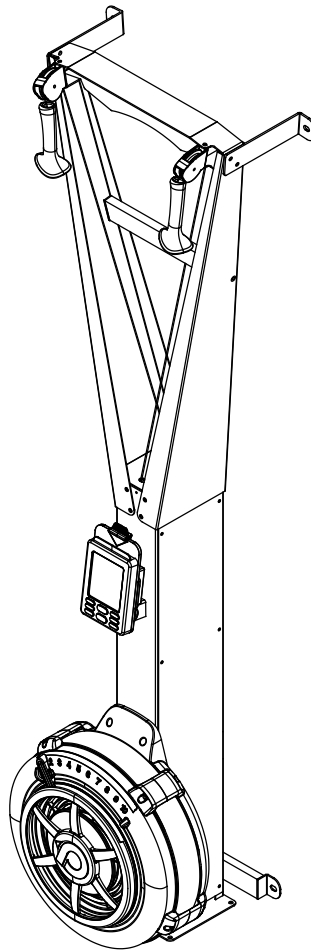


OWNER'S MANUAL

-BOX1

(FOR WALL MOUNTING STYLE)



Product May Vary Slightly From Pictured.

ITEM NO.:

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SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safe Instructions before using the **AIR SKIER**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **AIR SKIER** for the first time.
3. Read all warnings and cautions posted on the **AIR SKIER**.
4. The **AIR SKIER** 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 **AIR SKIER**. Do not allow children to use or play on the **AIR SKIER**. Keep children and pets away from the **AIR SKIER** 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 **AIR SKIER** on a solid level surface. Do not position the **AIR SKIER** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **AIR SKIER**.
10. Before using, inspect the **AIR SKIER** 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 **AIR SKIER**.
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 **AIR SKIER**, loss of balance may result in a fall and bodily injury.
17. Do not use the U-BAR BRACKET (6) to move the **AIR SKIER**. 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 **AIR SKIER** should be used with training area 24 X 52 X 85 inch (61 X 132 X 215.9 cm).
19. The **AIR SKIER** should be used by only one person at a time.

BEFORE YOU BEGIN

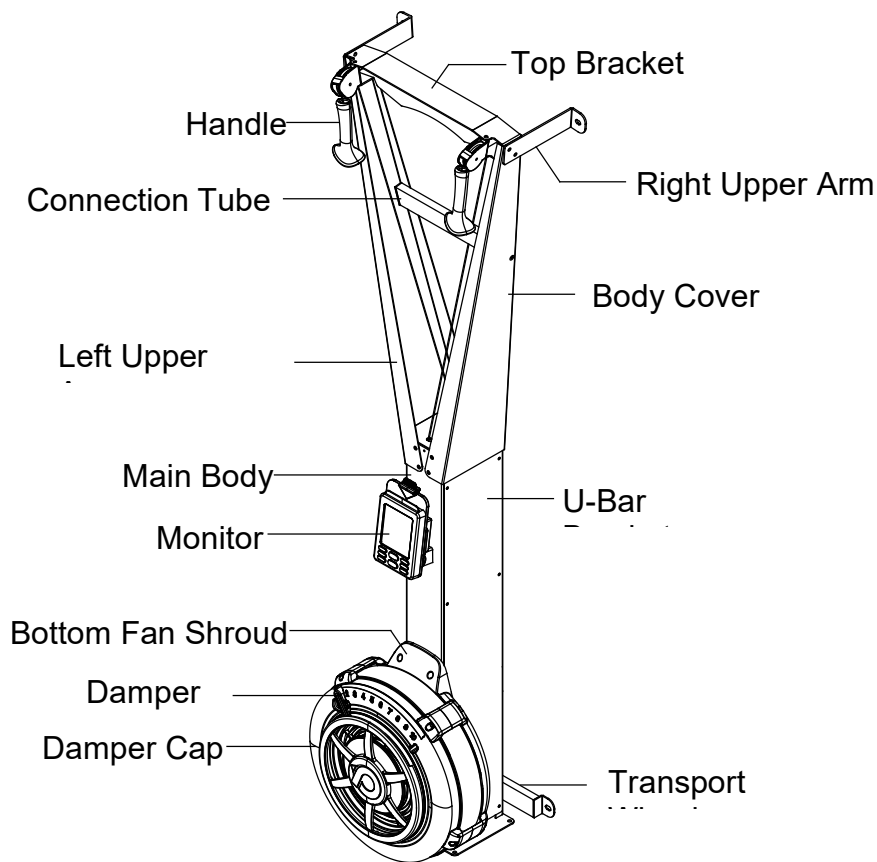
Thank you for choosing the **AIR SKIER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

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 **AIR SKIER** 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 **AIR SKIER**.

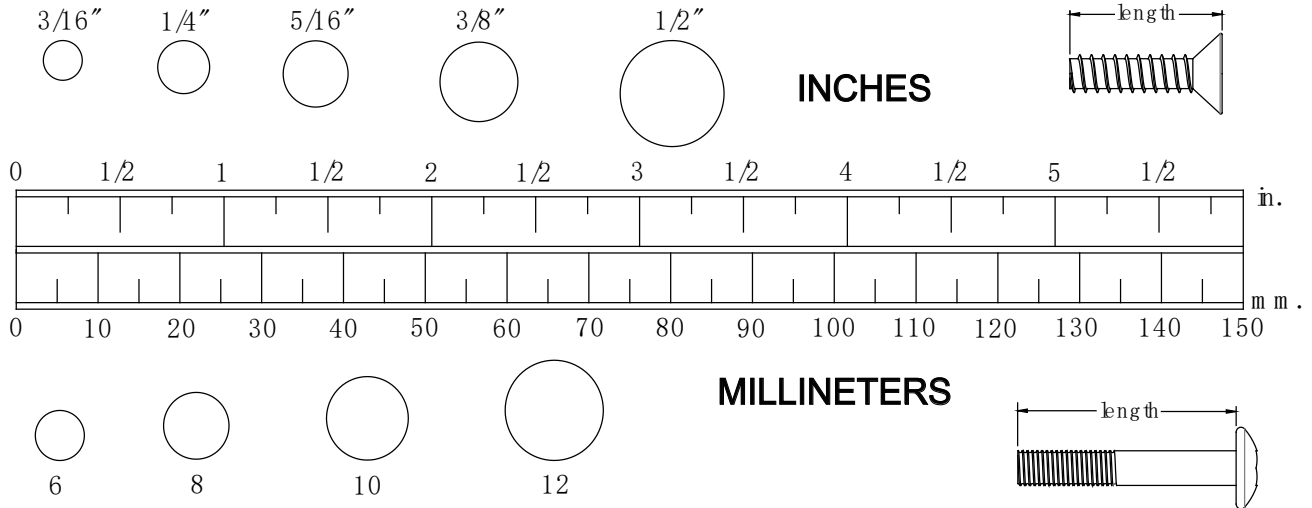


THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



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.

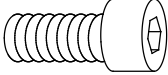

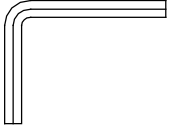
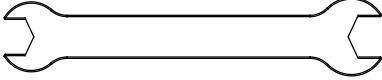


NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

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

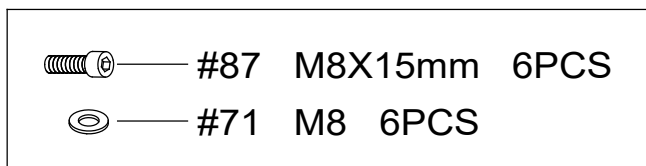
	#87	Socket Head Cap Screw, M8x15 mm	14
	#71 #55	Flat Washer, M8 Flat Washer, Φ22xΦ9x2.0mm	17 4
	#89	Allen Wrench 6mm	1
	#88	Wrench 13-15	1

ASSEMBLY INSTRUCTIONS

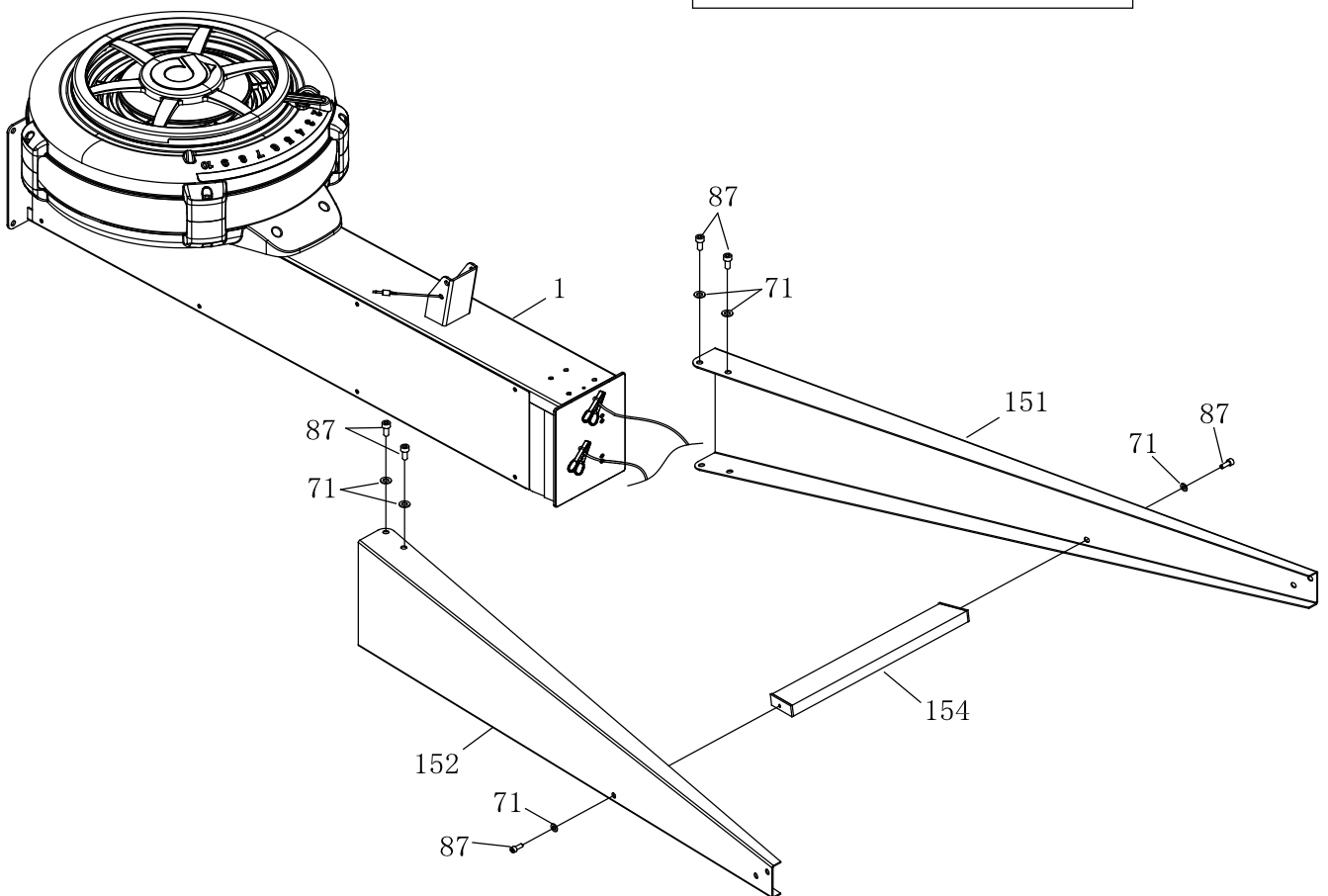
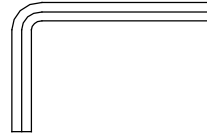
STEP 1

Attach the **Left and Right Upper Arms (151/152)** to **Main Body (1)** using: 4 PCs of **M8x15mm Socket Head Screw (87)** and **M8 Flat Washer (71)**. Attach the **Connection Tube (154)** to the **Left and Right Upper Arms (151/152)** using: 2 PCs of **M8x15mm Socket Head Screw (87)** and **M8 Flat Washer (71)**.

NOTE: Fully tighten bolts at end of above steps



#89 Allen Wrench 6mm





ASSEMBLY INSTRUCTIONS

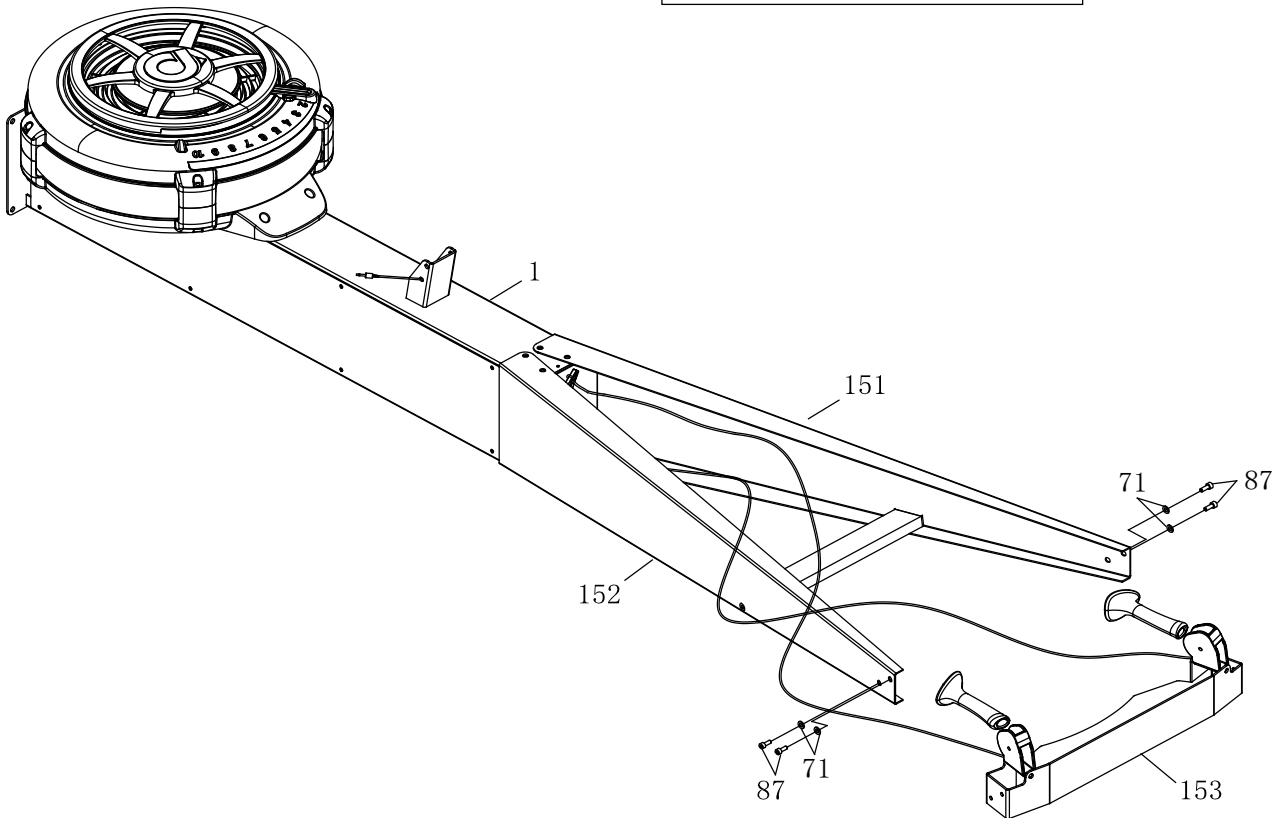
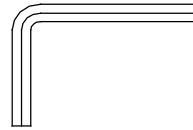
STEP 2

Attach the **Top Bracket (153)** to **Left and Right Upper Arms (151/152)** to using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**.

NOTE: Fully tighten bolts at end of above steps

 — #87 M8X15mm 4PCS
 — #71 M8 4PCS

#89 Allen Wrench 6mm



ASSEMBLY INSTRUCTIONS

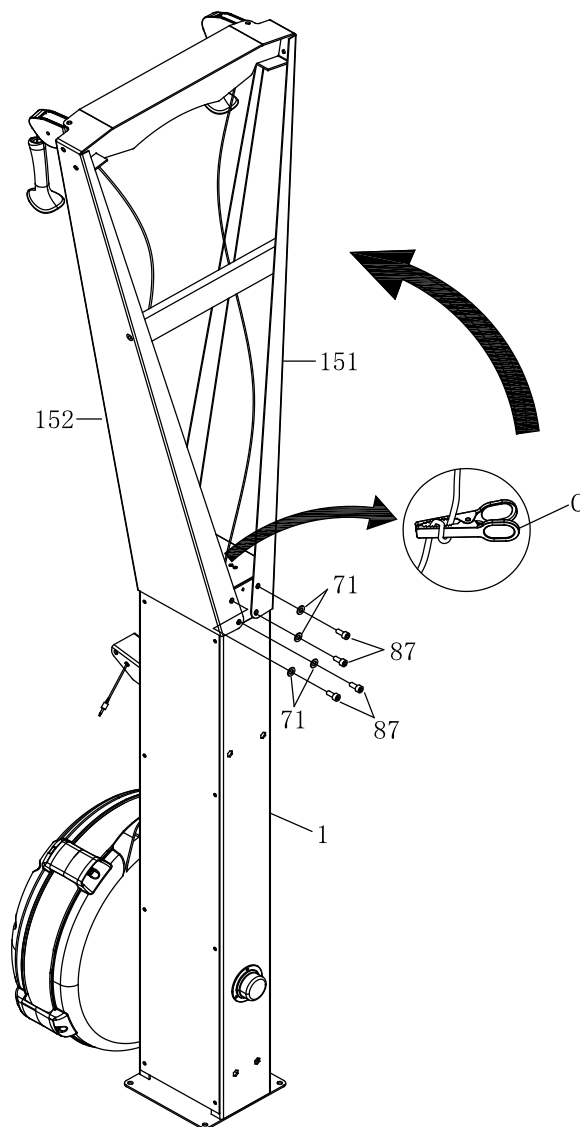
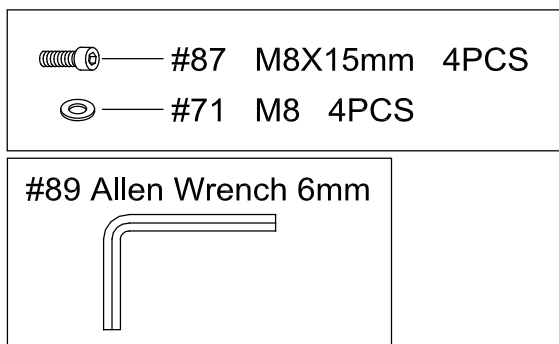
STEP 3

Make the assembly stand up. Tighten the **Left and Right Upper Arms (151/152)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**.

NOTE: Fully tighten bolts at end of this step.

STEP 4

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



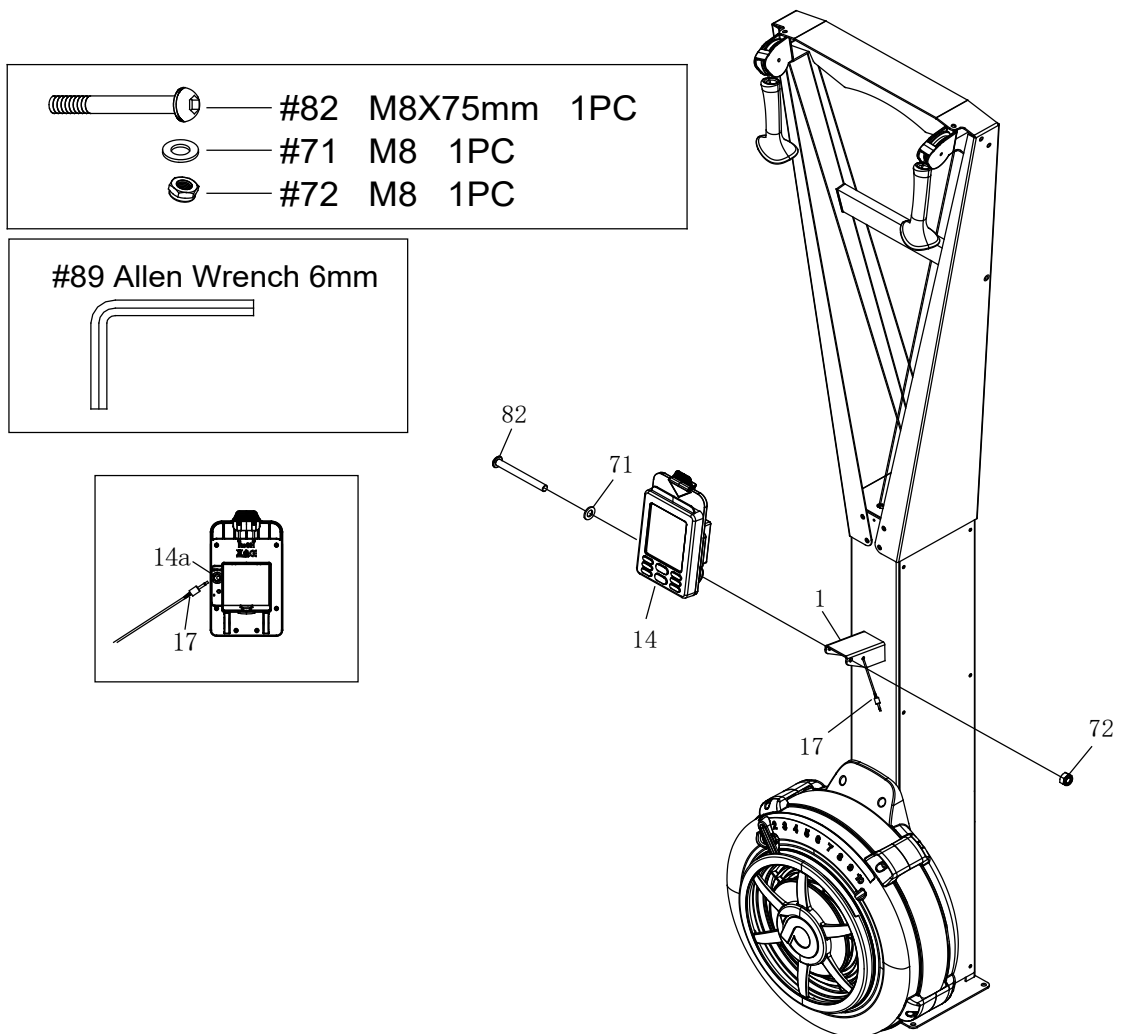
ASSEMBLY INSTRUCTIONS

STEP 5

Attached the **Console Monitor (14)** to the console mounting bracket on **Main Body (1)** using: 1PC of **M8x74mm Button Head Cap Screw (82)**, **M8 Flat Nylon Nut (72)**, and **M8 Flat Washer (71)**.

STEP 6

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



ASSEMBLY INSTRUCTIONS

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)**.

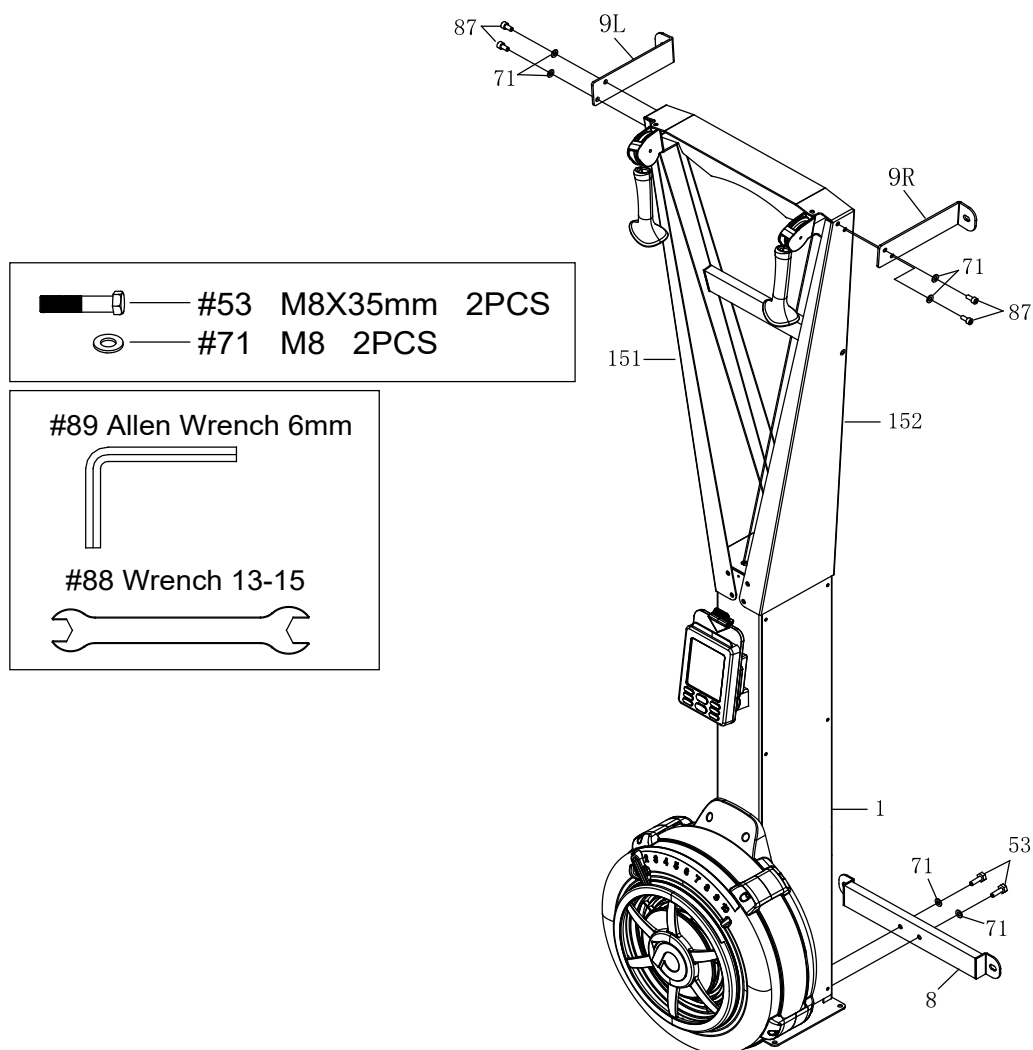
STEP 8

Remove 1 PC of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)** on the **Left Upper Arm (151)**. Attach the **Left Upper Wall Mounting Bracket (9L)** on **Left Upper Arm (151)** 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 (152)**. Attach the **Right Upper Wall Mounting Bracket (9R)** on **Right Upper Arm (152)** using: the same screw and washer (87&71).

NOTE: Fully tighten bolts at end of this step.



ASSEMBLY INSTRUCTIONS

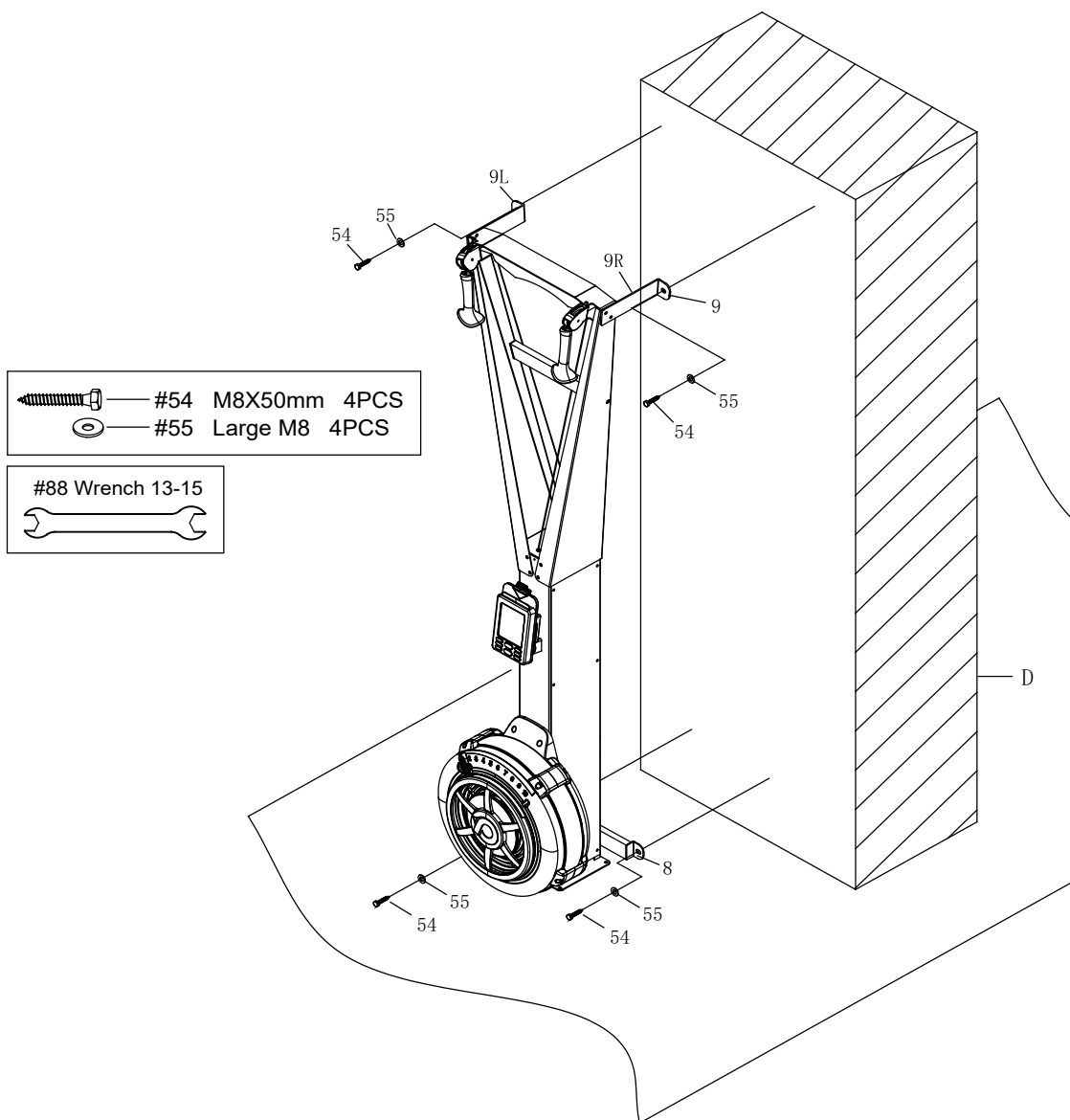
STEP 10

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 Brackets (8)**. Drill 4 holes based on the position 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 (55)**.

NOTE: Fully tighten bolts at end of above steps.



COMPUTER INSTRUCTIONS

Your AIR SKIER 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.



I. INITIAL SETUP

POWER ON:

- When sensor is connected, start skiing and it will enter Quick Start.
- Press any buttons to turn on computer and it will enter IDLE mode.

POWER OFF:

- In IDLE mode, automatically shuts off after 1 minute of inactivity.
- In all other programs, automatically shuts off after 2 minutes of inactivity.

BATTERY INSTALLATION:

- Console operates on 2 Size D batteries. The battery compartment is on the back of the console. Battery is included.
- When there's no batteries installed, console can still work in Quick start.

COMPUTER INSTRUCTIONS

II. FUNCTION BUTTONS

NOTE: Default exercising mode is Quick start program. Press any button to wake up the monitor.

***When the backlight is off, press any button to turn on the backlight.**

▲ (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. In MEMORY mode, use to change between different workouts saved.

▼ (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. In MEMORY mode, use to change between different workouts saved.

BACK BUTTON:

- Press to go back to previous step. When the program finishes, press to go back to IDLE mode.

STOP BUTTON:

- Pressing the first time will awake the backlight if the light is off. Pressing the second time will stop the workout. All the values will stop counting. Pressing the third time will enter the SUMMARY to view your workout result. Pressing the fourth time to go back to the IDLE mode.
- During program modes, not including Quick Start mode, you must press stop in order to save your workout into memory.
- Hold STOP button and everything will reset and return you to IDLE mode

ENTER BUTTON:

- When selecting the programs and presetting target values, press to confirm or go into next value setting.

TARGET BUTTON:

- In the IDLE mode, press the button to enter the Target Countdown Programs. Keep pressing the button to cycle through the programs in the following sequence: DISTANCE -> CALORIE -> TIME.
- In the TARGET program, you will be asked to set the target value. The flashing number indicates the value you need to set as the target.

INTERVALS BUTTON:

- In the IDLE mode, press the button to enter the Interval Programs. Keeping pressing the button to cycle through the programs in the following sequence: DISTANCE -> CALORIE -> TIME.
- In the Interval Programs, you will be asked to set the Workout value and the resting value. The flashing number indicates the value you are setting.

SELECT BUTTON:

- In any program, press the button to change the display values in the window. Press the first time to view the different values. Press the second time to alter the values every 5 seconds. You will hear two beep sounds when you press the button for the second time.

COMPUTER INSTRUCTIONS

III. CONSOLE DISPLAY

S/M (STROKE RATE):

- Display current stroke per minute during exercise. Display range: 0-99

STROKES & METER/30MIN:

- STROKES displays total number of strokes during exercise. Display range 0 - 99999.
- METER/30MIN displays estimated distance based on current S/M. Display range 0 - 99999.

TIME:

- Display range: 00:00 - 99:59. The numbers go back to 00:00 if reaches the max time.
- Workout time is accumulated under any workout mode except for Time Countdown Program.

/500M:

- Displays estimated time to reach 500 meters. Display range 00:00 - 99:59.

AVE /500M & M:

- AVE /500M displays estimated average time to reach 500 meters. Display range 00:00 - 99:59.
- M displays total distance accumulated in the exercise. Display range 0 - 99999.
- In Distance Countdown Program, default setting is 500 meters. Display range 100 - 99900m.
- In Distance Interval Program, default setting is 500 meters. Display range 100 - 50000m.

CAL/HR & WATT:

- CAL/HR displays estimated calories accumulated in an hour. Display range 0 - 9999.
- WATT displays current watt during exercise. Display range 0 - 9999.

AVE WATT & CAL:

- AVE WATT displays average watt during exercise. Display range 0 - 9999.
- CAL displays total calories accumulated in the exercise. Display range 0 - 9999.
- In Calorie Countdown Program, default setting is 20 cal. Display range 10 - 9999.
- In Calorie Interval Program, default setting is 20 cal. Display range 10 - 9990.

♥ PULSE & DRAG

- Display heart rate from 40 to 220 beats per minute during exercise. To use this function, user must wear Heart Rate Chest Strap with a 5.3K Hz frequency.
- Display Drag Factor value, which refers to the rowing cadence and resistance you feel.

INTERVAL

- Used only in INTERVAL programs, it displays which cycle of interval you are on.

RUN & REST:

- Only appears in Interval Programs.
- In Time Interval Program, RUN displays remaining time of workout. Display range 0:20 - 99:00.
- In Distance Interval Program and Calorie Interval Program, RUN displays accumulated time of workout. Display range 0:20 - 99:59.
- REST displays remaining time for break in interval programs. Display range 00:01 - 99:59.

COMPUTER INSTRUCTIONS

SPLIT & MEMORY:

- MEMORY displays workout history. Use SELECT button to enter the program.
- SPLIT doesn't display during exercise, but only in the summary and memory program.
- SPLIT XX indicates which segment of movement. Display range 0 -99.

IV. PROGRAMS

The Console Monitor has eight programs: QUICK START, TIME (countdown), DISTANCE (countdown), CALORIES (countdown), INTERVAL PROGRAMS of Time, Distance, and calories, and MEMORY mode.

Press "**INTERVAL**" button to enter the Interval Programs. Press multiple times to cycle through the Distance, Calories, Time Interval Programs.

Press "**Target**" button to enter the Countdown Programs. Press multiple times to cycle through the Distance, Calories, Time Countdown Programs.

For Quick Start and all programs, press "**DISPLAY**" button to choose the data displayed in the same display window. Or let it scan between every 5 seconds.

Press "**STOP**" button once to stop counting, CALORIES and WATT value with display 0. Press "**STOP**" button again and computer will show your workout summary. Press "**STOP**" button again in workout summary to save workout into memory mode and enter back into IDLE mode.

QUICK START PROGRAM

- To Quick Start the program, you can pull on the Handlebar to start. All function values for the console will count up. You can start Quick Start in either POWER OFF or IDLE mode by just start skiing.
- Quick Start mode will have a summary of the workout when you hit STOP, but it will not be saved into MEMORY mode.

TIME (Countdown) PROGRAM

- During workout, the "**TIME**" program will count down from preset value.
- Workout value setting range: 01:00 - 99:00. The default setting is 20:00.
- Program will start once the user pulls the Handlebar. When the program is finished, the monitor will show your workout summary. Press "**STOP**" button to save into memory and back to IDLE mode

DISTANCE (Countdown) PROGRAM

- During workout, the "**DISTANCE**" program will count down from preset value.
- Workout value setting range: 500 - 99900m. The default setting is 500m.
- Program will start once the user pulls the Handlebar. When the program is finished, the monitor will show your workout summary. Press "**STOP**" button to save into memory and back to IDLE mode

COMPUTER INSTRUCTIONS

CALORIES (Countdown) PROGRAM

- During workout, the “**CALORIES**” program will count down from preset value.
- Workout value setting range: 10 - 9990 cal. The default setting is 20 cal.
- Program will start once the user pulls the Handlebar. When the program is finished, the monitor will show your workout summary. Press “**STOP**” button to save into memory and back to IDLE mode.

TIME INTERVAL PROGRAM

- When “**TIME INTERVAL**” program is selected, you will see TIME flashing.
- You will set the desired workout time of each interval first. Once finished, press “**ENTER**” to set the REST TIME of each interval. Press “**ENTER**” button again to set the target cycles.
- When finishing all settings, press “**ENTER**” to start the exercise.
- Workout time value setting range: 00:20 - 99:00. The default setting is 30 seconds.
- Rest time value setting range: 00:10 - 30:00. The default setting is 30 seconds.
- Cycle value setting range: 1 - 99. The default setting is 1.

DISTANCE INTERVAL PROGRAM

- When “**DISTANCE INTERVAL**” program is selected, you will see TOTAL METER flashing.
- You will set the desired workout meters of each interval first. Once finished, press “**ENTER**” to set the REST TIME of each interval. Press “**ENTER**” button again to set the target cycles.
- When finishing all settings, press “**ENTER**” to start the exercise.
- Workout time value setting range: 100~50000. The default setting is 500m.
- Rest time value setting range: 00:10~30:00. The default setting is 30 seconds.
- Cycle value setting range: 1 - 99. The default setting is 1.

CALORIES INTERVAL PROGRAM

- When “**CALORIES INTERVAL**” program is selected, you will see CALORIES flashing.
- You will set the desired workout calories of each interval first. Once finished, press “**ENTER**” button to set the REST TIME of each interval. Press “**ENTER**” again to set the target cycles.
- When finishing all settings, press “**ENTER**” to start the exercise.
- Workout time value setting range: 10 - 9990. The default setting is 20.
- Rest time value setting range: 00:10~30:00. The default setting is 30.
- Cycle value setting range: 1 - 99. The default setting is 1.

MEMORY MODE

- Press “**SELECT**” button in IDLE mode to enter MEMORY MODE. Press “**ENTER**” to confirm.
- Press “**UP**” and “**DOWN**” button to view different summary reports in the history. The maximum number is 99.
- Only program modes workout summary will be saved to MEMORY MODE. Quick Start will not be saved to MEMORY MODE.
- The computer memory can save at most 99 sets of data or 99 splits of data. Computer will only save up to 99 workouts. (Example: When you row 1000M countdown, you will save 3 sets of data. 1 total average and 2 500M split data)
- The lower the number under MEMORY, the newer the workout is.
- You can press “**SELECT**” button to switch the display of the value.
- When SPLIT displays “00,” it indicates the total workout average with no splits.
- In the next page, you’ll find how the computer decides to split the data.

COMPUTER INSTRUCTIONS

Time Countdown Mode

Rule	Splits by
10 hour > TIME > 5 hour	30min
5 hour >= TIME > 200min	15min
200min >= TIME > 100min	10min
100min >= TIME > 60min	5min
60min >= TIME > 20min	3min
20min >= TIME > 5min	1min
5min >= TIME > 1min	30sec
1min >= TIME	20sec

Calories Countdown Mode

Rule	Splits by
5000 >= Calories > 4000	250cal
4000 >= Calories > 3000	200cal
3000 >= Calories > 2000	150cal
2000 >= Calories > 1000	100cal
1000 >= Calories > 500	50cal
500 >= Calories > 100	20cal
100 >= Calories	10cal

Interval Program Modes

Rule	Splits
1 Cycle = 1 Split	Up to 35

Distance Countdown Mode

Rule	Splits
500 >= Distance > 250	20km
250 >= Distance > 100	10km
100 >= Distance > 50	5km
50 >= Distance > 20	2km
20 >= Distance	1km

Note: If your workout value setting is not a multiple of the split data, the last split will not display when you view your splits, but will be added to the total workout Split "00."

Example: If you set 1200M and finish the workout, Split "00" will show the total average of 1200M. However, when you view the splits, you will only see two 500M splits and will not have a third split of 200M. It will be the same if you stop midway of the workout.

COMPUTER INSTRUCTIONS

V. BLUETOOTH CONNECTION



BTMS PROTOCOL

*The Bluetooth icon will be displayed at the top of the monitor screen when it's connected to an app.

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



AVAILABLE APPS



D-Fit

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

SCAN TO DOWNLOAD



ANDROID

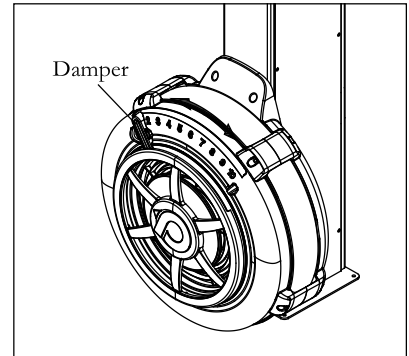
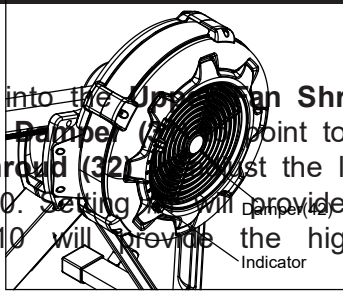


iOS

OPERATIONAL INSTRUCTIONS

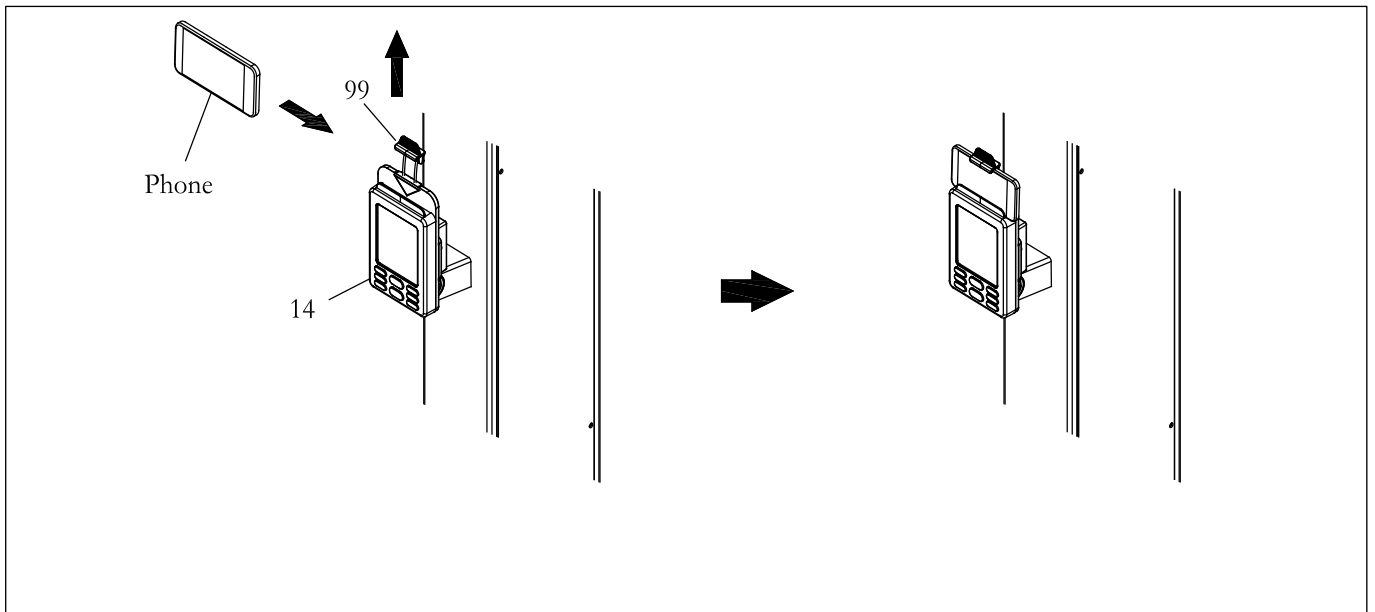
LOAD ADJUSTMENT

There is a **Damper (31)** built into the **Upper Fan Shroud (32)**. Move the Indicator in the **Damper (31)** to 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.

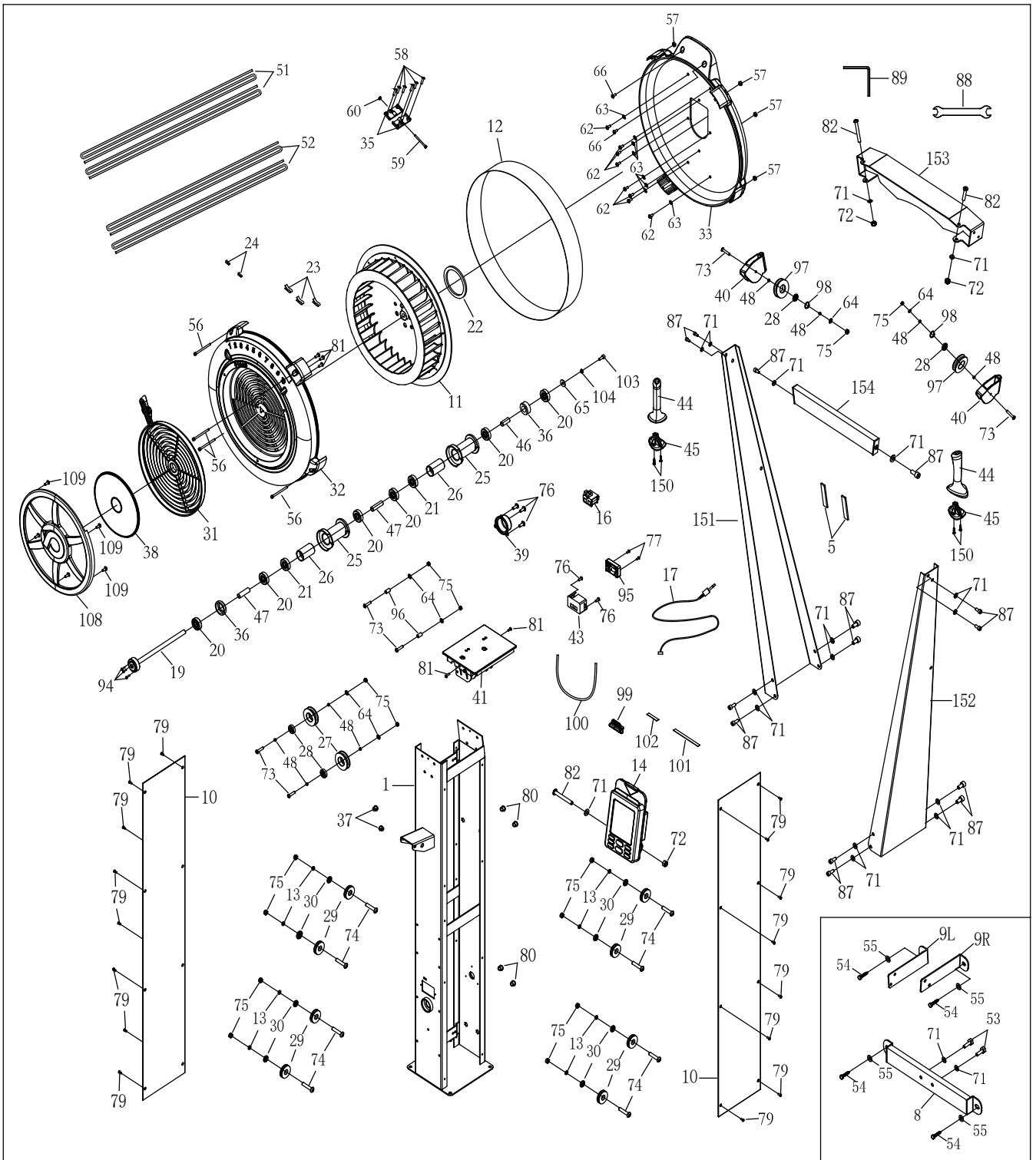


MAINTENANCE

The safety and integrity designed into the **AIR SKIER** can only be maintained when the **AIR SKIER** 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 **AIR SKIER** removed from service until repair is made.
8. Keep your **AIR SKIER** clean by wiping it off with an absorbent cloth after use.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Body	1
5	EVA Single Glue For Pulley Bracket	1
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	4
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
43	Generator Base	1
44	Handle	2
45	Handle Plug	2

46	Short Spacer	1
47	Long Spacer	2
48	Cord Pulley Spacer	8
51	Bungee Cord	2
52	Drive Cord	2
53	Socket Head Cap Screw, M8x35 mm	2
54	Socket Head Cap Screw, ST8.0x50mm	4
55	Flat Washer, $\Phi 22 \times \Phi 9 \times 2.0$ mm	4
56	Socket Head Cap Screw, M5x92mm	4
57	Hex Nut, M5	4
58	Philips Head Screw, ST4.2x6mm	6
59	Philips Head Screw, M4x45mm	1
60	Hex Nut, M4	1
62	Philips Head Screw, M6x10mm	8
63	Lock Washer, Internal Tooth M6	8
64	Flat Washer, M6	6
65	Flat Washer, $\emptyset 16 \times \emptyset 6.2 \times 1.5$ mm	1
66	Philips Head Screw, M6x16mm	2
71	Flat Washer, M8	19
72	Nylon Nut, M8	3
73	Button Head Cap Screw, M6x35mm	6
74	Philips Head Screw, M6x20mm	8
75	Nylon Nut, M6	14
76	Philips Head Screw, ST4.2x10mm	5
77	Philips Head Screw, ST3.5x12mm	2
79	Philips Head Screw, M5x8mm	16
80	Hex Nut, M8	4
81	Philips Head Screw, ST4.2x16mm	5
82	Button Head Cap Screw, M8x75mm	3
87	Socket Head Cap Screw, M8x15mm	14
88	Wrench	1
89	Allen Wrench 6mm	1
94	Socket Head Cap Screw, M4x12mm	3
95	Generator Cover	1
96	PU Stopper	2
97	Aluminum Cord Pulley	2
98	Stopper Ring	2
99	Phone Holder	1
100	Bungee Cord for Phone Holder	1
101	EVA Pad on Console Monitor	1

102	EVA Pad on Smart Phone Holder	1
103	Socket Head Cap Screw, M6x16mm	1
104	Spring Washer, M6	1
108	Fan Shroud	1
109	Phillips Pan Head Self-Tapping Screw, ST4.2x10mm	5
150	Phillips Flat Head Self-Tapping Screw, ST3.5x13mm	4
151	Left Upper Arm	1
152	Right Upper Arm	1
153	Top Bracket	1
154	Connection Tube	1