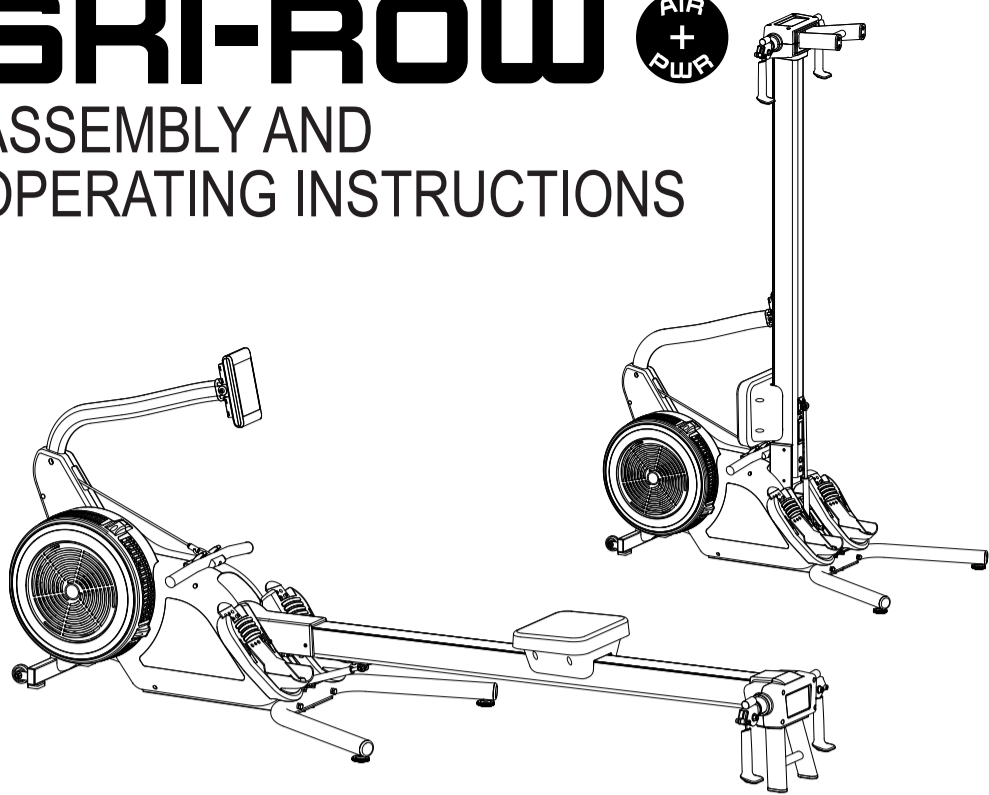


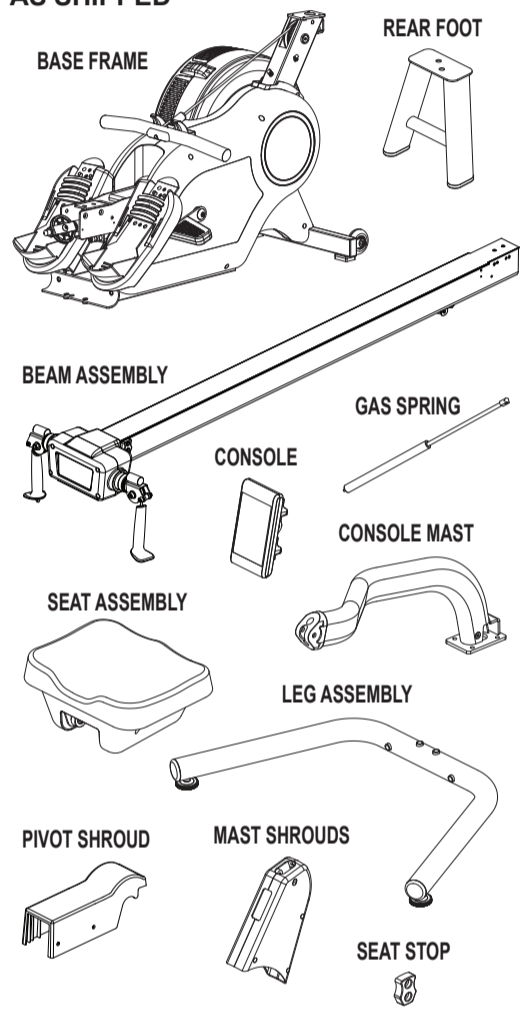
SKI-ROW



ASSEMBLY AND OPERATING INSTRUCTIONS



AS SHIPPED



HARDWARE DESCRIPTION	DRAWING	QUANTITY
M4 x 20mm Flat Head Phillips Screw		4
M4.2 x 19mm Self Threading Phillips Screw		5
M5 x 12mm Round Head Phillips Screw		2
M5 x 45mm Cap Head Screw		1
M6 x 10mm Cap Head Screw		4
M8 Lock Nut		1
M8 Washer		2
M8 Lock Nut (Black)		1
M8 Washer (Black)		2
M8 x 15mm Button Head Screw		4
M8 x 15mm Flat Head Screw		4
M8 x 35mm Cap Head Screw		1
M8 x 55mm Cap Head Screw		1
M10 x 20mm Cap Head Screw		2
M10 x 65mm Cap Head Screw		4

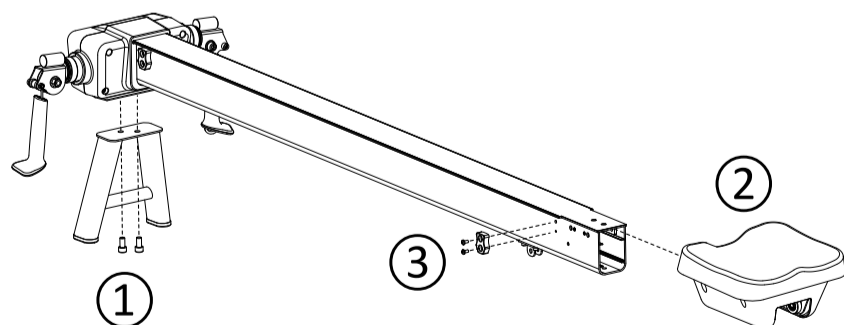
ASSEMBLY TOOLS				
Combo Wrench	8 mm Hex Wrench	6 mm Hex Wrench	5 mm Hex Wrench	4 mm Hex Wrench

ASSEMBLY

The EnergyFit Ski-Row requires minimal assembly. All tools required to complete the initial setup and assembly have been included in the Assembly Hardware Kit. Prior to assembly, remove the unit and all parts from the carton and packaging. Confirm all parts shown in the section titled "As Shipped" above are included before attempting to assemble the Ski-Row.

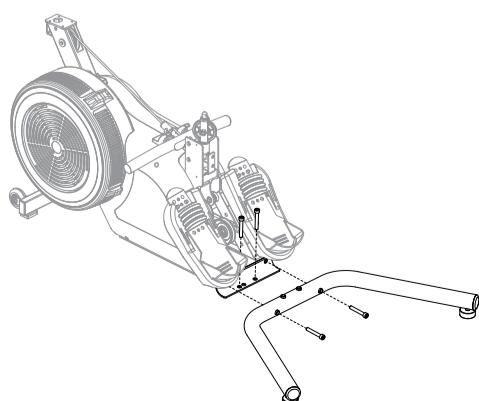
Assembly Step 1:

Install the Beam Foot Assembly to the Beam End with two M10 x 20mm Socket Head Screws using an 8mm hex wrench. Next, slide the Seat Assembly onto the front end of the beam, being sure to orient the wide end of the seat toward the rear of the beam. Finally, install the Seat Stop to the beam with two M5 x 15mm Phillips Drive Round Head Machine Screws and a #2 Phillips Screwdriver.



Assembly Step 2:

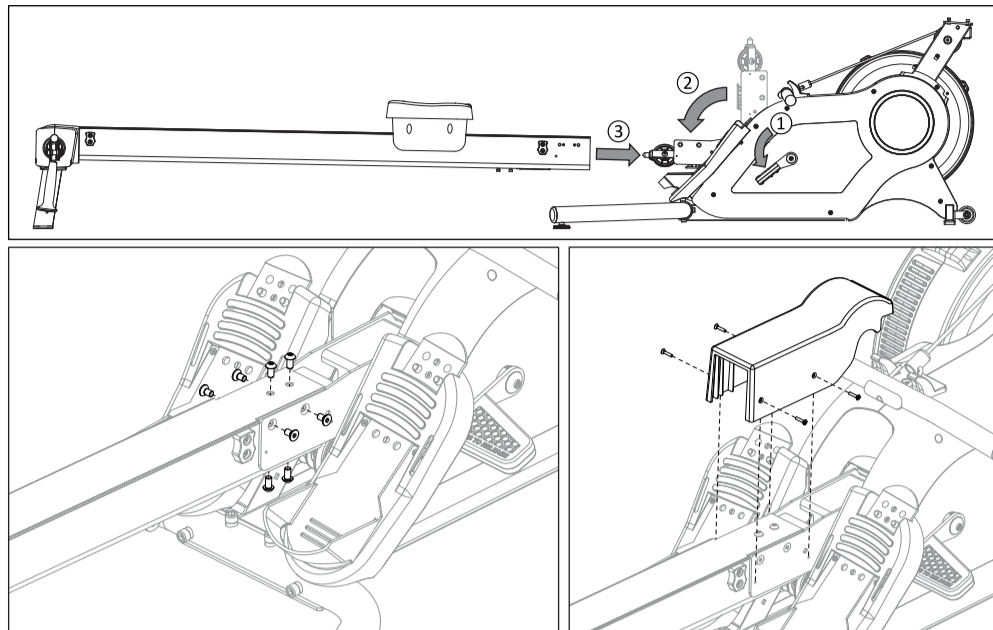
Install the Leg Assembly onto the Base Frame with four M10 x 65mm Socket Head Cap Screws and a 8mm Hex wrench.



Assembly Step 3:

Press down on the Beam Release Lever and move the Beam Bracket down into the horizontal position. Place the beam on the floor behind the Base Frame and carefully slide the Beam all the way onto the Beam Bracket, and secure it with four M8 x 15mm flat head socket screws and four M8 x 15mm Button Head Screws using a 5mm Hex wrench.

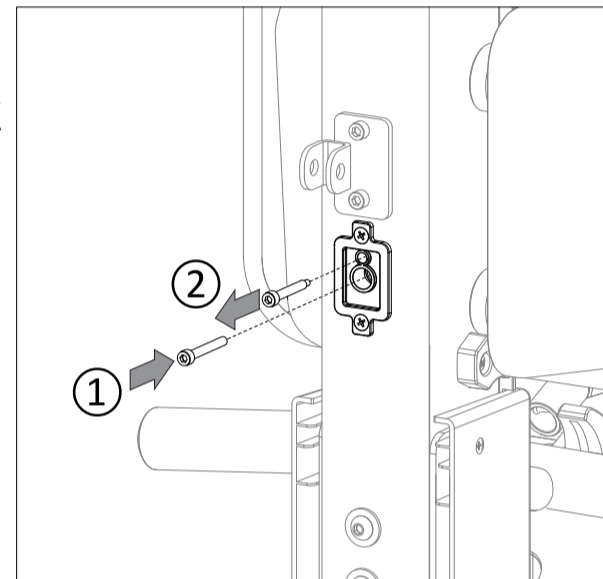
Next, install the Beam Pivot Cover by snapping it down in place over the Beam Bracket, and secure it with four M4 x 20mm Flathead Machine Screws and a #2 Phillips Screwdriver.



Assembly Step 4:

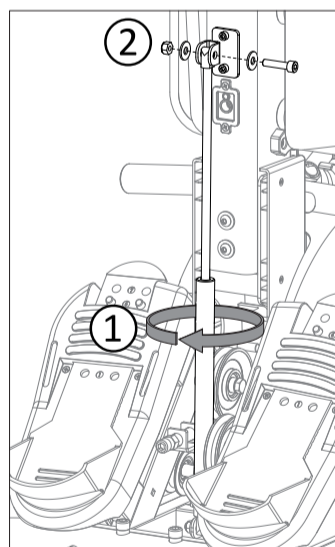
WARNING: THE ORDER OF THE FOLLOWING STEPS ARE CRITICAL FOR SUCCESSFUL ASSEMBLY AND OPERATION.

Raise the beam to the vertical position until the Beam Lock clicks into place. Install the Ski Pulley M5 x 45mm Link Screw with a 4mm hex wrench through the lower hole in the access cover, then REMOVE the M5 shoulder screw to free the ski pulley assembly.



Assembly Step 5:

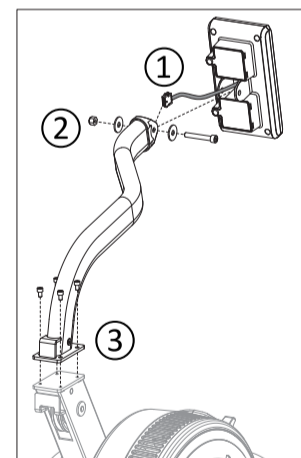
Install the gas spring by screwing the threaded stud on the cylinder into the end fitting on the Base Frame. Align the end fitting on the top of the gas spring rod to the clevis on the Beam, and secure with a M8 x 35mm socket head cap screw, two M8 washers, and M8 lock nut using 6mm hex wrench and multi-wrench.



Assembly Step 6:

Uncoil and straighten out the Console Cable. Carefully feed the cable through the Console Support Mast and all the way out the end. Attach the Console to the Console Support Mast with a M8 x 55mm bolt, two Black M8 Washers, and one Black M8 Lock Nut.

Next, attach the Console Support to the base frame with four M6 x 10mm screws and a 5mm Hex Wrench, being careful not to pinch the cable between the Console Support and the Base Frame.

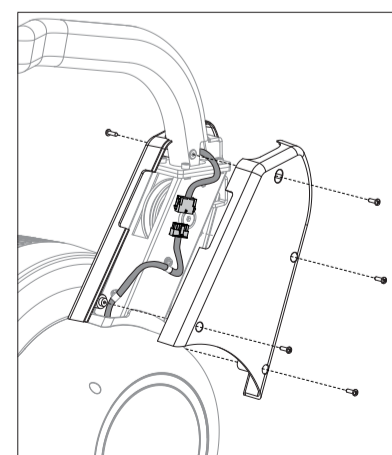


Assembly Step 7:

Connect cables together.

Next, install the two Mast Shrouds to the Base Frame with five M4.2 x 19mm Phillips Head Screws using a #2 Phillips Screwdriver.

Finally, install four C type alkaline batteries in the back of the console housing. Note that there are two battery compartments and two batteries must be installed in each compartment in the orientation specified for the console to operate correctly.



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For more information or questions regarding your product, please visit our website at www.energyfit.com

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OPERATING INSTRUCTIONS



Console Keys

-  The WORKOUT key is used to select from four (4) different types of workouts: Time, Distance, Calories, and Intervals.
-  The START/ENTER key will launch a program and restart a paused program. The ENTER key confirms values entered when adjusting a program. Pressed along with the STOP key and UP key, the Maintenance Mode will launch.
-  Use the STOP key to end a program or pause a running program. To reset the console and erase all user-entered data, press the STOP key for more than two seconds.
-  The UP/DOWN Arrow keys allow the user to increase and decrease console values. Pressing the UP/DOWN Arrow keys together for five seconds will launch the Comp Setup Mode. These keys are also used to increase and decrease the amount of resistance at any time during a workout.
-  Connections to a mobile device or wireless chest strap via the on-board Bluetooth or ANT+ radios are initiated by pressing the CONNECT key.

Battery Installation. The console operates on four (4) C batteries (included). There are two battery compartments on the back side of the console. Two batteries are to be installed in each compartment. Note the polarity when installing the batteries. Only use alkaline batteries of the same brand and age to prevent damage to the electrical components. Removal/replacement of batteries will erase clock and user settings.

ANT+ 2.4Ghz Wireless Technology. Connection of an optional ANT+ heart rate chest strap can be made via the on-board wireless receiver. See the section titled Heart Rate Training for more information.

Permanent Memory. Total run time and service interval reminder data will always be maintained.

Sleep Mode. After thirty (30) seconds of inactivity, the console will enter the Sleep Mode. All display features will switch off, however previously entered data will be saved. To wake the console from Sleep Mode press any button or simply begin exercising.

Ready Mode. The Ready Mode is designed to notify the user that the console is powered on and ready for use. "SKI-ROW" will be displayed in the upper alpha-numeric display. "PRESS START OR SELECT PROGRAM TO BEGIN" will be displayed in the lower alpha-numeric display. The Ready Mode will time out in thirty (30) seconds.

Pause Mode. Pause Mode will be entered when the fan speed reaches a very low RPM. The time, distance, and calories metrics display fields will freeze and stop incrementing within Pause Mode. The average values for pace, stroke rate, watts, and heart rate will also begin to be shown. To return to the previous program, resume exercising. If no further input is made, the Pause Mode will end and console will enter the Ready Mode in thirty (30) seconds.

Program Quick Start. The console allows users to begin a workout without the selection of a program. When launched, the metrics will begin to display within seconds of pressing the START key or pulling on either the row handle or either ski handle. The program will run continuously and all metrics will count up from zero.

Workout Results. At the end of each workout, the console will post a workout summary of the workout data. The workout time, calories and distance will be displayed, followed by average pace, stroke rate, watts, and heart rate, then maximum pace, stroke rate, watts, and heart rate.

PROGRAM OPERATION

 **WARNING.** Please read all included information, user guides and warnings before use.

QUICK START Program

The Quick Start program option is for users wishing to bypass the on-board programming setup steps and begin their workout immediately. The Quick Start program will launch as soon as the the row handle or ski handles are pulled or the START/ENTER key is pressed. The console will begin to display all metrics, including the user's heart rate (if a signal is detected from a user's heart rate strap). The program will run continuously until the fan RPM has reached a very low rate or the STOP key is pressed.

- Launch: Press the START/ENTER key or begin walking/running on the belt.
- Run: All metrics will begin to post.
- End: Press the STOP key. The Results summary will be displayed for total, average and maximum values.

WORKOUT Selection

The console provides four (4) different workout types that can selected from and consist of TIME, DISTANCE, CALORIE, and INTERVALS. Press the WORKOUT key to bring up the workout menu. Then use the UP/DOWN keys to navigate the menu to find the desired workout type. Press START/ENTER to confirm the selection.

TIME GOAL Program

For the TIME GOAL program, the user may set a single target value and the program will continue until that goal has been achieved. The user can select a time from 5 to 99 minutes.

- Launch: Press the WORKOUT key to bring up the workout menu. Then use the UP/DOWN keys to navigate the menu to find the TIME program. Press START/ENTER to confirm the selection.
- Setup: The default time will then be shown. Adjust the displayed value by pressing the UP or DOWN keys, followed by the START/ENTER key to confirm. The program will begin automatically.
- Run: The display fields will light and begin to track the progress of the user toward the specified goal.
- End: The program will end automatically when the selected target has been achieved. To end the program at any time, press the STOP key. The Workout Summary will launch and show a record of the workout data.

DISTANCE GOAL Program

For the DISTANCE GOAL program, the user may set a single target value and the program will continue until that goal has been achieved. The user can select a time from 100 to 99999 meters.

- Launch: Press the WORKOUT key to bring up the workout menu. Then use the UP/DOWN keys to navigate the menu to find the DISTANCE program. Press START/ENTER to confirm the selection.
- Setup: The default distance will then be shown. Adjust the displayed value by pressing the UP or DOWN keys, followed by the START/ENTER key to confirm. The program will begin automatically.
- Run: The display fields will light and begin to track the progress of the user toward the specified goal.
- End: The program will end automatically when the selected target has been achieved. To end the program at any time, press the STOP key. The Workout Summary will launch and show a record of the workout data.

CALORIE GOAL Program

For the CALORIE GOAL program, the user may set a single target value and the program will continue until that goal has been achieved. The user can select a time from 50 to 1000 calories.

- Launch: Press the WORKOUT key to bring up the workout menu. Then use the UP/DOWN keys to navigate the menu to find the DISTANCE program. Press START/ENTER to confirm the selection.
- Setup: The default calories will then be shown. Adjust the displayed value by pressing the UP or DOWN keys, followed by the START/ENTER key to confirm. The program will begin automatically.
- Run: The display fields will light and begin to track the progress of the user toward the specified goal.
- End: The program will end automatically when the selected target has been achieved. To end the program at any time, press the STOP key. The Workout Summary will launch and show a record of the workout data.

TIME INTERVAL Program

The TIME INTERVAL Program gives the user the ability to set the length of the work and rest intervals as well as the total number of intervals.

- Launch: Press the WORKOUT key to bring up the workout menu. Then use the UP/DOWN keys to navigate the menu until INTERVALS is displayed. Press the START/ENTER key to select INTERVALS as the desired workout type. Then use the UP/DOWN keys to navigate the intervals menu until the TIME INTERVAL type is displayed. Press START/ENTER to confirm the selection.
- Setup: The default work interval time will then be shown. Adjust the displayed value by pressing the UP/DOWN keys, followed by the START/ENTER key to confirm. The default rest interval time will be shown. Adjust the value and confirm by pressing START/ENTER. Next, the default number of desired intervals shall be displayed. Adjust the displayed value by pressing the UP/DOWN keys, followed by the START/ENTER key to confirm. The program will begin automatically.
- Run: The console will display the current Work/Rest interval and the time display will count down for each interval.
- End: The program will run until the last segment ends. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the program and post a record of the workout data.

DISTANCE INTERVAL Program

The DISTANCE INTERVAL Program gives the user the ability to set the length of the work and rest intervals as well as the total number of intervals.

- Launch: Press the WORKOUT key to bring up the workout menu. Then use the UP/DOWN keys to navigate the menu until INTERVALS is displayed. Press the START/ENTER key to select INTERVALS as the desired workout type. Then use the UP/DOWN keys to navigate the intervals menu until the DISTANCE INTERVAL type is displayed. Press START/ENTER to confirm the selection.
- Setup: The default work interval distance will then be shown. Adjust the displayed value by pressing the UP/DOWN keys, followed by the START/ENTER key to confirm. The default rest interval distance will be shown. Adjust the value and confirm by pressing START/ENTER. Next, the default number of desired intervals shall be displayed. Adjust the displayed value by pressing the UP/DOWN keys, followed by the START/ENTER key to confirm. The program will begin automatically.
- Run: The console will display the current Work/Rest interval and the distance display will count down for each interval.
- End: The program will run until the last segment ends. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the program and post a record of the workout data.

HEART RATE TRAINING

The best way to determine exercise intensity is to monitor your heart rate. To aid in heart rate training, the Ski-Row console is equipped with a wireless heart rate receiver which can detect a HR signal being transmitted by a wireless chest strap (not included).

Calculated Maximum Heart Rate

A user's target heart rate depends primarily upon their age. It is key to work within a safe and productive zones to be able to make gains in strength and cardiovascular fitness.

It is generally perceived that it is most effective to train at a heart rate between 65% and 85% of your maximum heart rate. Calculated Maximum Heart Rate is calculated as a percentage of your Maximum Heart Rate (estimated as 220 Bpm minus your age). To calculate your Calculated Maximum Heart Rate and find the appropriate target training zone, use the following formulas. The following estimations are relevant for a 35-year-old user:

$$220 - 35 = 185 \text{ BPM} \quad (220 - \text{Age} = \text{Calculated Maximum Heart Rate in bpm})$$

$$0.65 \times 185 = 120 \text{ BPM} \quad (65\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 120 \text{ bpm})$$

$$0.85 \times 185 = 157 \text{ BPM} \quad (85\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 157 \text{ bpm})$$

The recommended heart rate training zone for this user would be between 120 bpm and 157 bpm.

Using the Wireless Heart Rate Receiver

In general, a wireless heart rate chest strap is the most accurate and convenient method of detecting and monitoring a heart rate signal on fitness equipment. The Ski-Row is equipped with a wireless heart rate receiving system. In order for the console to detect and display your heart rate wirelessly, four(4) conditions must be present:

- A compatible heart rate chest strap must be functioning and worn. The console is compatible with either an ANT+ or Bluetooth Smart heart rate chest strap. For proper function of the chest strap, please refer to the manufacturer's instructions.
- Both the console and heart rate chest strap must be powered on/activated.
- A workout program must be running.
- The ANT+/Bluetooth Smart heart rate chest strap is paired to the console.

Pairing the wireless ANT+/Bluetooth Smart Heart Rate Chest Strap to the console.

There are two ways to connect the heart rate chest straps to the console.

- **Bluetooth:** If monitoring the workout through a compatible mobile device and application, pairing of the heart rate strap will occur via the Bluetooth radio from within the application. Follow the application instructions which will include turning the Bluetooth radio on in the mobile device, pressing the CONNECT key on the console and select the Ski-Row from the mobile application.
- **ANT+:** If a mobile device is not used, pairing is available via the ANT+ radio. Ensure the chest strap is on and worn correctly. Press and hold the CONNECT key for 5 seconds. "ANT+HR" will begin to flash in the upper alpha-numeric display until the heart rate strap pairs to the console. When paired, the display will flash "Connected" to confirm connection.