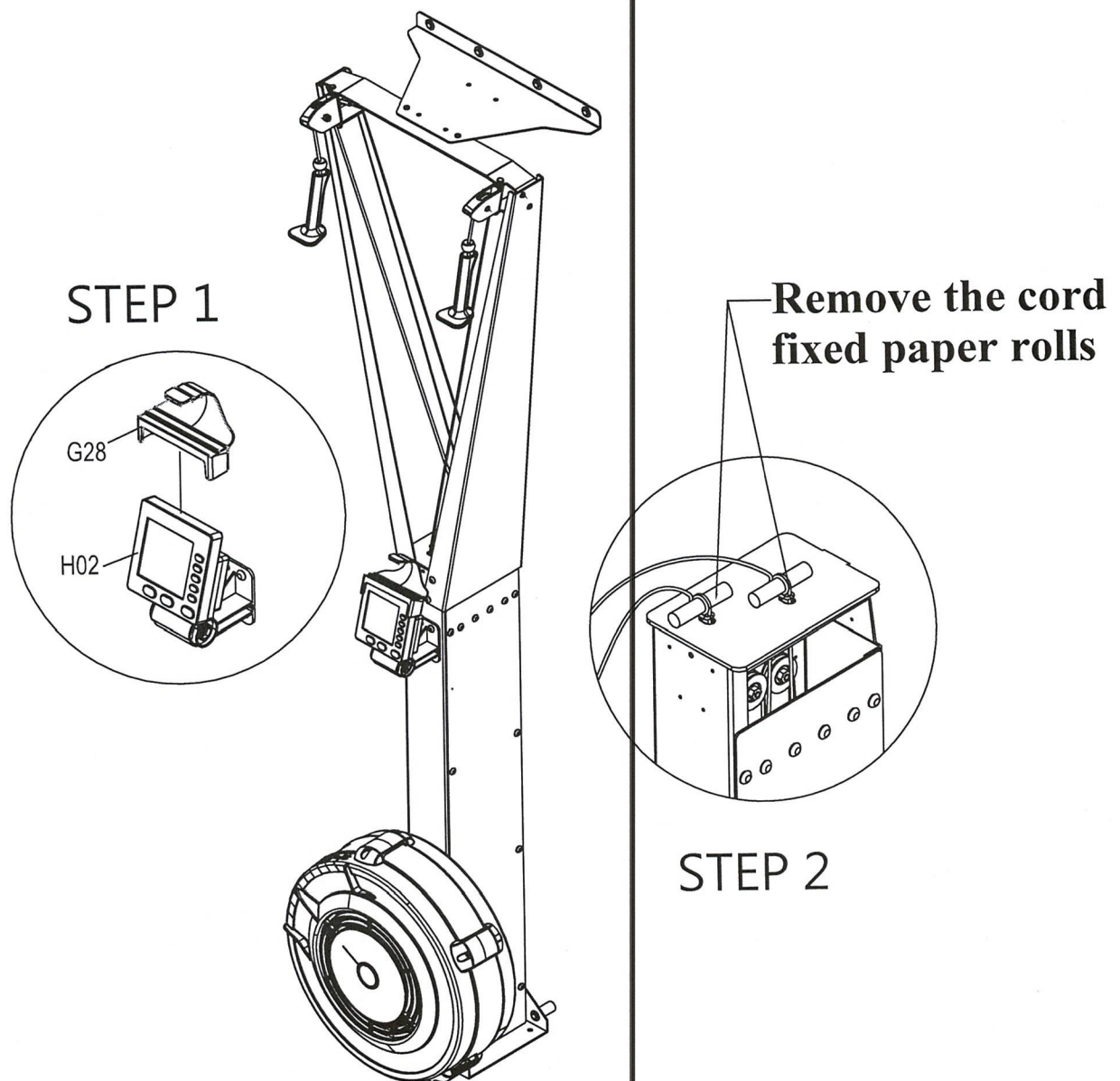
FIGURE 12

Step 1 :

Remove the cord fixed paper rolls

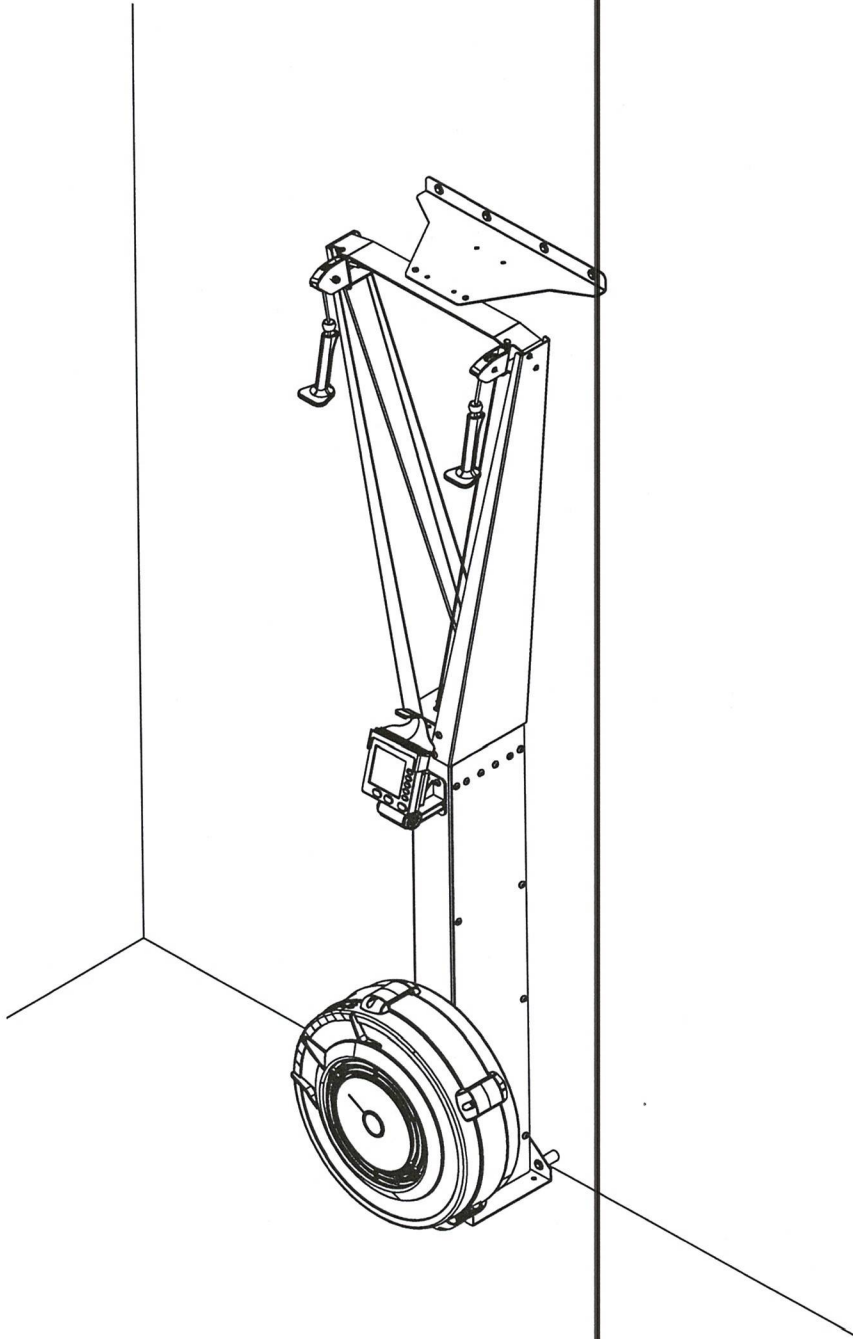
Step2:

Attach the Monitor Top Shroud (G28) above the Monitor (H02) as show .



ASSEMBLY INSTRUCTION

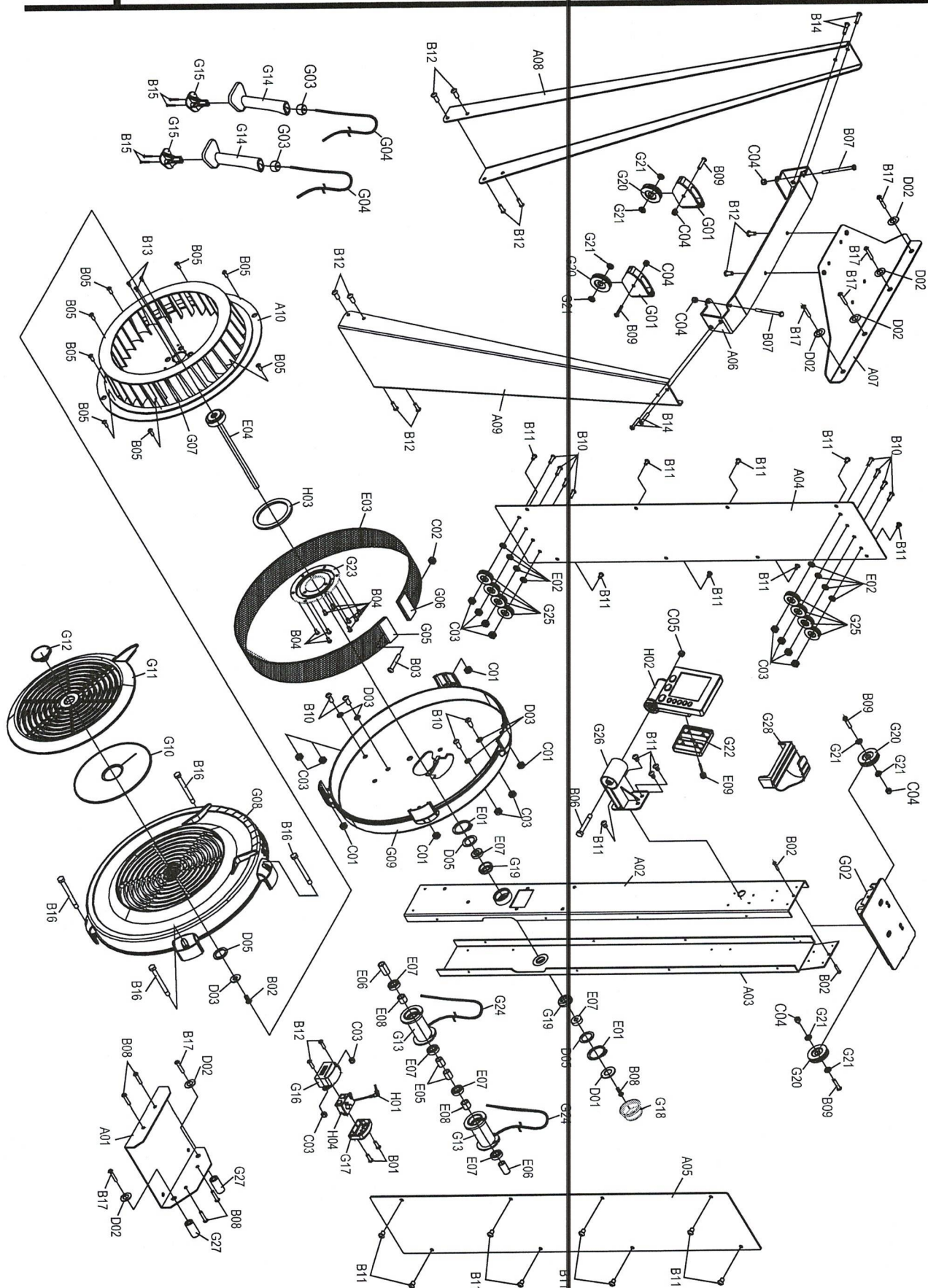
FIGURE 13



CONGRATATIONS !

You have completed the installation of your **AIR SKIER.**

Exploded View



Part List

NO.	PART NAME		QTY
A01	BOTTOM BRACKET		1
A02	FRONT FRAME PANEL		1
A03	REAR FRAME PANEL		1
A04	LEFT SIDE PANEL		1
A05	RIGHT SIDE PANEL		1
A06	TOP BRACKET		1
A07	MOUNTING BRACKET		1
A08	LEFT ARM		1
A09	RIGHT ARM		1
A10	FLYWHEEL BALANCED ASSY		1
B01	φ 8.0mm SELF-TAPPING SCREW(10*1'')(STAINLESS)		2
B02	φ 8.0mm SELF-TAPPING SCREW(10*3/4'')(STAINLESS)		3
B03	#6-32*2mm PHILLIPS SCREW(STAINLESS)		1
B04	M4*P0.7*6L SCREW(SILVER)		9
B05	M5*8L FLAT HEAD SCREW(BLACK)		8
B06	3/8-16*3 SCREW(STAINLESS)		1
B07	1/4-20*3-1/4" SCREW(STAINLESS)		2
B08	1/4-20*1/2" BUTTON HEAD SOCKET SCREW(STAINLESS)		5
B09	1/4-20*1-1/4" BUTTON HEAD SOCKET SCREW(STAINLESS)		4
B10	1/4-20*3/4" BUTTON HEAD SOCKET SCREW(STAINLESS)		12
B11	1/4-20*3/8" BUTTON HEAD SOCKET SCREW(STAINLESS)		20
B12	1/4-20*5/8" BUTTON HEAD SOCKET SCREW(STAINLESS)		12
B13	M4*P0.7*10L BUTTON HEAD SOCKET SCREW(STAINLESS)		3
B14	M6*P1.0*15L BUTTON HEAD SOCKET SCREW(STAINLESS)		4
B15	1/8*1 PHILLIPS SCREW(STAINLESS)		4
B16	φ 9.3mm ROUND HEAD SCREW(STAINLESS)		4
B17	5/16 ""*2" HEX HEAD SCREW(SILVER)		6
C01	#10 HEX NUT(φ 9.3mm ACROSS FLAT)(STAINLESS)		4
C02	#6 HEX NUT(φ 8.0mm ACROSS FLAT)(STAINLESS)		1
C03	1/4-20 HEX NUT(SILVER)		14
C04	1/4-20 LOCKNUT(STAINLESS)		6

C05	3/8-16 HEX NUT(STAINLESS)	1
D01	φ 16* φ 6.5*1.5t FLAT WASHER(BLACK)	1
D02	φ 23* φ 8.0*2.0t FLAT WASHER(SILVER)	6
D03	φ 30* φ 6*1.5t FLAT WASHER(BLACK)	5
D04	φ 34.7* φ 20.1*0.5mm STAINLESS WASHER	2
D05	M26 WAVE WASHER(BLACK)	1
E01	R-35 RING (BLACK)	2
E02	φ 10* φ 6.0*3.5t SPACER(STAINLESS)	8
E03	FLYWHEEL OUTLET SHEET	1
E04	FLYWHEEL AXLE	1
E05	FLYWHEEL SPACER(INNER)	2
E06	FLYWHEEL SPACER(OUTER)	2
E07	6001 Z PRECISE BEARING	6
E08	CLUTCH BEARING	2
E09	BATTERY CAP GROMMET	1
G01	TOP PULLEY SWIVEL HOUSING	2
G02	FRAME CAP	1
G03	TPR STOPPER	2
G04	HANDLE CORD	2
G05	CONNECTOR NUT SIDE	1
G06	CONNECTOR SCREW SIDE	1
G07	FLYWHEEL	1
G08	FRONT FLYWHEEL COVER	1
G09	BACK FLYWHEEL COVER	1
G10	DAMPER RING	1
G11	FLYWHEEL DAMPER	1
G12	CENTRAL CAP	1
G13	CORD SPOOL	2
G14	HANDLE	2
G15	HAND END PLUG	2
G16	GENERATOR FRONT COVER	1
G17	GENERATOR REAR COVER	1
G18	SHAFT CAP	1
G19	BEARING RUBBER CAP	2

G20	CORD PULLEY		4
G21	CORD PULLEY SPACER		8
G22	BATTERY CAP		1
G23	WHEEL CAP		1
G24	BUNGEE CORD		2
G25	BUNGEE CORD PULLEY		8
G26	MONITOR BRACKET		1
G27	BOTTOM BRACKET SPACER		2
G28	MONITOR TOP SHROUD		1
H01	GENERATOR WIRE		1
H02	MONITOR		1
H03	MAGNET		1
H04	GENERATOR		1

CONSOLE INSTRUCTION

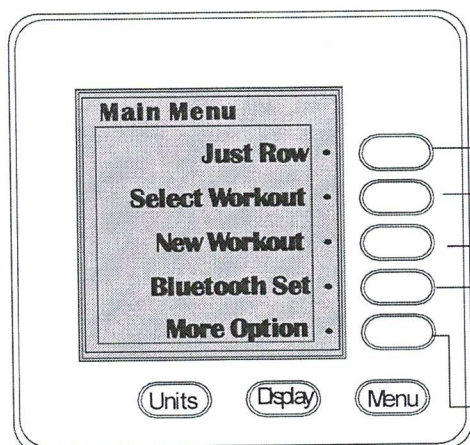
OVERVIEW OF THE PERFORMANCE MONITOR (V2)

For Dynamic Indoor Air Rower, and the Air Skier.

Getting Started:

General Operation

- The V2 will automatically displays your workout data as you start your workout on the machine , or press the MENU button/Any buttons to power up the V2 monitor .
- Press MENU button to go back to the previous display .
- Use the MENU button to access all features.



Row or ski without a pre-set distance or time. The V2 will begin recording your workout data when you take your first stroke. Your results will be saved if you row/ski longer than one minute and press MENU.

Choose from a selection of pre-programmed standard

Set your own time, distance or calories ---etc different workouts .you can try to have more fun workouts.

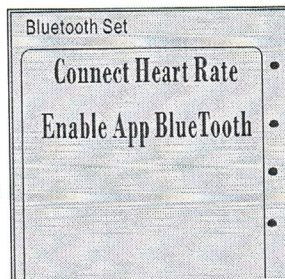
Use this button to open and set Bluetooth, you can use it to connect to Kinomap APP, or Bluetooth Heart Rate monitor device

Access additional functions and information

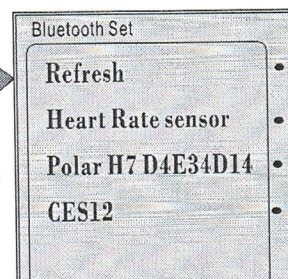
Bluetooth Device Pairing & Select.



KinoMap App



BLE Heart Rate monitor



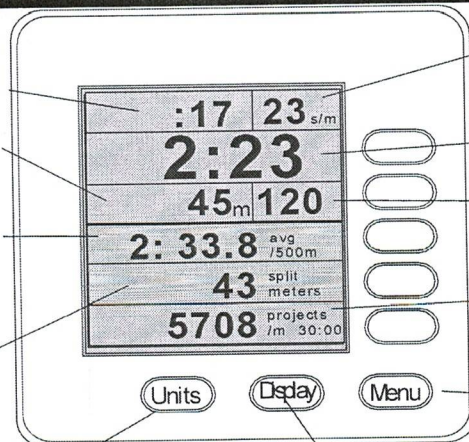
BLE Heart Monitor Connection: use Bluetooth Set at Menu, Once enter Bluetooth Set display will shows Connect Heart Rate and Enable App BlueTooth, select Connect Heart Rate, V2 will find all the BLE heart rate monitor and showing on the display, please select device you have. Then it will connect each together, if you can not find your device, please use Refresh to re-find all BLE device.

KinoMap APP connection: Turn your Bluetooth of smart phone, the use system setting to finding Vmax XXXXX(BLE SERIAL NUMBER), Once VmaxXXXXX (BLE SERIAL NUMBER) is found on smart phone, please connect it, then you can work it on your phone.
Memory Workout: from Kinomap all of your workout can be saved in your workout database. You can review it any time.

Firmware : Firmware is the internal software that runs your Performance Monitor(V2). Your V2 comes pre-installed with the latest firmware, however, new and improved versions are offered regularly. The free V2 software makes posted regularly. The free V2 Utility Software makes it easy to update your software with the latest firmware version at any time. When V2 detect flash drive (USB) with newest version software, it will automatic update software,

Caution: don't unplug flash drive (USB)until update finished.

V2 Menu Map



Strokes per minute (s/m).

Pace (in time) per 500m (calculated each stroke).
Your pace is the amount of time it takes to row or ski 500m. A smaller time is faster.

Heart rate
(Optional. Requires additional chest belt.)

Projected meters in 30 minutes if the current average pace is maintained.

MENU

Push to power up the PM, display the previous Menu or save workout results.

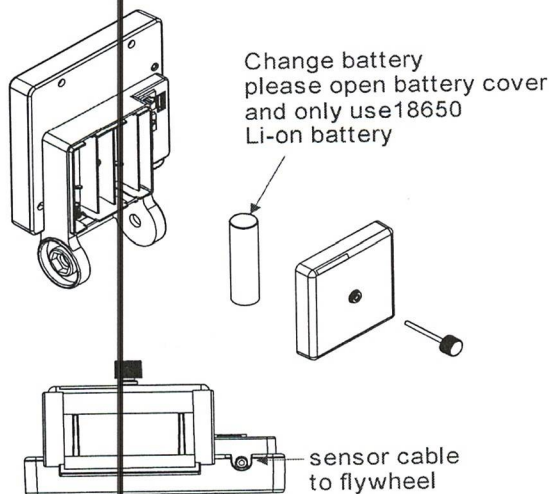
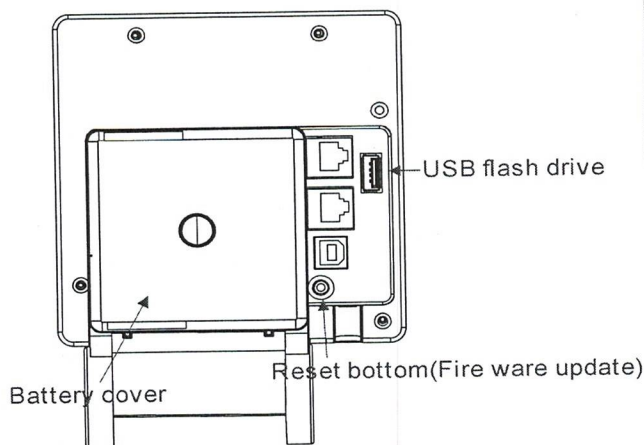
Display

Push to change display between All Data, Force Curve, Paceboat /Pace Skier, Bar Chart, and Large Print.

Average pace (in time) per 500m. This is the average for your entire workout

Split meters. The number of meters rowed or skied in a given distance or time. In Just Row / Ski splits are five minutes long.

Units: Push at any time to change units between Meters(m), Pace (time/500m), Watts and Calories (Cal).



POLAR

Kinomap

MAINTENANCE REMINDER FUNCTION :

After a long period time workout when the accumulated workout distance is over **500 KM (500,000 METERS)**

---the Monitor screen will be coming up with **MAINTENANCE** on the top right of the screen automatically , this signal will remind you to proceed the general maintenance on the machine as below :

* General Maintenance :

Daily

Wipe the monorail with a cloth or non-abrasive scouring pad after use. You can use soap and water or any glass cleaner. Do not use mineral acids, bleach, or coarse abrasives.

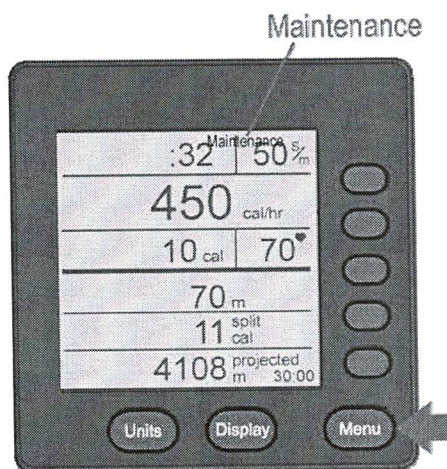
Every 500 KM, Weekly for Institutional Users

Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil, or 20W motor oil. Apply oil to a paper towel, and rub the paper towel along entire length of chain. Wipe off the excess. Repeat if needed. Do not clean the chain with any kind of cleaner or solvent, e.g. WD-40®.

Every 2500 KM, Monthly for Institutional Users

1. Inspect the chain for stiff links. If stiff links are found, and if thorough lubrication does not help, replace the chain.
2. Inspect the chain-handle connection for wear. If the hole has become elongated, or the U-bolt is worn halfway through, replace the entire connection.
3. Tighten the shock cord if the handle does not return all the way to the fan enclosure.
4. Check screws for tightness, including those used for assembly.
5. Loosen or tighten the nuts on the Performance Monitor arm joints as necessary..
6. Check for dust inside flywheel with a flashlight. Vacuum if needed.

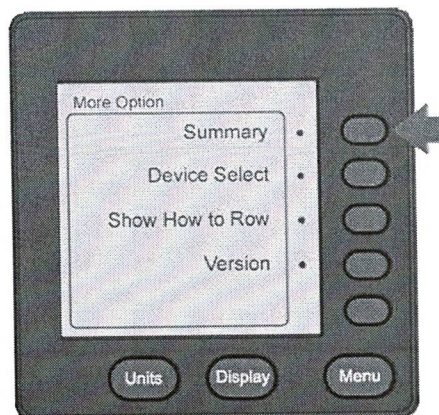
After proceeding the General Maintenance on the machine ,you can follow up the below monitor operation Steps to remove the "MAINTENANCE " reminder words from the screen .



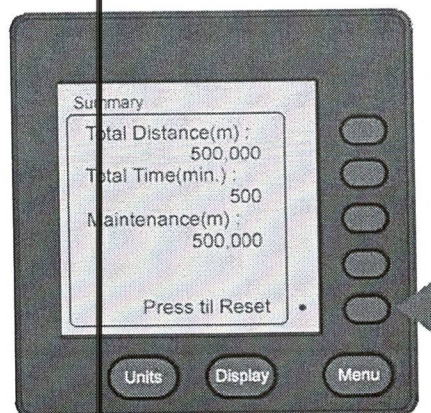
STEP 1.
When the main screen appears Maintenance .
Press Menu to enter the Main Menu



STEP 2.
Press to enter More Options



STEP 3.
Press to enter Summary



STEP 4.
Press and hold Press til Reset for more than 3 seconds to reset the Maintenance value to zero