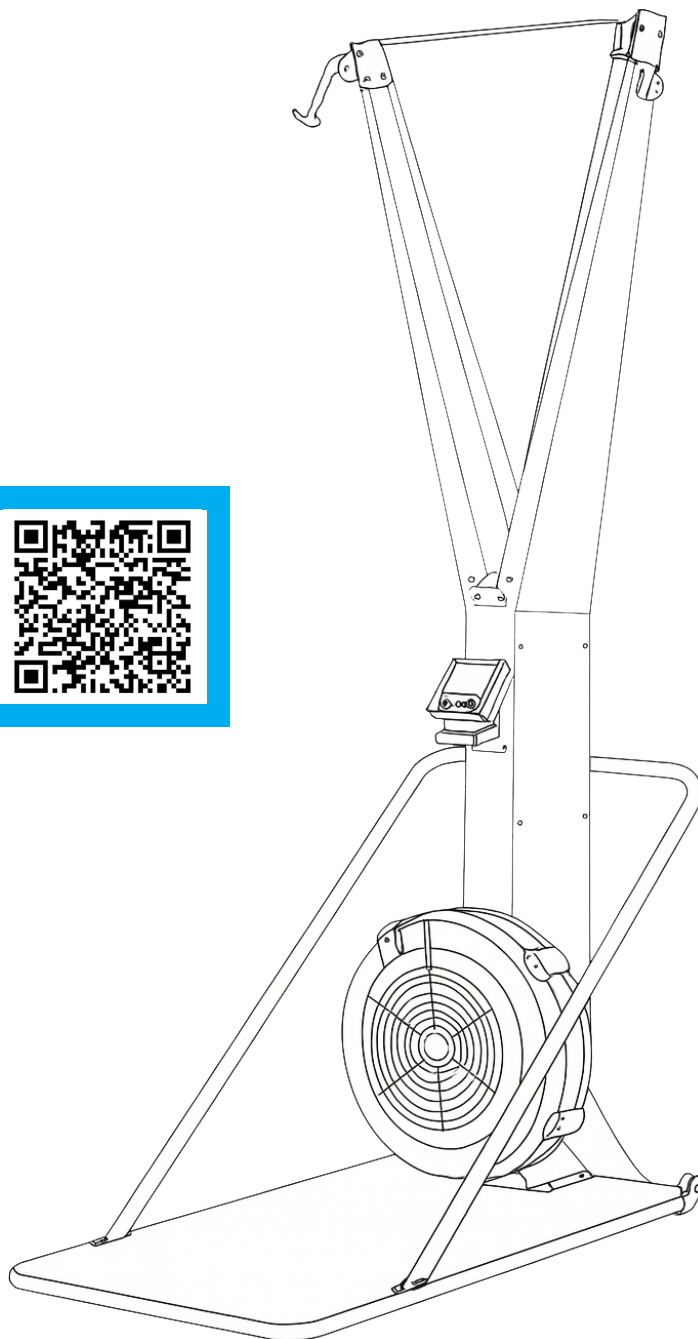




SK-10 Air Ski Trainer

USER MANUAL



 Find the Digital Manual Online



Product may vary slightly from the item pictured due to model upgrades.



Read all instructions carefully before using this product. Retain this owner's manual for future reference.

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au



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I. IMPORTANT SAFETY INSTRUCTIONS

WARNING:

To reduce the risk of serious injury, read and follow all safety precautions, warnings, and instructions in this manual and on the product before use. Failure to do so may result in injury or property damage. The manufacturer assumes no responsibility for accidents or damage resulting from improper use.

General Safety Guidelines

1. **Medical Clearance:** Consult your physician before starting this or any exercise program, particularly if you are over 35 or have any pre-existing health conditions.
2. **Supervision:** Keep children under 12 years old and pets away from the trainer at all times.
3. **Single User Only:** Never allow more than one person to use the machine simultaneously.
4. **Discontinue if Unwell:** Stop immediately if you feel dizzy, nauseous, experience chest pain, or discomfort. Seek medical attention promptly.
5. **Indoor Use Only:** This product is designed for indoor use only. Do not use it outdoors or in damp environments, including garages, patios, or near water sources.
6. **Stable Surface:** Use the trainer on a flat, clean, and dry indoor surface free from dust or debris.
7. **Clothing & Footwear:** Always wear appropriate athletic attire. Avoid loose-fitting clothing that may get caught in moving parts. Athletic shoes with good grip are recommended.
8. **Proper Use:** Use only as described in the manual. Do not modify or use unauthorized accessories or attachments.
9. **Clear Surroundings:** Ensure the area around the trainer is clear of obstacles, sharp objects, or breakables.
10. **Supervision for Special Needs:** Individuals with physical or cognitive impairments must be supervised by a qualified caregiver or professional during use.
11. **Warm-Up Required:** Always warm up and stretch before starting your workout.
12. **Progressive Training:** Select resistance levels appropriate to your fitness level and progress gradually.

13. **Fully Functional Only:** Do not use the equipment if any part is missing, damaged, or malfunctioning.

14. **Weight Limit:** Adhere to the product's maximum user weight limit as specified in the manual.



WARNING:

To maintain optimal safety and performance, inspect the machine regularly for signs of damage or wear. Do not use the machine if any components are compromised. Replace defective parts immediately using only genuine manufacturer-approved components. Use of unauthorized parts may result in malfunction or serious injury.

Operation Safety Guidelines

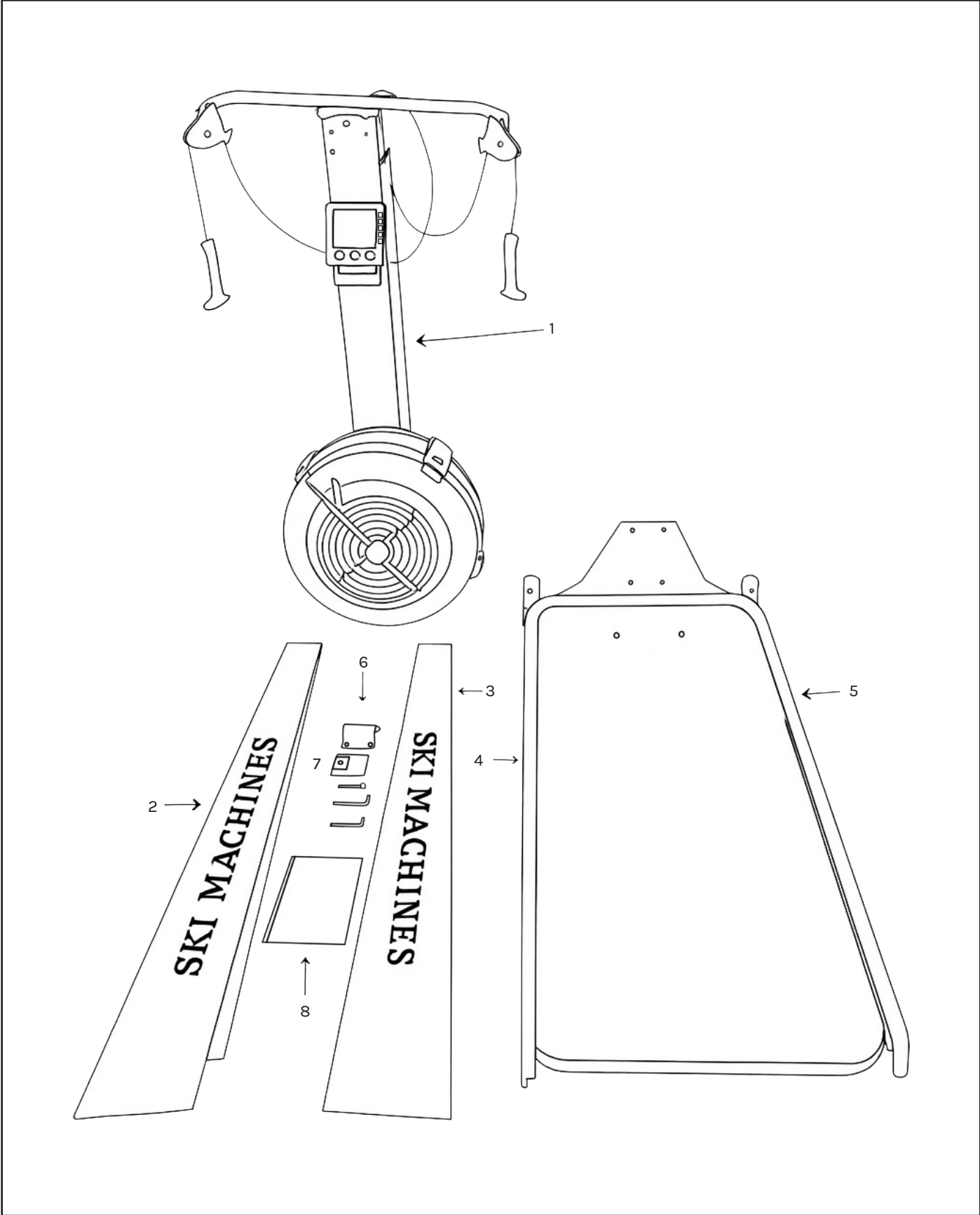
1. **Component Integrity:** Do not operate the machine if any parts (e.g. pulleys, cords, or reels) appear worn, frayed, or damaged. If in doubt, replace the component before further use.
2. **Surface Stability:** When using the Ski Trainer with an optional floor stand, ensure it is placed on a flat, stable, and level surface.
3. **Cord Handling:** Never twist, cross, or stretch the cords beyond their limit. Avoid pulling cords to their full extension, especially where resistance stops abruptly.
4. **Handle Control:** Do not release the handles while they are extended. Always guide them back to the top position before letting go.
5. **Routine Maintenance:** Follow the manufacturer's maintenance schedule to ensure safe and smooth operation.

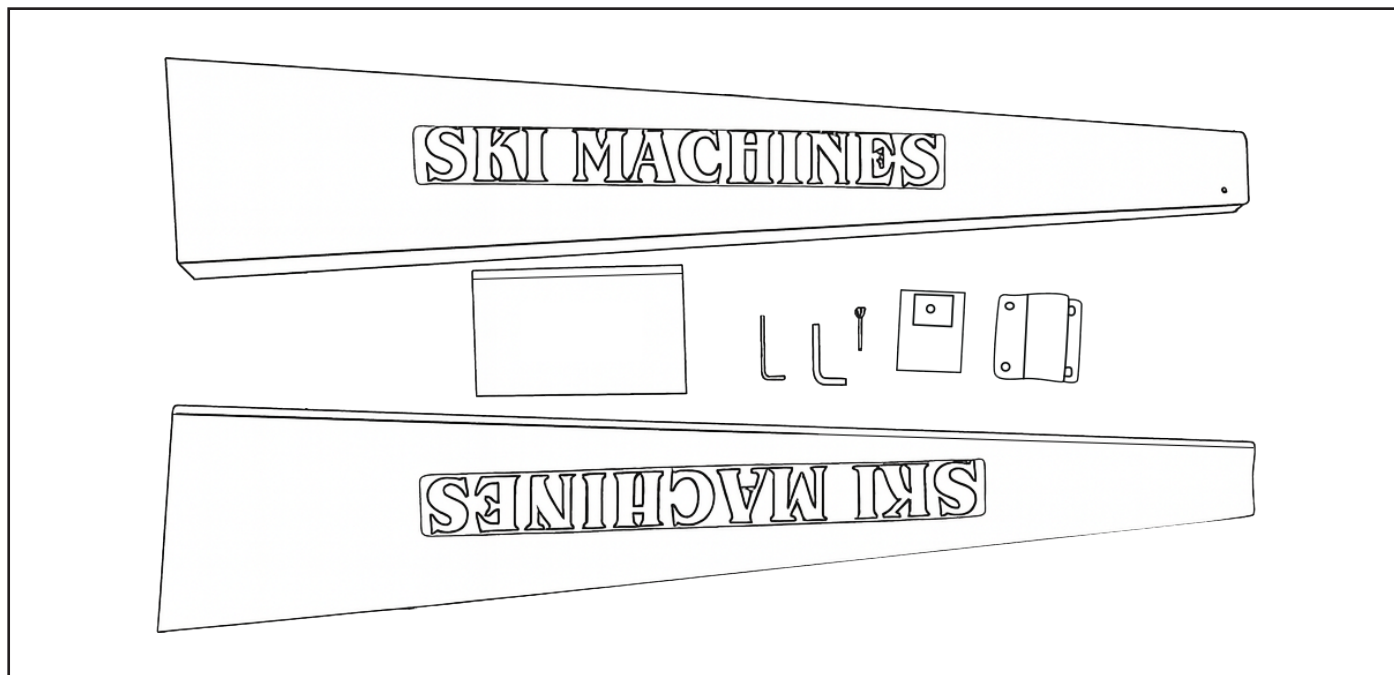
Daily Maintenance

1. **Lubrication:** Regularly lubricate all moving parts according to the maintenance schedule in the manual.
2. **Safety Inspection:** Check all components before each use. Ensure bolts and connections are secure.
3. **Cleaning:** Wipe down the trainer with a soft, damp cloth and mild detergent. Do not use abrasive cleaners or chemical solvents.

II. ASSEMBLY INSTRUCTIONS

PARTS LIST





No.	Description	Qty
1	Main Body	1
2	Left side of the plate	1
3	Right side of the plate	1
4	Holder	1
5	Wooden board	1
6	U Bracket	1
7	Protection cover	1
8	Tool + Bolt Pack + Manual	1

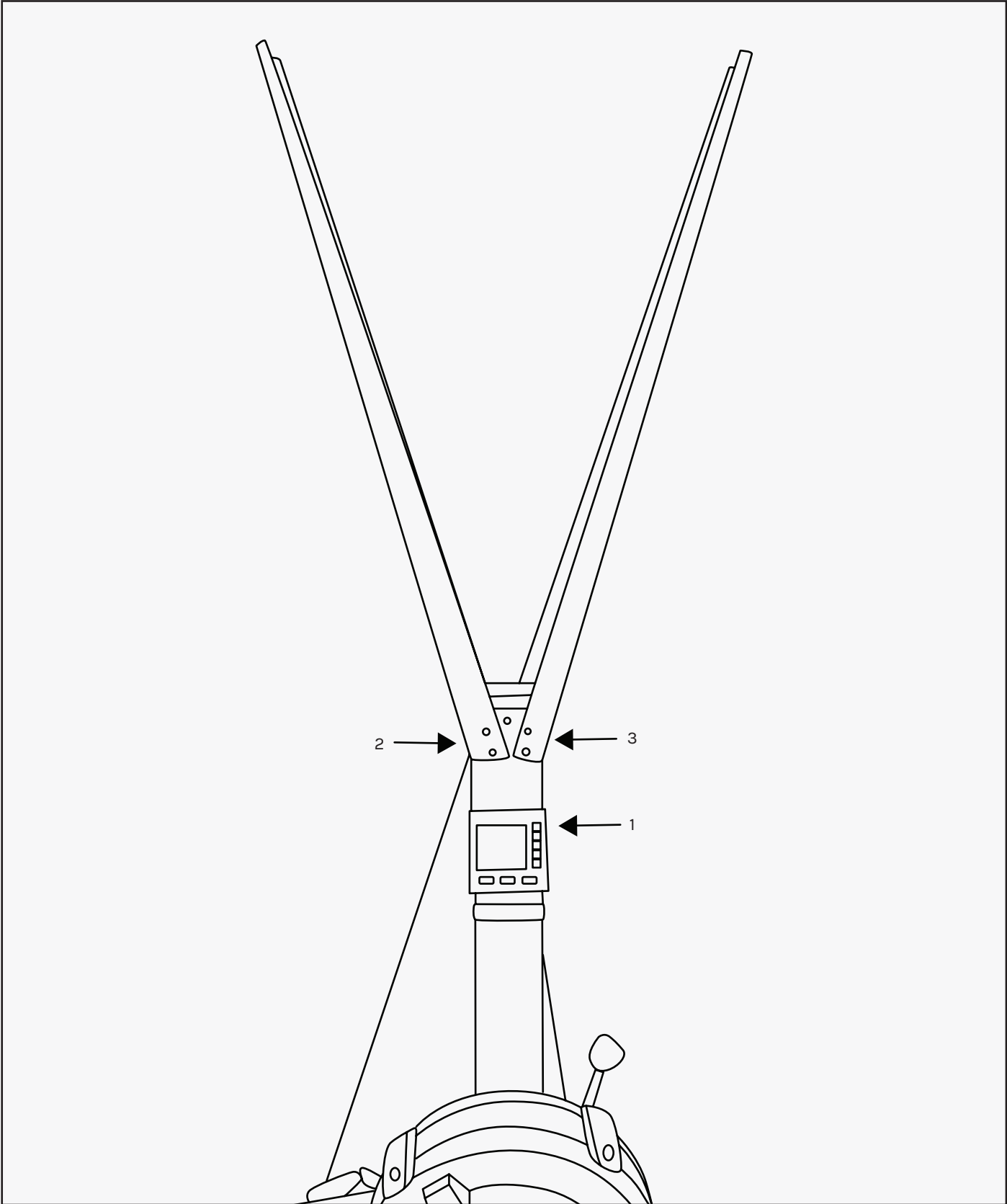
Bolt Pack

No.	Description	Qty
1	6*16mm Half-round Head Screw	20
2	4mm Allen Wrench	1
3	5mm Allen Wrench	1
4	U-shaped Iron Piece	1
5	Screen Back Cover	1
6	Washer 8mm (Inner)/19mm (Outer)	8

INSTALLATION STEPS

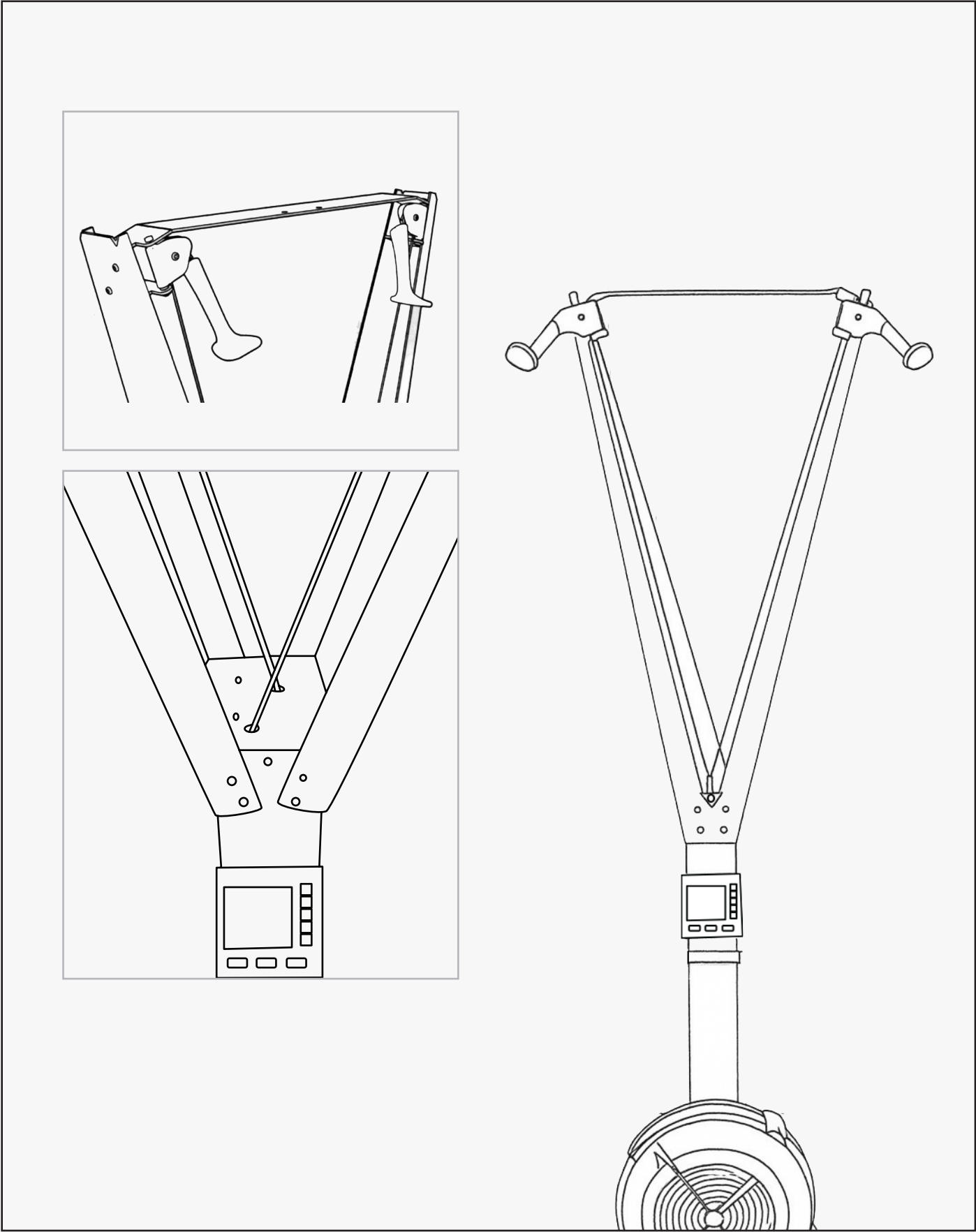
STEP 1

First, attach the left side guard plate (2) and secure it using four 6x16 half-round head screws. Tighten the screws with a 4mm hex wrench as shown in the diagram below. Repeat for the right side (3).



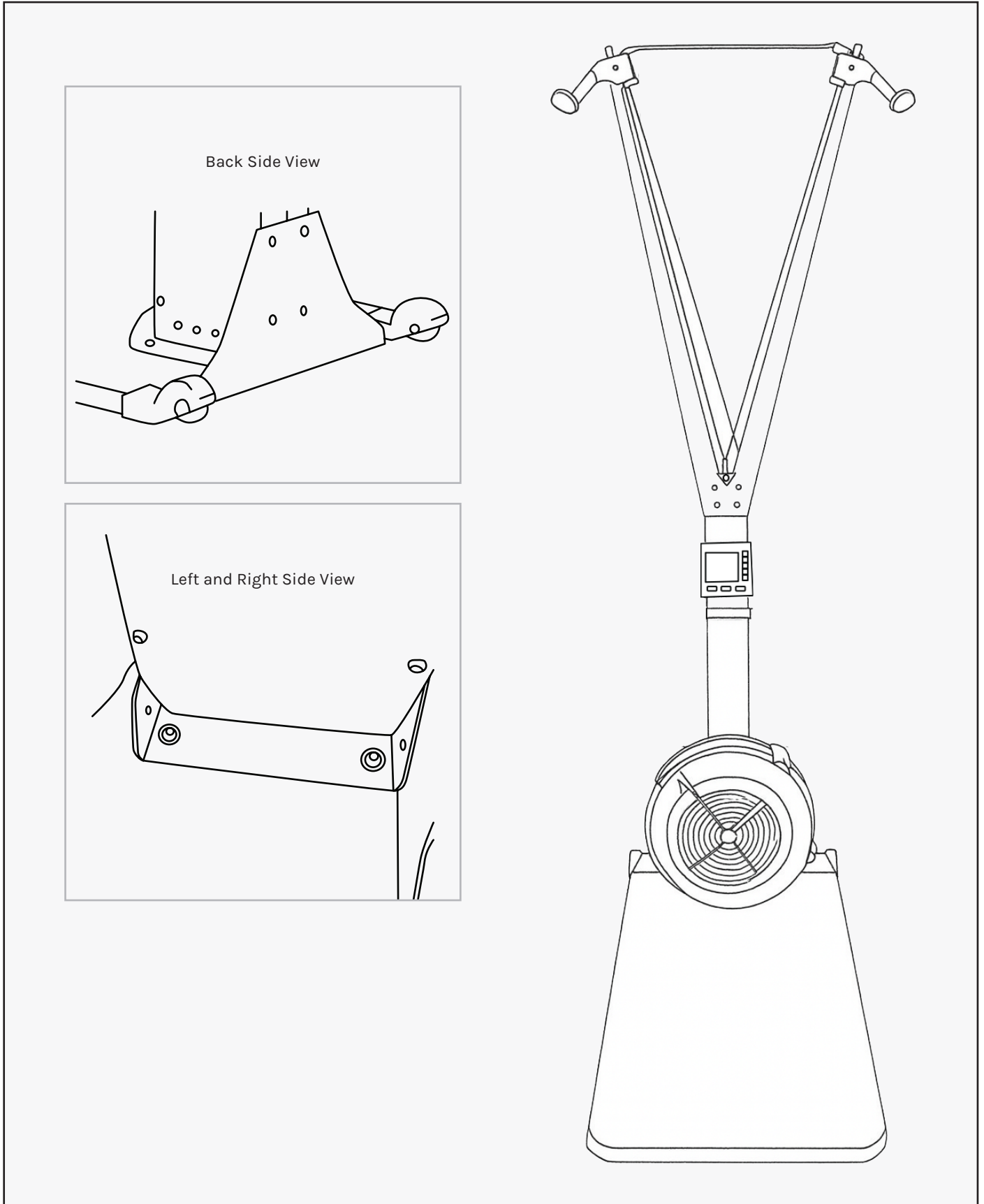
STEP 2

Secure both ends of the handle using four 6x16 half-round head screws—two on each side. Use a 4mm hex wrench to tighten all screws, as shown in the diagram below.



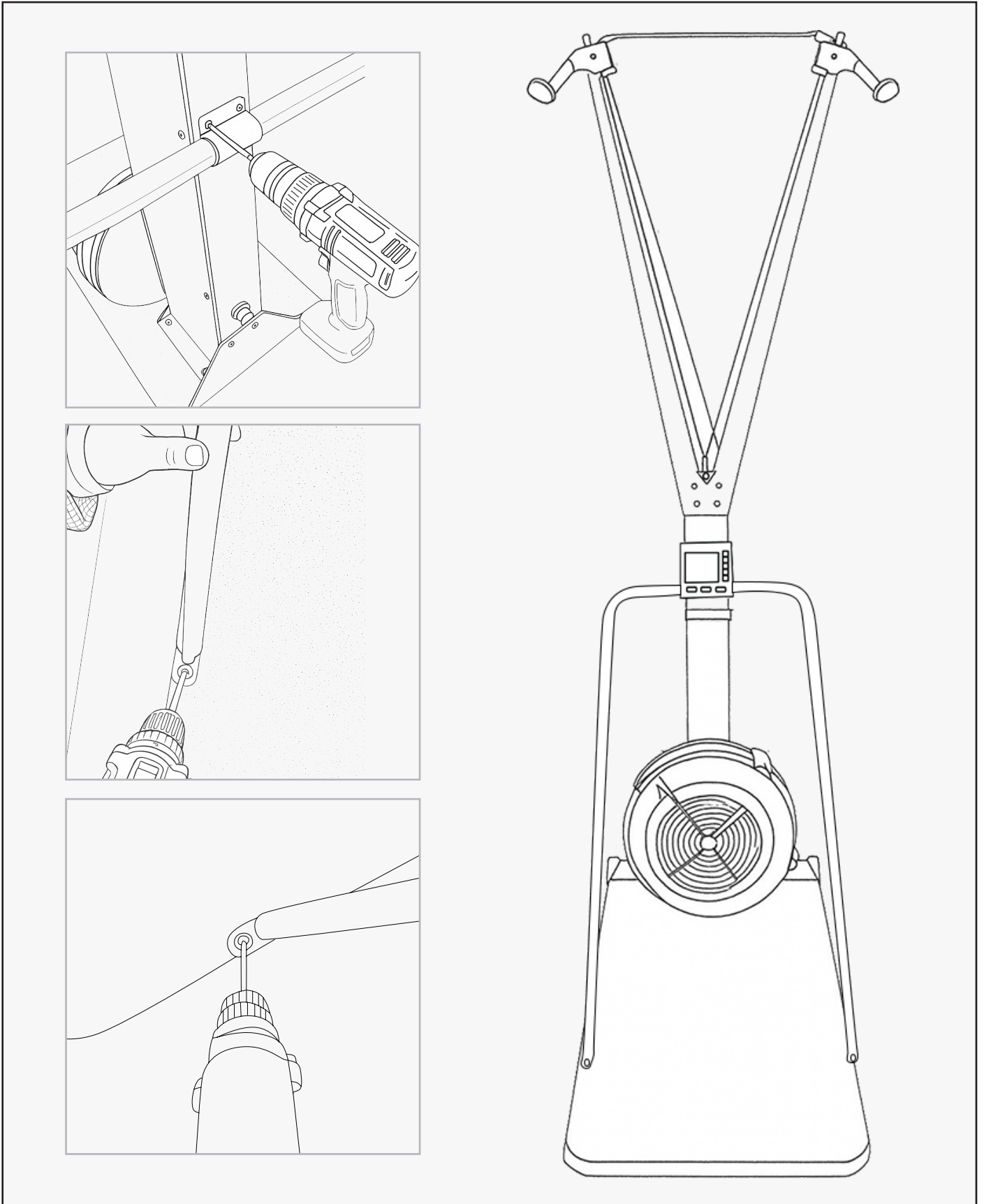
STEP 3

Attach the wooden board (5) to the main body and using two 6x16 half-round head screws and 2x washers to attach to the back and sides (left & right side). Tighten the screws with a 4mm hex wrench, as shown in the figure below.



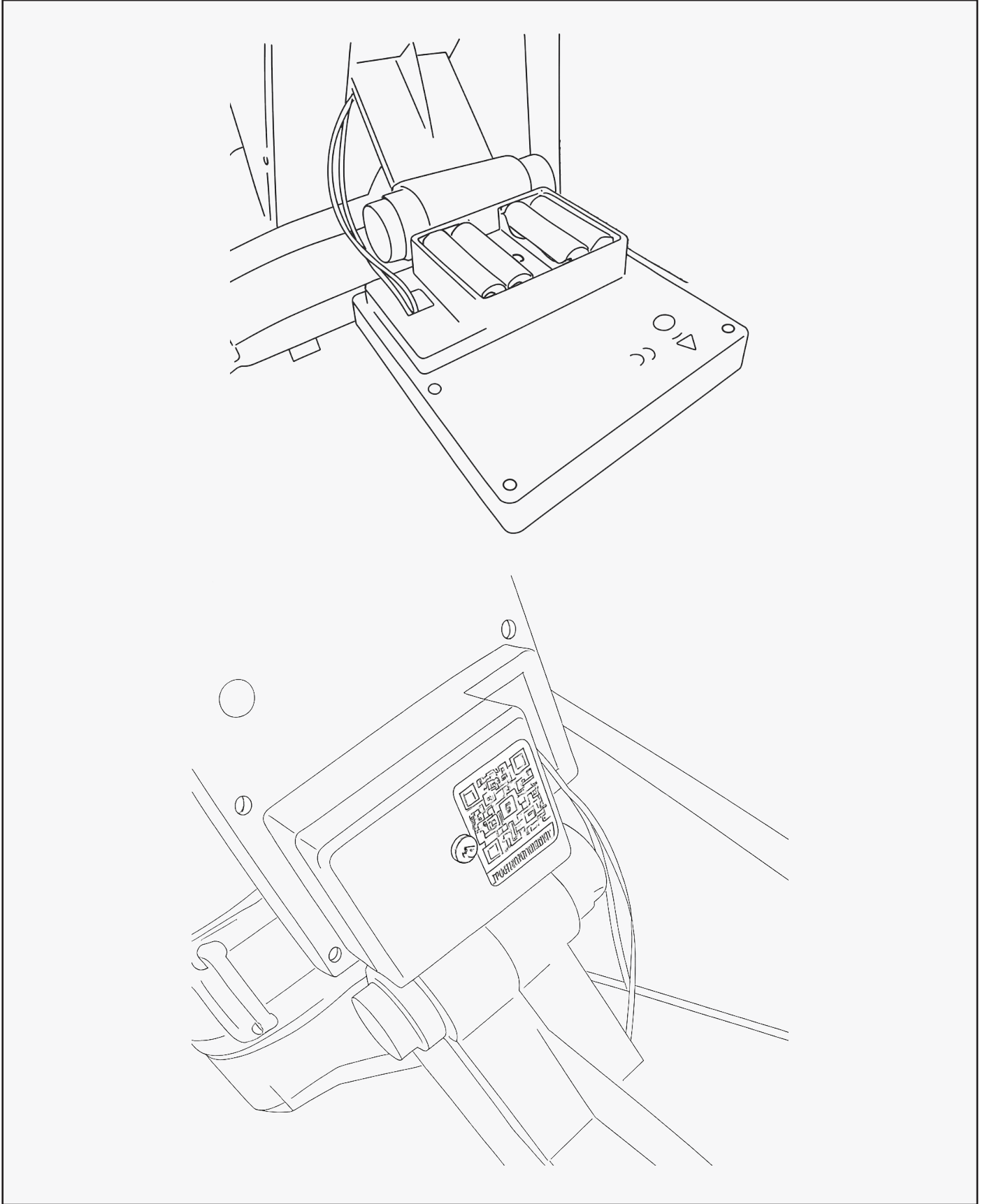
STEP 4

Install the holder (4) using the (6) U-shaped bracket to the back of the main frame with 2x 6*16mm screws. On the bottom connect the (4) holder to the wooden board with 2x 6*16mm screws and 2x washers as pictured.



STEP 5


At the back of the display remove the cover using 5mm hex wrench and insert four (AA) batteries into the compartment. Close the cover and reattach the 4*35 tapping screw. Check all screws are fully tighten. Installation is now complete.



III. DISPLAY FUNCTION

1. DISPLAY FUNCTION

No.	Item	Display Range	Setting Range	Memory	RZ	Description
1	TIME	0:00~99:99	±1 minute	Yes	Yes	<ol style="list-style-type: none"> Without setting, time accumulates during use. If the is preset value, it will count down to zero (4 beeps at end). Enters standby after 4 minutes of inactivity.
2	DISTANCE	0~9999	0~9990 ±10K ±10M	Yes	Yes	<ol style="list-style-type: none"> Without setting, time accumulates during use. If the is preset value, it will count down to zero (4 beeps at end). Enters standby after 4 minutes of inactivity.
3	CALORIES	0~9999 cal	0~9990 (±10)	Yes	Yes	<ol style="list-style-type: none"> Without setting, time accumulates during use. If the is preset value, it will count down to zero (4 beeps at end). Enters standby after 4 minutes of inactivity.
4	SPM	0~999	NO	NO	Yes	<ol style="list-style-type: none"> Displays after 3s of signal input. Resets to zero after 6s without signal. Shares window with WATT (auto-switches every 5s).
5	STROKES	0~9999	0~9990 (±10)	Yes	Yes	Display rowing strokes and total strokes in the same window. Display switches every 5 seconds.
6	TOTAL STROKES	0~9999	NO	Yes	NO	Accumulates all stroke data.
7	WATT	0~999	NO	NO	NO	<ol style="list-style-type: none"> If there is sensor signal input for 3s, it will display the value. If there is no sensor signal input for 4s, after 6s, the value will return to zero. Shares the same window with SPM and will switch display in every 5 seconds.

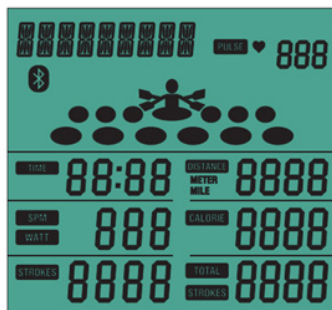
No.	Item	Display Range	Setting Range	Memory	RZ	Description
8	PULSE	P-30~230 BPM	0-30~230 (±1) BPM	Yes	Yes	<p>a. If there is pulse signal after 7.5 seconds, the value will be displayed</p> <p>b. If there is no pulse after 6 seconds, the value will return to zero.</p> <p>c. If the pulse is above the preset value, the value in the PULSE window will flash every second or make 2 sound alarm.</p>
9	MANUAL PROGRAM					If no mode is selected and RPM is detected, enter QUICK START mode.
10	INTERVAL 20-10					INTERVAL exercise mode. Interval mode: 20s exercise / 10s rest.
11	INTERVAL 10-20					INTERVAL exercise mode. Interval mode: 10s exercise / 20s rest.
12	INTERVAL CUSTOM					INTERVAL exercise mode. The exercise time and rest time will be set by user.
13	TARGET TIME					Users can set target time.
14	TARGET DISTANCE					Users can set distance target.
15	TARGET CALORIES					Users can set calorie target.
16	TARGET STROKES					Users can set target strokes.
17	TARGET PULSE					Sets a target heart rate. If exceeded, display flashes and beeps.
18	 ON/OFF					Toggle Bluetooth app connection. When the device is connected to an app, the console displays a Bluetooth icon.

2. POWER ON & POWER OFF

1. Power On

When powered on, the LCD will display all segments for 2 seconds (see Picture 1), accompanied by a long "Bi Bi" sound.

After this startup sequence, the console will enter standby mode.



Picture 1

2. Power Off

If no signal is received for 4 minutes, the console will automatically enter sleep mode to conserve power.

The console will wake up upon receiving a signal input or when any button is pressed.

3. OPERATION PROCEDURE

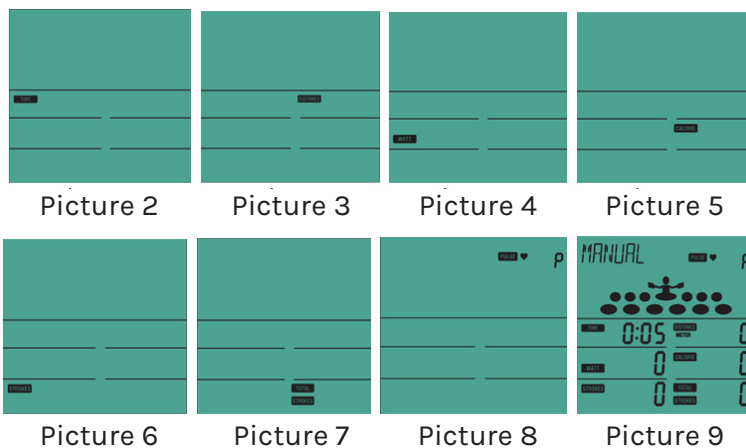
1. Power On

When powered on (or by pressing MODE/RESET for 3 seconds), the buzzer will beep for 2 seconds, and the LCD will display all segments for 2 seconds. After this, the console will enter standby mode.

2. Standby Mode

A. After power on, the console enters standby mode MANUAL ("*" "8" display) followed by INTERVAL ("*" "8" display), TARGET ("*" "8" display).

B. TIME, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES, will display circularly 1 second in turn by pressing SCAN. These values will display in sequence every 1 second, as illustrated in Picture 2 to Picture 8.



3. Sleep Mode

While in standby mode, if there is no key operation, RPM signal, or pulse input for 4 minutes, the LCD will automatically enter sleep mode to conserve power.

4. MANUAL MODE

Quick Start Mode

If RPM signal input is detected during standby mode, the console will automatically enter Quick Start mode, accompanied by a 1-second buzzer beep.

A. Starting MANUAL Mode (via Key Press)

While in standby mode:

1. Press the MODE key - the display will show MANUAL ("*" and "8" appear).
2. Press the MODE key again - the buzzer beeps for 1 second and MANUAL mode begins (see Picture 9).
3. The LCD will display "*" and "8", and MANUAL will flash continuously.
4. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES will all begin accumulating based on user input.
5. SPM and WATT will automatically switch display every 5 seconds. Pressing the MODE key during training allows manual switching between SPM and WATT.

B. Auto Standby During Inactivity

During exercise, if there is no key operation, RPM signal, or pulse input is received for 4 minutes, the buzzer will beep for 0.5 seconds, and the console will return to standby mode.

C. Pausing the Workout

While exercising, press the START/STOP key:

- The display will show "*" and "8", and STOP will flash.
- TIME, DISTANCE, TOTAL STROKES, STROKES, and CALORIES will also flash and show the current workout values.
- PULSE will display the current heart rate if available.

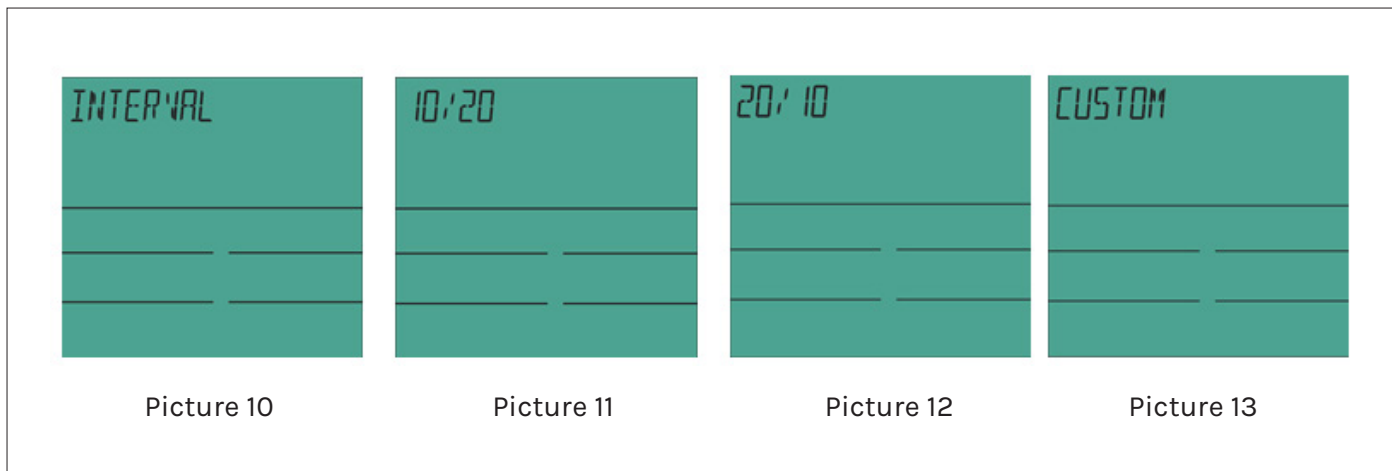
D. Resuming or Ending the Workout

- While in STOP mode (STOP flashing), press the START/STOP key to resume the workout.
- To exit to standby, press the RESET key while in STOP mode.
- If there is no key operation for 4 minutes in STOP mode, the console will automatically return to standby mode.

5. INTERVAL MODE

While in standby mode:

1. Press the MODE key.
2. Then press the UP key to cycle to INTERVAL mode.
3. The LCD will display "*" and "8", and INTERVAL will begin flashing to indicate selection (see Picture 10 to Picture 13).



INTERVAL 10/20 Mode

(1) Activation:

- A. In standby mode, when the LCD displays "" and "8" and INTERVAL is flashing, press the MODE key.
- The display will show "" and "8" with 10/20 flashing.
 - Press the START/STOP key to begin the INTERVAL 10/20 workout.

(2) Workout Sequence:

- B. The LCD displays "*" and "8" with READY flashing.
- TIME counts down from 3 to 0.
 - The buzzer beeps 0.5 seconds at each countdown second.
- C. After READY:
- LCD shows "*" and "8" and WORK 01/08.
 - TIME counts down from 10 seconds.
 - During this phase, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES accumulate.
- D. After WORK:
- LCD shows REST 01/08.
 - TIME counts down from 20 seconds while the buzzer beeps every second.
 - All values continue accumulating.
 - SPM and WATT alternate every 5 seconds.
 - In the last 3 seconds, READY flashes again.
- E. Steps C and D repeat 8 cycles (WORK/REST) until WORK 08/08 is complete.
- The monitor then enters ending mode, with a final buzzer beep.
 - During exercise, pressing MODE switches the display between SPM and WATT.
- F. Once finished:
- LCD displays "*" and "8" with STOP flashing.
 - TCALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES will flash and show final values.
 - Press START/STOP to repeat the 10/20 interval session.
 - Press RESET to return to standby mode (buzzer beeps 0.5s).
 - If no key operation occurs for 4 minutes after exercise, the console automatically returns to standby (buzzer beeps 0.5s).

G. If you press START/STOP during the workout:

- LCD displays "*" and "8" with STOP flashing.
- All exercise values are shown as-is.
- Press START/STOP again to resume.
- Press RESET to return to standby.
- If inactive for 4 minutes, the console auto-returns to standby.

INTERVAL 20/10 Mode

(1) Activation:

A. In standby mode, when the LCD displays "" and "8" with INTERVAL flashing:

- Press the MODE key.
- Use UP/DOWN to select 20/10 mode.
- The LCD will display "" and "8" with 20/10 flashing.
- Press the START/STOP key to begin the workout.

(2) Workout Sequence:

B. The LCD displays "*" and "8" with READY flashing:

- TIME counts down from 3 to 0.
- The buzzer beeps 0.5 seconds at each second.

C. After READY:

- LCD shows WORK 01/08.
- TIME counts down from 20 seconds.
- TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES will accumulate.
- SPM/WATT alternate every 5 seconds.

D. After WORK:

- LCD shows REST 01/08.
- TIME counts down from 10 seconds while the buzzer beeps every second (0.5s beep).
- All values continue accumulating.
- SPM/WATT switch display every 5 seconds.
- In the final 3 seconds, READY flashes again.

E. Steps C and D repeat 8 times (WORK/REST cycles), with each cycle increasing the count (e.g., WORK 02/08, REST 02/08, etc.).

- Upon completing WORK 08/08, the monitor enters ending mode and the buzzer beeps 0.5s.

F. After the session:

- LCD displays "*" and "8" with STOP flashing.
- TIME and DISTANCE flash and display final values.
- CALORIES, PULSE, TOTAL STROKES, and STROKES show accumulated values.
- PULSE displays the final heart rate value.
- Press START/STOP to repeat the 20/10 interval session.
- Press RESET to return to standby (buzzer beeps 0.5s).
- If there is no key input within 4 minutes, the console automatically returns to standby mode.

G. During the workout, press START/STOP to pause:

- LCD displays "*" and "8" with STOP flashing.
- All real-time values are retained.
- Press START/STOP to resume or RESET to return to standby.
- If inactive for 4 minutes, the console will return to standby.

H. In WORK phase:

- If no key input, RPM signal, or pulse signal is detected for 4 minutes, the buzzer beeps 0.5s, and the console enters standby mode.

In REST phase:

- With no input, the console enters sleep mode to conserve power.

INTERVAL CUSTOM Mode

(1) Activation:

A. In standby mode, when the LCD displays "*" and "8" with INTERVAL flashing:

- Press the MODE key.
- Use UP/DOWN to select CUSTOM mode.
- The LCD will display "*" and "8" with CUSTOM flashing.
- Press MODE to enter the setting menu.

B. SET ROUND

- The LCD shows "*" and "8" with SET ROUND and TIME window flashing "01".
- Use UP to set the number of rounds (01~99).
- Press MODE to confirm. The buzzer will beep 0.5 seconds, and the display moves to the next setting.

C. SET WORK TIME

- The LCD shows "*" and "8" with SET WORK, and TIME window flashes "0:05".
- Use the SET key to adjust WORK TIME (0:05~10:00).
- Press MODE to confirm. Buzzer beeps 0.5s.

D. SET REST TIME

- LCD shows "*" and "8" with SET REST, and TIME window flashes "0:05".
- Use the SET key to adjust REST TIME (0:05~10:00).
- Press START/STOP to begin the workout. Buzzer beeps 0.5s.

(2) Workout Sequence:

E. LCD displays "*" and "8" with READY flashing.

- TIME counts down from 3 to 0.
- The buzzer beeps 0.5 seconds each second.

F. After READY:

- LCD displays WORK 01/XX.
- TIME counts down based on the preset WORK TIME.
- TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES accumulate.
- SPM/WATT alternate every 5 seconds.

G. After WORK:

- LCD displays REST 01/XX.
- TIME counts down based on REST TIME, while buzzer beeps 0.25s each second.
- Data continues accumulating; SPM/WATT switch every 5 seconds.
- In the final 3 seconds, READY flashes again.

H. Steps F and G repeat in cycles (up to XX/XX rounds).

- After final WORK XX/XX, the monitor enters ending mode and the buzzer beeps 0.5s.

I. After session ends:

- LCD shows "*" and "8" with STOP flashing.
- TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, and STROKES display final workout values.
- PULSE shows current heart rate.
- Press START/STOP to repeat the CUSTOM session.
- Press RESET to return to standby (buzzer beeps 0.5s).
- If inactive for 4 minutes, the console will return to standby mode automatically.

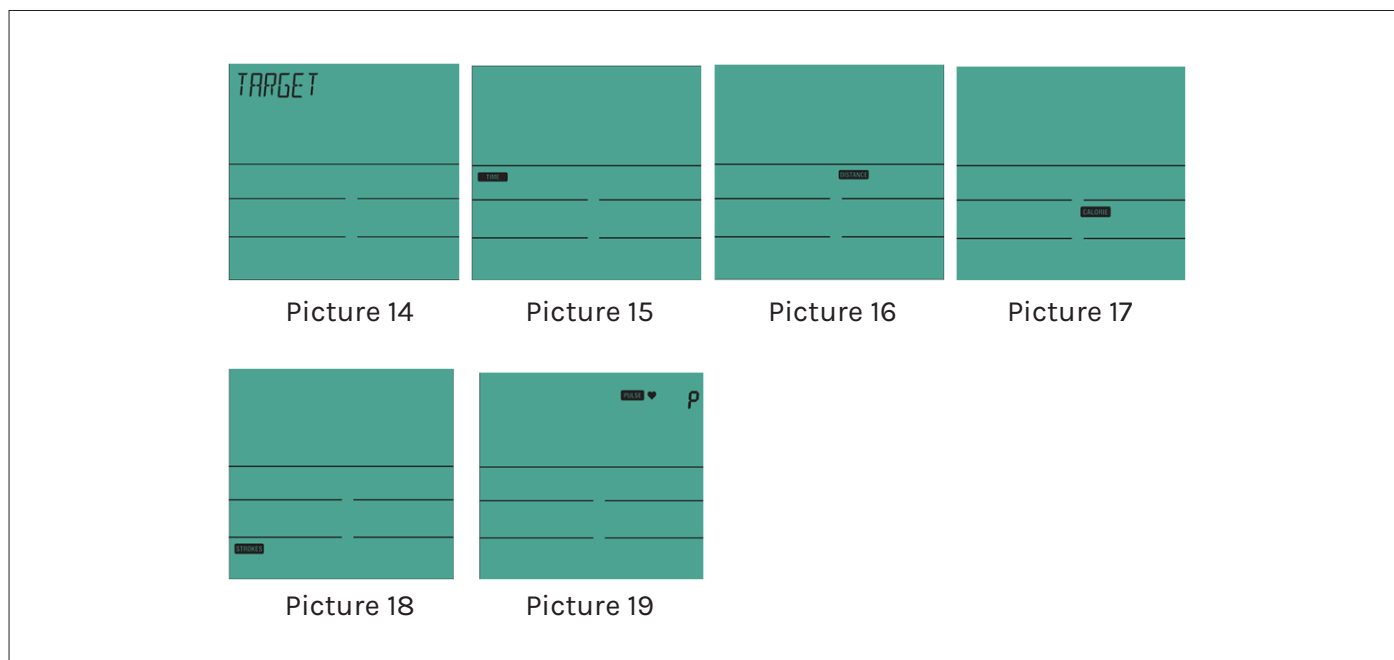
J. To pause during the workout:

- Press START/STOP - LCD shows "*" and "8" with STOP flashing.
- All data is displayed as-is.
- Press START/STOP to resume or RESET to return to standby.
- If inactive for 4 minutes while stopped, the system auto-returns to standby.

K. If no RPM signal, pulse, or key input is detected for 4 minutes during the WORK phase, the buzzer beeps 0.5s and the console enters standby mode.

6. TARGET

While in standby mode, press the MODE key, then press the UP key to select the TARGET function. The LCD will display "*" and "8", and TARGET will begin flashing to indicate selection (see Picture 14 to Picture 21).



TARGET TIME: (Picture 15)

(1) Activation:

A. While the LCD displays "*" and "8" with TARGET flashing:

- Press the MODE key, then press the SET key to select TARGET TIME.
- The LCD will display "*" and "8", TARGET will remain flashing, and TIME will flash in the TIME window.
- Press the MODE key again to enter the TIME setting screen.

(2) Workout Sequence:

B. Setting Target Time:

- When SET is flashing and 0:00 is shown in the TIME window, press UP to adjust the target time.
- Setting range: 0:00 to 99:00 minutes, adjustable in a circular loop.
- Press START/STOP to confirm. The buzzer will beep 0.5s, and the console will enter exercise mode.

C. During Exercise:

- The LCD will alternate between TARGET and TIME every 2 seconds.
- TIME will count down from the set value.
- TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES will accumulate based on usage.
- SPM and WATT will automatically switch every 5 seconds.

D. Pausing Exercise:

- Press START/STOP during the session to pause.
- The LCD shows "*" and "8" with STOP flashing.
- All values including TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, and STROKES remain visible.
- PULSE will display current heart rate.
- Press START/STOP to resume or RESET to return to standby mode.
- If inactive for 4 minutes in STOP mode, the console will return to standby mode automatically.

E. After Exercise Ends:

- LCD shows "*" and "8" with STOP flashing.
- Workout values are displayed.
- Press START/STOP to restart the TARGET TIME function.
- Press RESET to return to standby (buzzer beeps 0.5s).
- If no key is pressed within 4 minutes, the console returns to standby mode with a buzzer sound.

F. Auto Standby During Exercise:

If no key input, RPM signal, or pulse signal is received for 4 minutes during the workout, the buzzer beeps 0.5s, and the console automatically enters standby mode.

TARGET DISTANCE: (Picture 16)

(1) Activation:

A. While the LCD displays "*" and "8" with TARGET flashing:

- Press the MODE key, then press the UP key to select TARGET DISTANCE.
- The LCD will display "*" and "8" with TARGET flashing and DISTANCE flashing in the distance window.
- Press the MODE key to enter the distance setting function.

(2) Workout Sequence:

B. Setting Target Distance:

- With SET flashing and 0 in the DISTANCE window, press UP to set the target distance.
- Setting range: 0 to 9990 meters, adjustable in a circular loop.
- Press START/STOP to confirm. The buzzer will beep 0.5 seconds, and the console will enter exercise mode.

C. During Exercise:

- The LCD will alternate between TARGET and DISTANCE every 2 seconds.
- DISTANCE will count down from the preset value.
- TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROKES will accumulate based on user input.
- SPM/WATT alternate every 5 seconds.

D. Pausing Exercise:

- Press START/STOP during exercise to pause.
- The LCD displays "*" and "8" with STOP flashing.
- Workout values including TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, and STROKES are shown.
- PULSE displays the current heart rate.
- Press START/STOP to resume or RESET to return to standby.
- If no input is detected for 4 minutes, the console will return to standby mode automatically.

E. After Exercise Ends:

- LCD shows "*" and "8" with STOP flashing.
- Final values are displayed for TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES, and STROKES.
- Press START/STOP to repeat the TARGET DISTANCE session.
- Press RESET to return to standby (buzzer beeps 0.5s).
- If no key input occurs within 4 minutes, the console will auto-return to standby mode.

F. Auto Standby During Exercise:

If no key press, RPM signal, or pulse input is detected for 4 minutes, the buzzer will beep 0.5s, and the console will automatically enter standby mode.

TARGET CALORIES Mode (See Picture 17)

A. Activation

- From standby, press MODE → UP to highlight TARGET CALORIES (LCD shows "*" 8" with TARGET flashing)
- Press MODE again; CALORIES now flashes in its window.

B. Setting Calories

- With SET flashing and 0 showing, press UP/DOWN to choose the target (0 - 9990 cal, circular).
- Press START/STOP to confirm (buzzer 0.5 s) and enter exercise mode.

C. During Exercise

- LCD alternates TARGET / CALORIES every 2 s.
- CALORIES counts down; TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, STROKES accumulate.
- SPM/WATT toggle every 5s.

D. Pause / Resume

- Press START/STOP → STOP flashes; values freeze for review.
- Press START/STOP to resume or RESET to return to standby.
- Auto-return to standby after 4 min of inactivity.

E. Session End

- When calories reach 0, STOP flashes; results remain on-screen.
- Press START/STOP to launch a new TARGET CALORIES session or RESET to standby.
- Auto-return to standby after 4 min if idle.

F. Auto Standby

If no key/RPM/pulse input for 4 min during exercise, buzzer beeps 0.5 s and console reverts to standby.

TARGET STROKES Mode (See Picture 18)

A. Activation

- From standby, press MODE → UP to select TARGET STROKES (LCD "*" 8", TARGET flashing).
- Press MODE; STROKES flashes in its window.

B. Setting Strokes

- With SET flashing and 0 showing, press UP to set the target (0 - 9990 strokes, circular).
- Confirm with START/STOP (buzzer 0.5 s) to enter exercise mode.

C. During Exercise

- LCD alternates TARGET / STROKES every 2 s.
- STROKES counts down; all metrics accumulate as you row.

D. Pause / Resume

- START/STOP pauses; STOP flashes with frozen values.
- START/STOP resumes; RESET returns to standby.
- Auto standby after 4 min idle.

E. Session End

- When strokes hit 0, STOP flashes with final data.
- START/STOP restarts a TARGET STROKES session; RESET returns to standby.
- Auto standby after 4 min idle.

F. Auto Standby

No key/RPM/pulse for 4 min → buzzer 0.5s → standby.

TARGET PULSE Mode (See Picture 19)

A. Activation

- From standby, press MODE → UP to highlight TARGET PULSE (LCD "*" 8", TARGET flashing).
- PULSE flashes in its window; press MODE to edit.

B. Setting Pulse

- With SET flashing and default 100 BPM showing, press UP/DOWN to choose the target (30 - 230 BPM, circular).

- Confirm with START/STOP (buzzer 0.5 s) to enter exercise mode.

C. During Exercise

- LCD alternates TARGET / PULSE every 2s.
- All metrics accumulate; SPM/WATT toggle every 5s.

D. Over-Pulse Alert

If actual heart rate exceeds the target, the buzzer beeps once every second until it falls back below the limit.

E. Pause / Resume

- START/STOP pauses; STOP flashes, values freeze.
- START/STOP resumes; RESET exits to standby.
- Auto standby after 4 min idle.

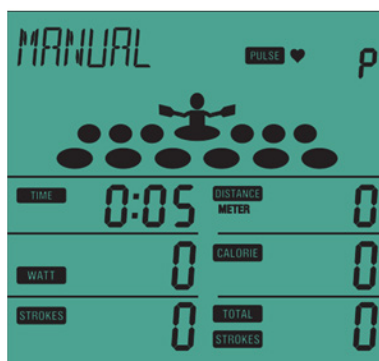
F. Auto Standby

No key/RPM/pulse for 4 min → buzzer 0.5s → standby.

Animation Effect

During any exercise mode, if there is an active signal input (e.g., RPM, strokes, or movement), the on-screen animation will move in sync with your activity frequency – the faster your pace, the faster the animation progresses.

When signal input stops, the animation pauses immediately, reflecting the halt in exercise activity.



Picture 20

7. BUTTON FUNCTIONS

(1) UP Key

A. Press once to increase by one unit. Hold for 1+ second for rapid increase.

B. TIME setting range: 0:00 ~ 99:00

- INTERVAL: Increments by 0:01
- TIME: Increments by 1:00

C. CALORIES setting range: 0 ~ 9990 (increments of 10)

D. DISTANCE setting range: 0 ~ 9990 (increments of 10)

E. STROKES setting range: 0 ~ 9990 (increments of 10)

F. PULSE setting range: 30 ~ 230 BPM (preset: 100, increments of 1)

G. In standby mode, press UP + MODE together for 2 seconds to switch between METER and MILE units.

(2) MODE Key

A. In function selection mode, press to confirm the selected function.

B. In setting mode, press to confirm the value.

C. In exercise mode, press to toggle START/STOP.

D. Each press emits a "Bi Bi" sound for feedback.

E. In standby mode, press MODE + SET together for 2 seconds to switch between METER and MILE units.

(3) RESET Key

F. In function selection mode, press to return to the previous screen.

G. In setting mode, press to clear the current value.

H. In STOP mode, press to return to standby.

I. Each press emits a "Bi Bi" sound for feedback.

J. After powering on, press and hold for 3 seconds to enter standby mode.

- In standby, SCAN mode displays the following every 1 second:

MANUAL, INTERVAL, TARGET, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, STROKES.

(4) INTERVAL 20-10 Key

- Press this key to directly enter the INTERVAL 20s work / 10s rest mode.

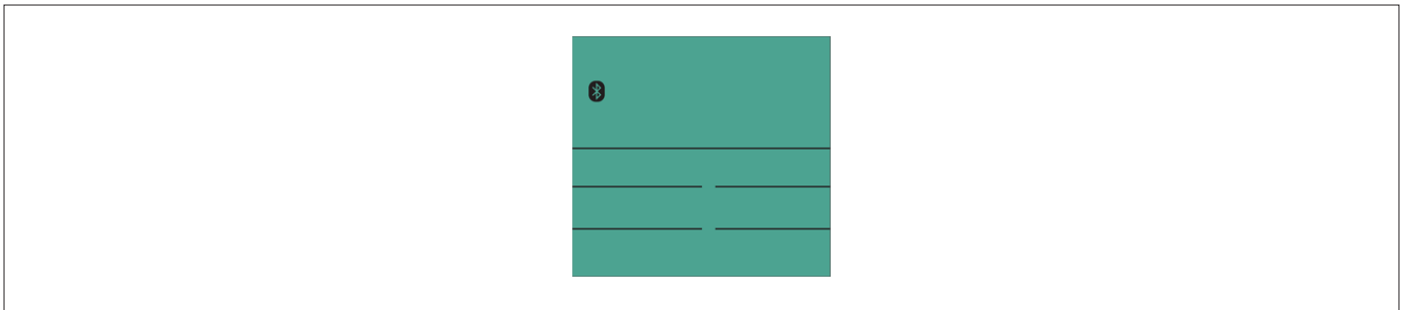
(5) INTERVAL 10-20 Key

- Press this key to directly enter the INTERVAL 10s work / 20s rest mode.

(6) RECOVERY Key

- When a heart rate signal is detected, press this key to begin a 60-second RECOVERY mode.
- After countdown ends, the LCD displays a fitness score (F1-F6).

(7) ON/OFF KEY



- Press this key to turn ON or OFF the Bluetooth app connection.
- When Bluetooth is ON, the console will display the Bluetooth icon only.
- When Bluetooth is OFF, the console returns to normal display mode, but the app connection will be disabled.

NOTE:

If the user is unable to exit exercise mode due to incorrect operation, they can press the ON/OFF key to turn off Bluetooth. Once Bluetooth is turned off, the connected app will automatically disconnect.

(8) TOTAL RESET Key

Press this key to immediately enter reboot mode.

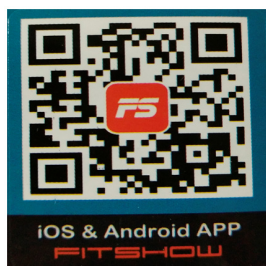
All settings and workout data will be cleared and reset to zero, identical to the effect of removing and reinstalling the batteries.

(9) Bluetooth Connection

1.1 To connect via Bluetooth, please refer to the Bluetooth App Operation Manual for detailed instructions.

1.2 To download the app, scan the QR code provided on the product label for direct access to the download link.

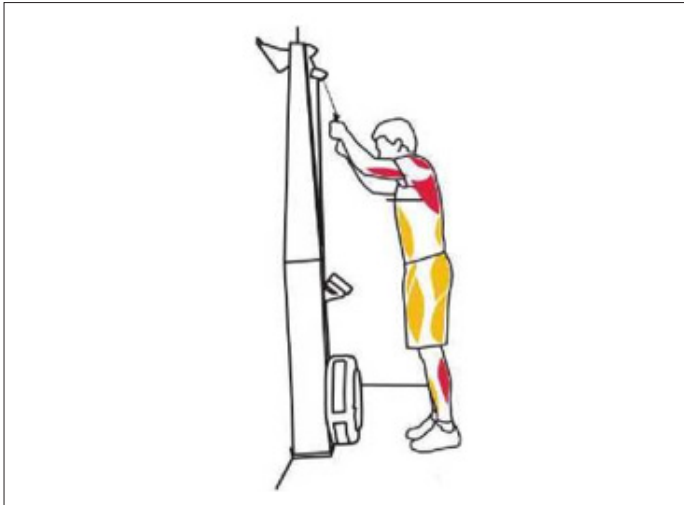
1.3 User can find the operation manual in the APP.



REMARKS:

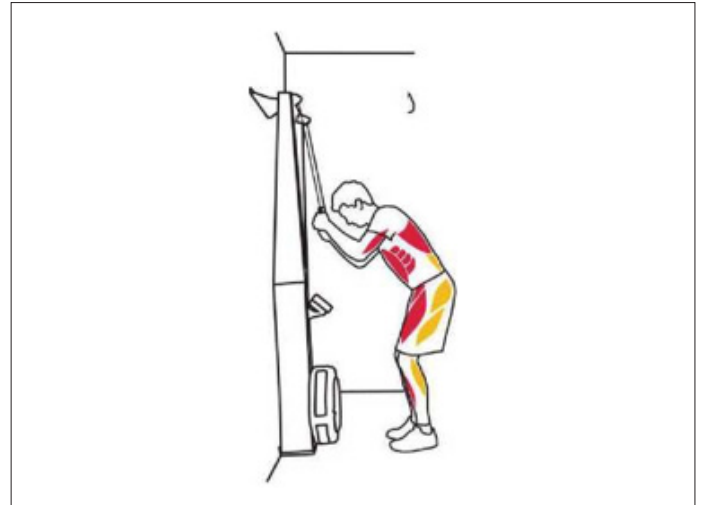
- If the LCD display appears dim, it indicates that the batteries need to be replaced.
- If there is no signal input, please check whether the cables are securely connected.

IV. OPERATION INSTRUCTIONS



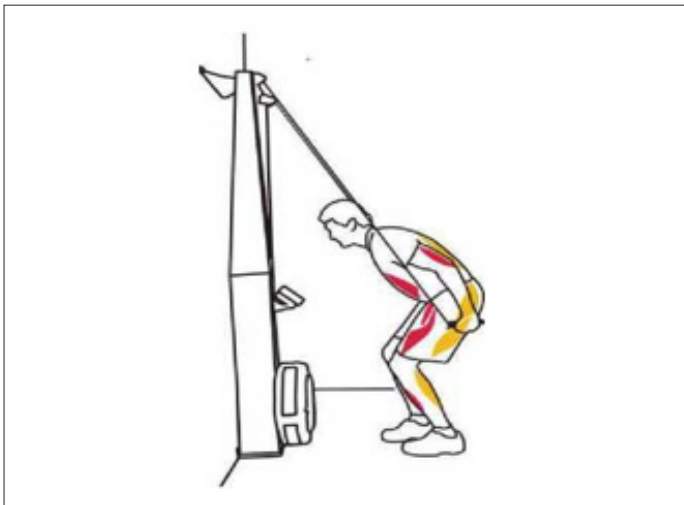
1. Starting Position – Double-Pole Technique

- Stand with your feet shoulder-width apart.
- Hold the handles with both hands, positioned at eye level and shoulder-width apart.
- Keep your elbows bent and your arms relaxed in front of your face.



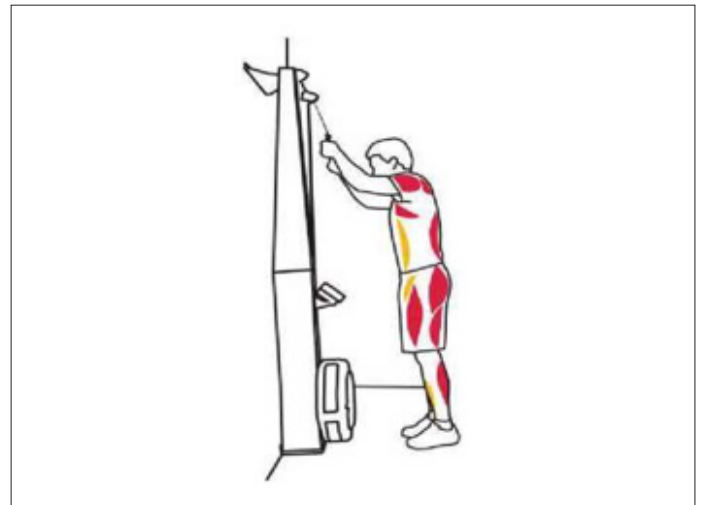
2. The Drive

- Engage your core and bend your knees slightly.
- Pull the handles downward in a powerful, controlled motion, keeping them close to your face.
- Maintain bent elbows to ensure a smooth arc as you drive downward.



3. Finish Position

- Extend your arms fully downward until your hands are beside your thighs.
- Keep your knees slightly bent at the bottom of the movement.



4. Recovery

- Straighten your body and raise your arms back up to the starting position.
- Reset your posture and repeat the motion with rhythm and control.

CLASSIC SKIING TECHNIQUE – ALTERNATING ARMS

1. Start with one arm raised slightly above your head, with a slight bend at the elbow.
2. Pull down with the raised arm while simultaneously beginning to lift the opposite arm.
3. Continue alternating arms in a smooth, rhythmic motion. Maintain a slight bend in the pulling arm for better strength and control.

WORKOUT INTENSITY GUIDE

USER-CONTROLLED RESISTANCE

The Ski Trainer uses **air resistance**, which means the intensity is fully controlled by the user:

- The **harder and faster you pull**, the greater the resistance you'll feel.
- The resistance is generated by the spinning flywheel—the faster it spins, the more air it moves, and the more resistance is created.
- You can ski at your own pace: **light and easy, or hard and intense**—the machine will adapt to your effort, not the other way around.

DAMPER SETTING – ADJUSTING THE FEEL

The Ski Trainer is equipped with a **spiral damper** (scale 1-10), which functions similarly to gears on a bicycle:

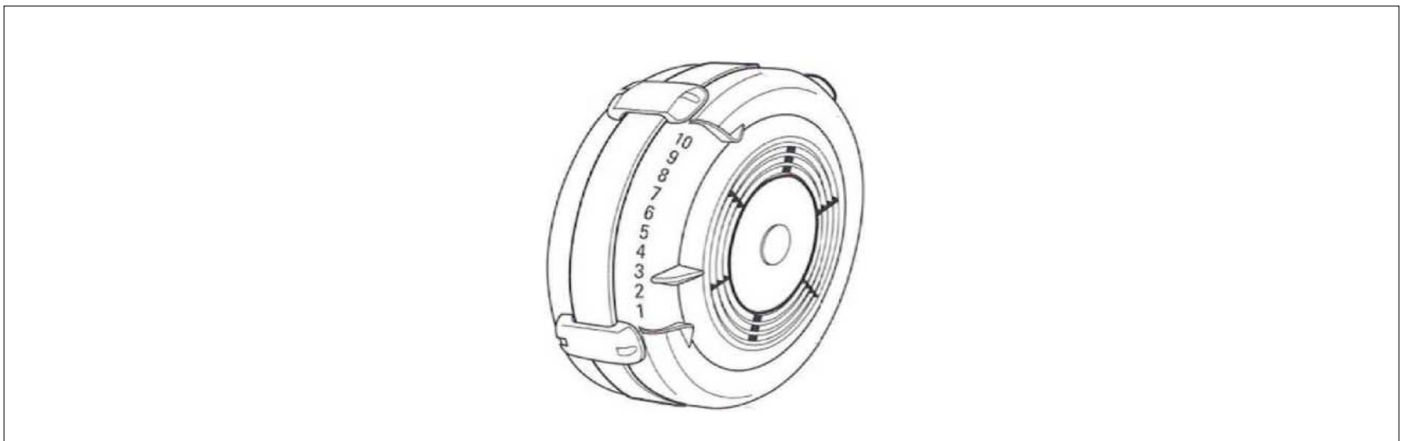
- **Higher damper settings (6-10):** Simulate **slower snow, heavier drag, or uphill skiing.**
- **Lower settings (1-4):** Mimic **fast snow, flat terrain, or downhill gliding.**

NOTE:

The damper setting changes how the pull feels but does **not directly increase resistance**—resistance is still determined by how hard you pull.

For general fitness and aerobic conditioning, a setting between **1 and 4** is recommended.

TIP: The **Drag Factor**, shown on the Performance Monitor (PM), provides a more accurate measurement of resistance than the damper setting scale.



GETTING STARTED

BEFORE YOUR FIRST SKI TRAINER WORKOUT

1. Consult Your Physician

Ensure it's safe for you to begin a new exercise program, especially if you have any pre-existing conditions.

2. Review Technique Carefully

Improper form can lead to injury. Study and practice proper skiing technique before beginning.

3. Warm Up Thoroughly

Start each workout with a few minutes of easy skiing, followed by light stretching.

4. Start Slowly

Limit your first session to no more than 5 minutes to allow your body to adjust to the motion and intensity.

WARNING:

Overexertion may cause serious injury or death. Stop immediately if you feel dizzy, faint, or unwell.

YOUR FIRST SKI TRAINER WORKOUT

1. Begin with Technique Practice

- Ski gently for 1-2 minutes using the double-pole technique to learn proper movement.
- This method activates more muscle groups for a full-body workout.

2. Establish a Rhythm

- Continue skiing at a steady, comfortable pace for 3 minutes, focusing on form and breathing.

3. Rest and Recover

- Stop skiing and walk or stretch for several minutes.

4. Repeat an Easy Interval

- Ski again for 3-5 minutes, based on your comfort level.

5. Take Another Short Rest

- Rest for 1-2 minutes.

6. Repeat

- Perform step 4 two or three more times, maintaining light to moderate intensity.

Progression Guidelines

- Gradually increase your skiing time and intensity over the first two weeks.
- Avoid skiing at full intensity until you are confident in your technique and have at least a week of experience.
- Always prioritize warm-ups, proper form, and gradual progression to reduce injury risk.

V. MAINTENANCE INSTRUCTIONS

WARNING:

To ensure continued safety and performance, the machine must be inspected regularly for any signs of damage or wear. **Do not use the machine if any parts are defective.** Replace damaged components immediately or discontinue use until repairs are made.

CORD MAINTENANCE – PREVENTING TWISTING

During use, cords may twist—similar to an old telephone handset—causing uneven resistance or a "lumpy" pulling sensation. Twisted cords can result in premature wear.

To Untwist the Cords (Recommended Regularly):

It's easier to perform this task with assistance.

1. Pull both handles out to their maximum extension.
2. Hold the cords at the top bracket, allowing the handles to dangle freely and spin.
3. Run your hand down each cord to untwist them gently.
4. Return the handles to the top resting position.
5. Repeat this process at least twice to fully untwist.

Visually inspect the cords often and untwist as needed to maintain optimal performance.



New Cord	Acceptable wear. Still usable.	Excessive wear. Replace cord.
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GRIP CLEANING

- Wipe down the handle grips every few workouts using a mild soap solution or non-abrasive cleaner.
- Do not use harsh chemicals.

CORD & BUNGEE INSPECTION

Interval: Every 500,000 meters (approx. 50 hours of use)

The Ski Erg uses two main cords and two internal bungee cords. These should be inspected periodically for wear.

Steps to Inspect:

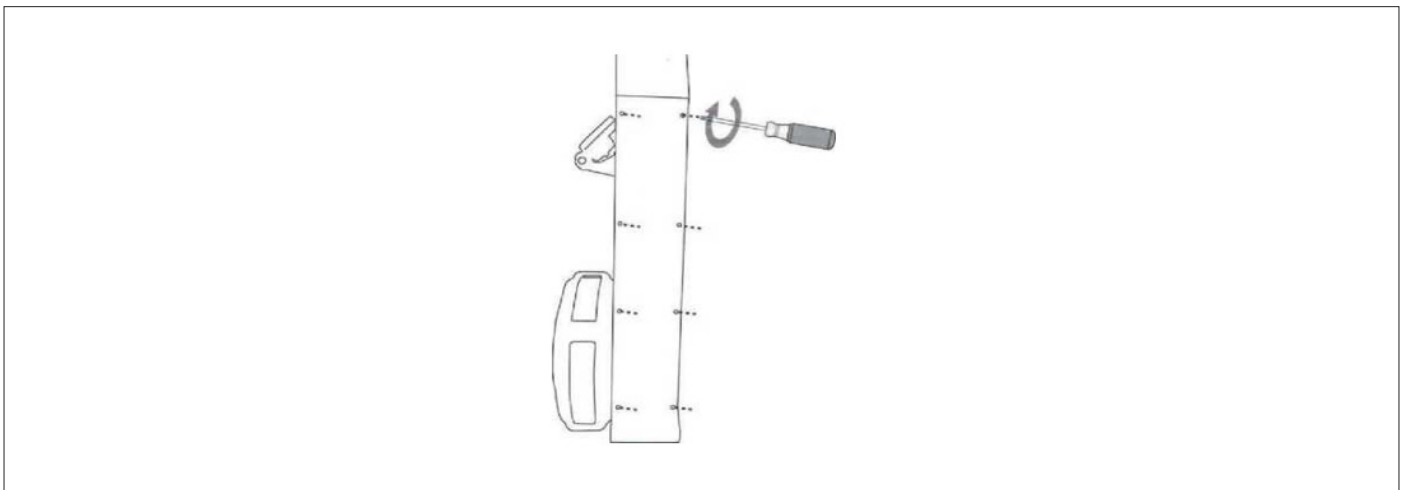
1. Handle Cord Check
 - Fully extend both handles and inspect the visible length of the cords for fraying, cuts, or fuzzing.
2. Internal Cord Check
 - Remove the lower right-side cover (secured by 8 screws) using the 6-lobe driver provided.
 - With the cover off, inspect all cords and pulleys.
 - Have a second person slowly pull the handles out while you examine the full working length of each cord and the bungee.

Signs of Wear:

- Normal wear includes some fuzzing of the cord surface over time.
- If the fuzzing becomes concentrated or excessive in one area, the cord should be replaced immediately.
- Always replace both cords together for consistent performance.

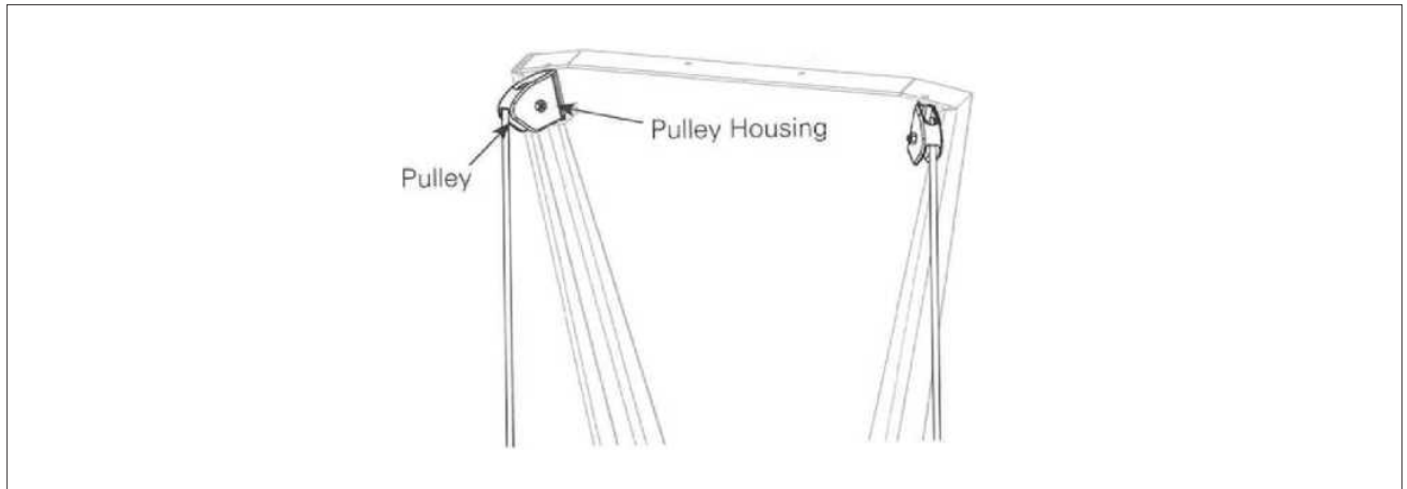
FASTENER INSPECTION

- Check all screws, bolts, and fasteners regularly.
- If your Ski Erg is wall-mounted, ensure the wall-mount anchors are secure and show no signs of loosening.



PULLEY INSPECTION

- Ensure the pulleys rotate smoothly and spin freely within their housings.
- Verify the pulley housings can swing properly within the pulley brackets.



CLEANING & GENERAL CARE

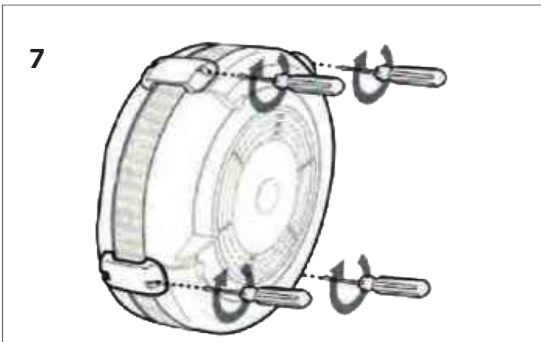
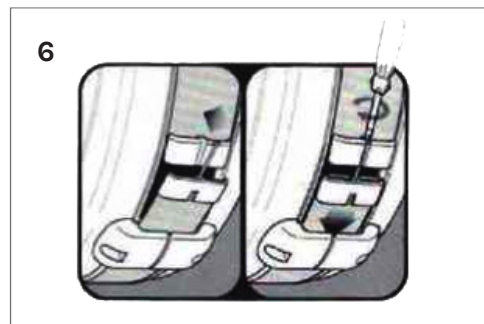
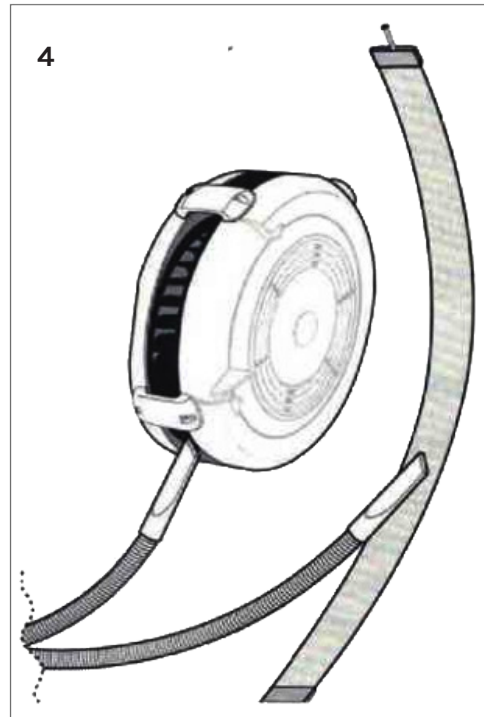
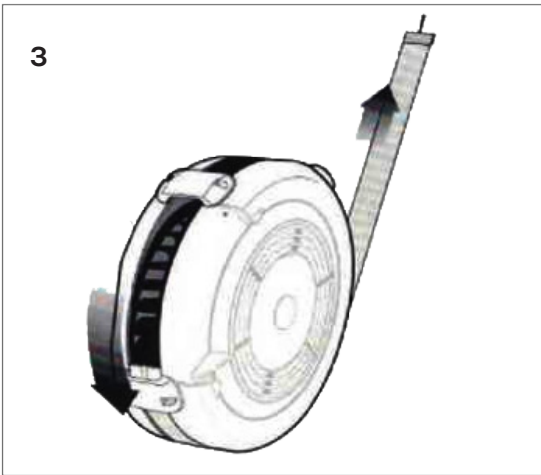
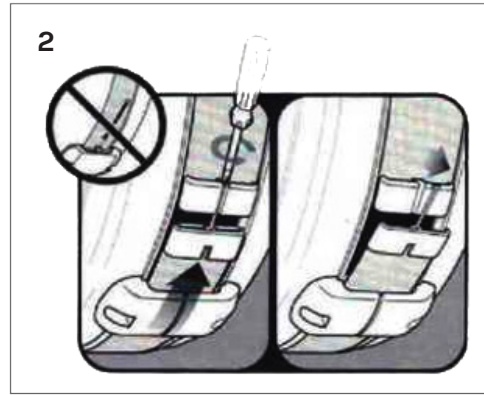
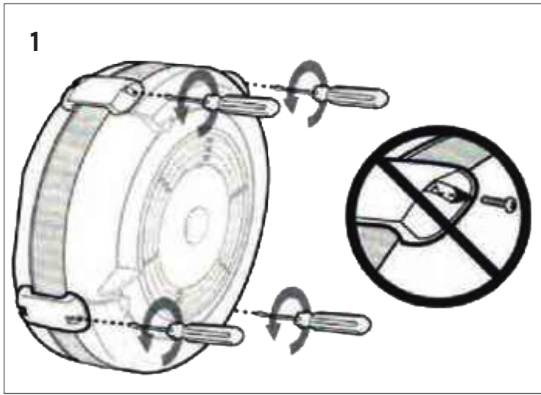
As Needed:

- Clean the frame, floor stand, or base using a soft cloth and non-abrasive household cleaner.
- **Do not spray cleaning fluid directly onto the Performance Monitor (PM).**

Flywheel Maintenance:

- Dust and lint can build up inside the flywheel housing, which may reduce resistance.
- To clean:
 1. Remove the four screws securing the outer flywheel cover.
 2. Gently clean the interior using a dry cloth or compressed air.
 3. Reattach the cover securely.

FLYWHEEL OPENING & CLEANING



VI. EXERCISE GUIDE

! PLEASE NOTE:

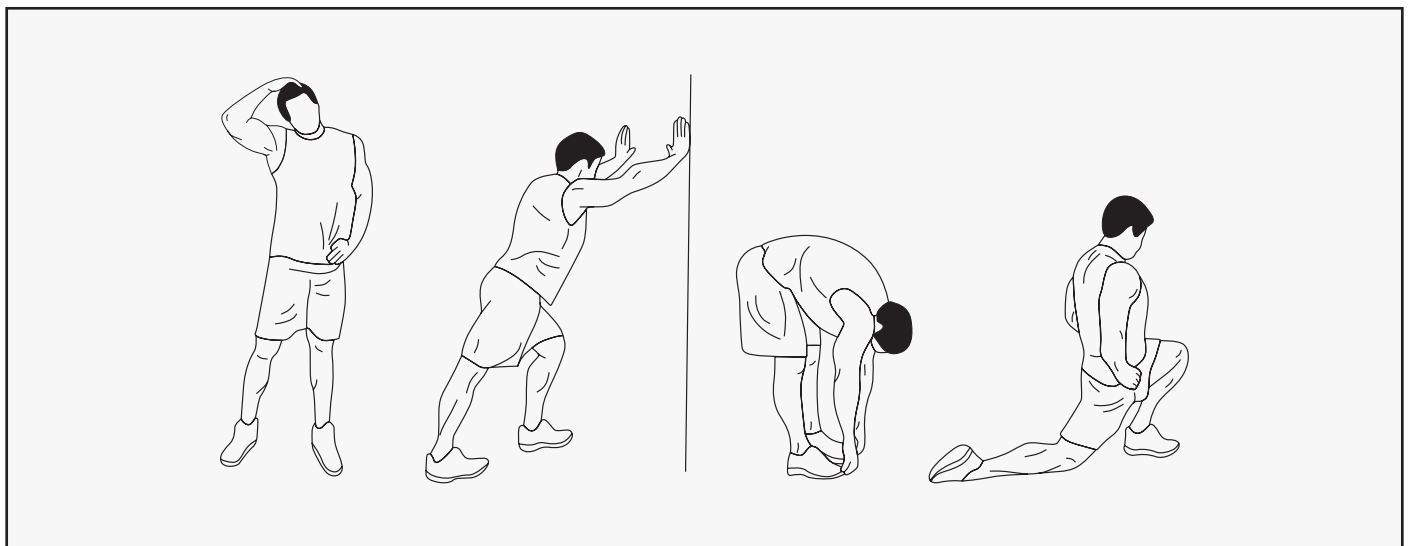
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

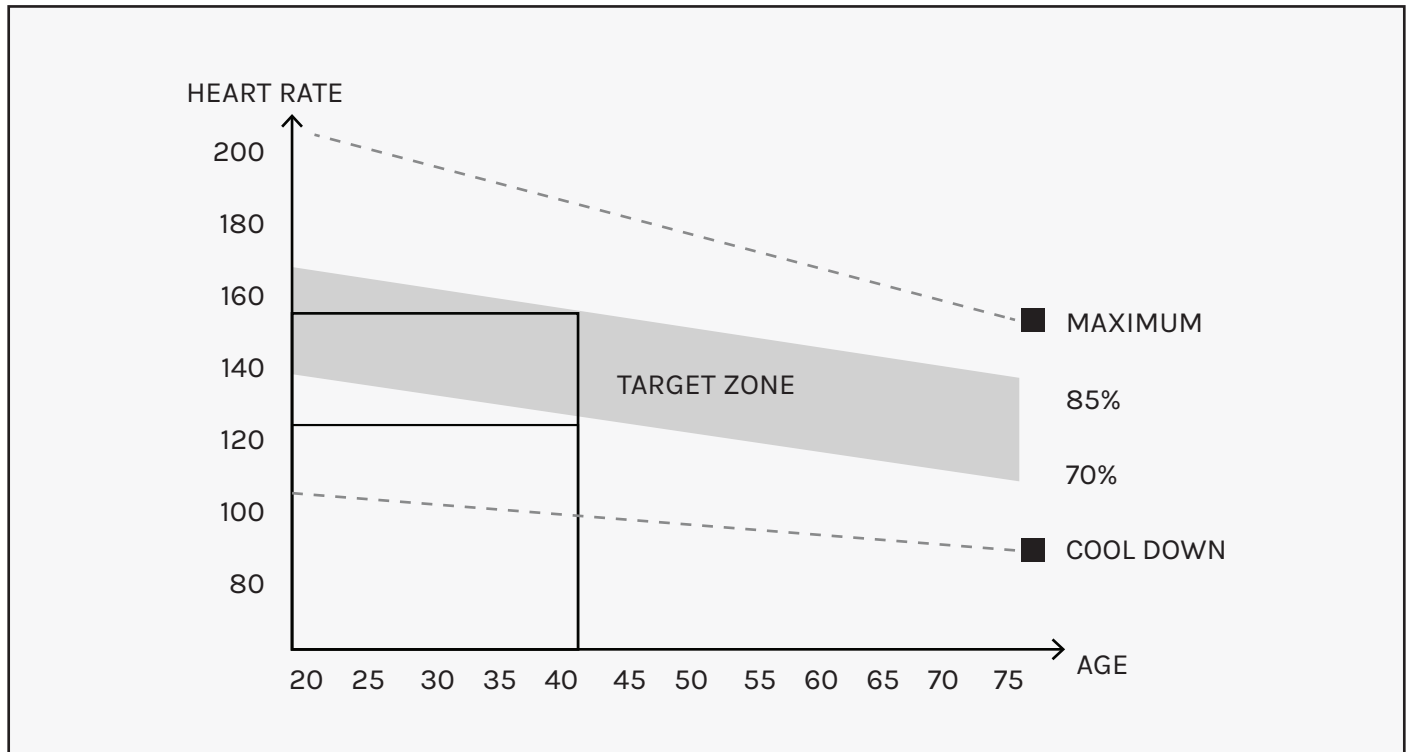
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



⚠ This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.



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