



aero ski

Fitness Avalanche

ASSEMBLY MANUAL

INCLUDED PARTS:

1. Main Frame

2. Spring (x3).

Additional spring sold separately.

A. Knob (x3). (Pre-assembled)

B. Plastic washer (x2).

C. O-ring (x1).

D. Pulley knob (x1). (Pre-assembled)

3. Fitness monitor.

4. Cart.

5. Right swiveling foot pedal.

6. Left swiveling foot pedal.

7. Front end caps (x2).

8. Rear end caps (x2).

9. Upper handle bar.

10. Lower pole right.

11. Lower pole left.

12. Upper pole right.

13. Upper pole left.

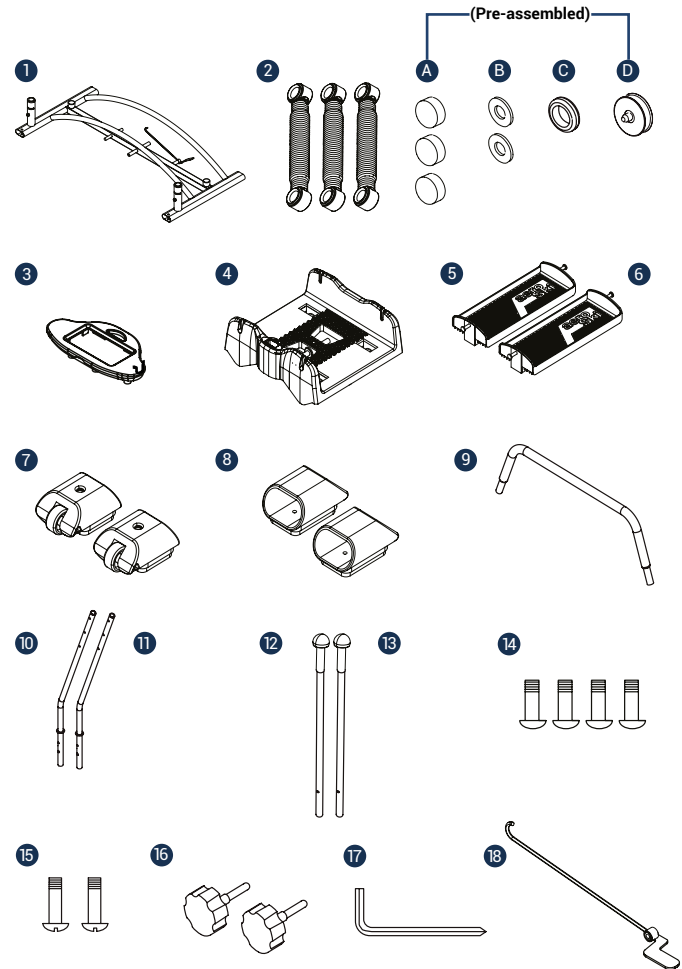
14. Screws M5X15 (x4).

15. Screws M6X20 (x2).

16. Knobs (x2).

17. Allen Key / Hex screwdriver.

18. Safety hook (attached to the main frame).

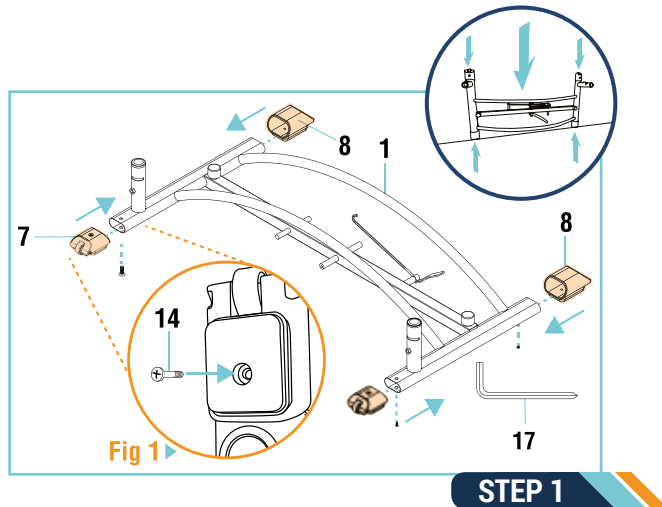


Materials: Carbon Steel. Molded polyethylene housings.

STEP 1

A. Insert the front end caps (7), and rear end caps (8) into the main frame (1) on each side.

B. Secure the caps with the screws M5x15 (14). Screw one by one through the back of each of the covers with the hexagonal screwdriver of the Allen key (17). (Figure 1)



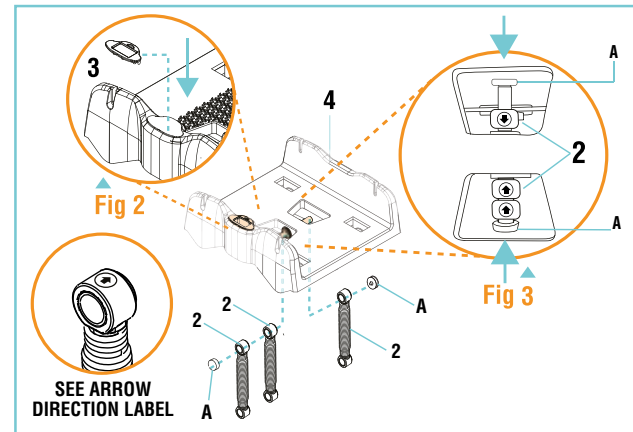
STEP 2

A. Insert fitness monitor (3) into the front part of the cart (4). (Figure 2)

B. Manually unscrew the knobs (A) from the central rods at the cart.

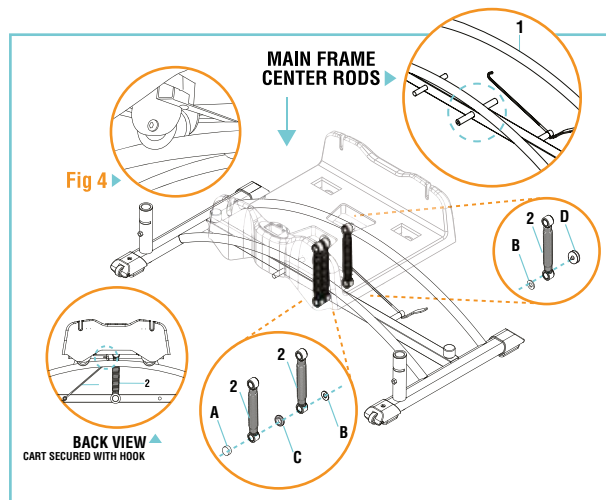
C. Set the springs (2) -according the arrows direction- into the rods at the center of each side of the cart (4). Screw knobs (A) again into the rods to secure springs. (Figure 3)

NOTE: AeroSki comes with 3 springs. Additional springs can be bought at tryaeroski.com. We recommend trying 2-3 springs initially and adjust according to weight and preference. You can use up to 4 springs (2 on each side).



STEP 3

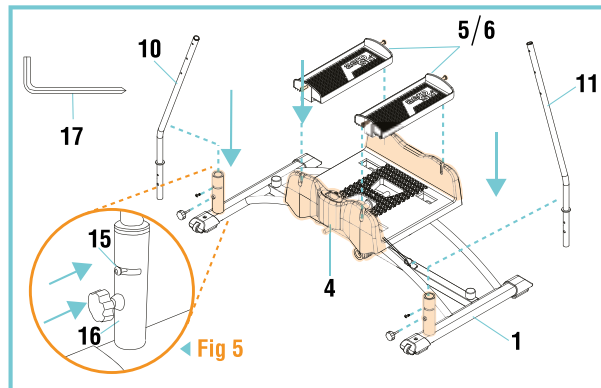
- A.** Manually unscrew knobs (A) and pulley knob (D) from the main frame (1) center rods.
- B.** Insert a plastic washer (B) on each side at the main frame center rods, then set the cart (4) onto the main frame (1) making sure rollers slide over rails (Figure 4). Insert the springs into the the center rods on each side of the main frame (1).
- C.** If you are using an extra spring, insert an O-ring (C) between springs, then manually screw knob (A) at one side and then manually screw pulley knob (D) on the other side (safety hook side).
- D.** Manually screw knob (A) and pulley knob (D) into the main frame (1) center rods. Immobilize the cart with the safety hook.



STEP 3

STEP 4

- A.** Place the right pedal (5) and left pedal (6) on the cart (4). Take the slots in the sliding base as a guide to insert the pedals. To identify the left and right pedal, keep in mind that the "AeroSki" logo should be under your heels.
- B.** Insert lower pole (10) and (11) in the fixed guide on the front side of the main frame (1).
- C.** With the hex screwdriver (17) screw-in and tighten one screw M5x20 (15) on each side, at the front slot of each of the fixed guides. (Figure 5)
- D.** Manually screw-in and tighten knobs (16) on each side, in the holes below the slots. (Figure 5)

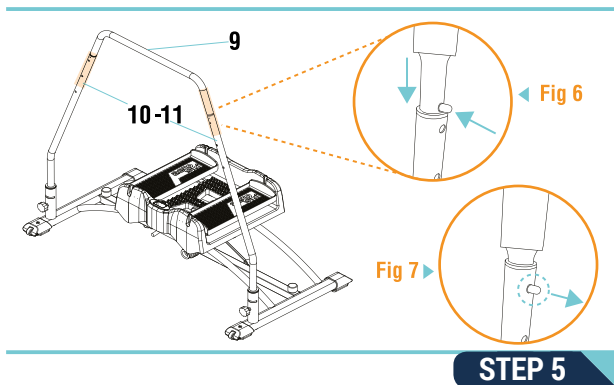


STEP 4

STEP 5

A. Insert upper handle (9) into lower poles (10/11) by pressing the safety push buttons so that they pop out from the corresponding orifice in the lower pole. (Figures 6 and 7)

* The safety buttons should point towards the rear end caps.



Make sure all pieces are securely tightened before using the equipment.

Wipe down your equipment regularly, specially the main frame track, with a soft cloth and a mild cleanser. Keeping your AeroSki clean will ensure a longer lasting, smoother running machine.

It is highly recommended to place a mat under your Aeroski to avoid any stains from lubricants the machine might release, especially with surrounding carpet.

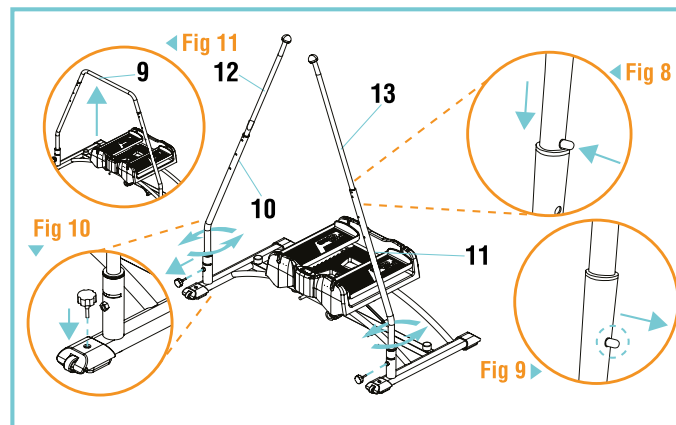
STEP 6

(POLES SET UP)

A. Manually unscrew the knobs (16) and place them in orifice, for safe keeping. (Figure 10)

B. Remove upper handle (9) from lower poles (10/11) by pressing the safety push buttons. (Figure 11) First remove one side, pressing the safety button and pulling the joint slightly towards your body, then pull it up; afterwards remove the other end normally.

C. Insert upper poles (12/13) into the lower poles (10/11) by pressing the push buttons so they pop out from corresponding orifice in the lower pole. (Figures 8 and 9)



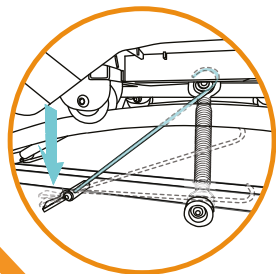
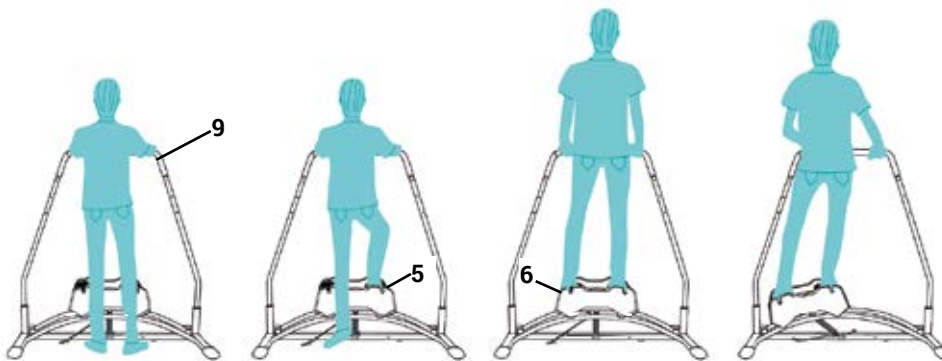
STEP 6

STEPPING ON THE AEROSKI USING THE HOOK

(REGULAR SET UP)

CAUTION: You should always use the safety hook every time you start working out.

- A.** Lift the safety hook (18) by pressing the pedal with your foot, in order to attach it to the pin that holds the resistance springs.
- B.** Stand on the back of the machine and grab the upper handle (9) with both hands.
- C.** Lift your right leg and set your right foot on the right swiveling foot pedal (5).
- D.** Step on, using your right leg, lift your left leg and set your left foot on the left swiveling foot pedal (6). Make sure both feet are firmly positioned on each foot pedal and that you are balanced.
- E.** Switch your weight to your left leg and swing to your left. The safety hook will immediately disengage so you can start exercising.



View of the Safety Hook (18)

In order to lift the safety hook, just press the pedal with your foot.



View of the Safety Hook (18)

After you swing, the hook will disengage.

STEPPING OFF THE AEROSKI

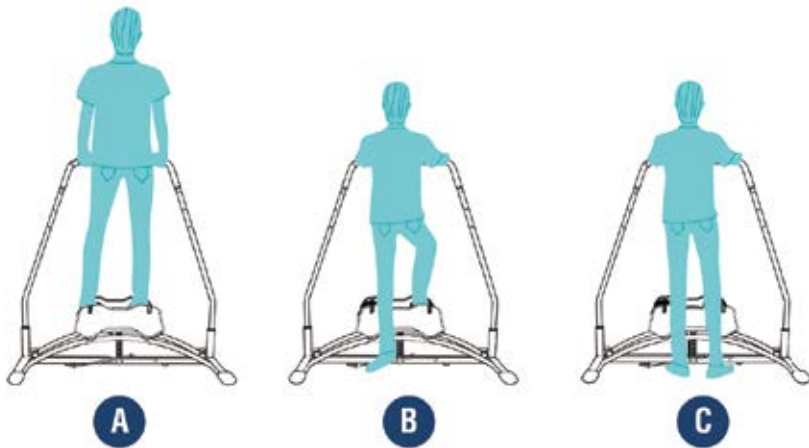
(REGULAR SET UP)

- Stop all movement and stand still while gripping both hands on the upper handle bars (9).
- If you are right footed, lift your left leg and set your left foot on the floor. If you are left footed, do the opposite.
- Once your left foot is on the floor, lift your right leg and set your right foot on the floor. If you are left footed, do the opposite.

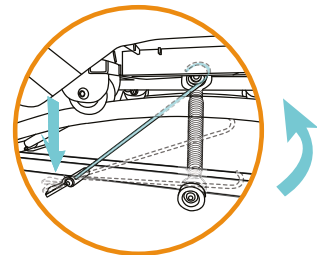
CAUTION:

You must step off the Aeroski while standing still and gripping the upper handles at all times.

To step on and off the AeroSki and to use the poles setting, repeat the same steps described for the regular setting.



Frontal view of the Safety Hook (18)



CAUTION: You should always use the safety hook every time you start working out.

VERY IMPORTANT:

When exercising, always keep your weight at both legs. Use the top rail (9) just to maintain your balance, do not lean on it. The maximum user weight is 100 kg (220 lb).

WARNINGS

Place your AeroSki on a stable surface, leaving at least 2 meters of distance around the device. It is recommended to place an exercise mat under the AeroSki to protect the floor / carpet from any damage. • Keep the equipment indoors, to avoid dust and moisture. • Always keep children under 12 and pets away from the appliance. • Minor children should not remain alone, without adult supervision, in the same room as the appliance. • People with disabilities should not use the equipment without the supervision of a professional. • Consult your doctor before starting any exercise, especially if you are concerned about your physical condition and ability to use AeroSki. • The equipment must not be used by more than one person at a time. • DO NOT use the appliance if you are tired or under the influence of drugs or alcohol. • Do not wear loose, loose clothing, jewelry or accessories that may get stuck in the appliance mechanism. • If you feel dizzy, nausea, chest pain or any other abnormal symptom, stop exercising and consult your doctor immediately. • Do not use solvents or abrasives to clean the equipment. • To avoid damaging the screen, do not bring it near liquids or expose it to sunlight.

FITNESS MONITOR

TO TURN ON THE MONITOR, PRESS THE MIDDLE BUTTON FIRST AND PRESS ONE AT A TIME, TO SCROLL THROUGH THE 7 DIFFERENT MODES.

SCAN

TIME

SPEED

DISTANCE

In miles.

CYCLES

REPETITIONS

(Cycles/Minutes)

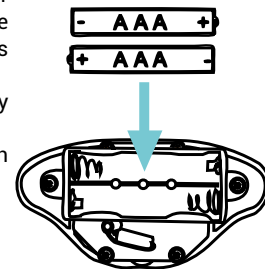
CALORIES



BATTERY REPLACEMENT (Battery included)

- A. Remove the fitness monitor (3) from the cart (4).
- B. Take out the batteries.
- C. Replace the new batteries. Make sure the batteries are inserted with the polarities in the correct directions.
- D. Put the fitness monitor back in the car cart (4).

- If the monitor doesn't display clearly or only partial segments appear, remove the battery and wait fifteen seconds before reinstalling.
- Estimated battery life is approximately 3 months under normal use.
- When the battery is removed, all function values return to zero.



BATTERY CAUTION & DISPOSAL

1. Use 2 batteries AAA (1.5 V)
2. Install only new batteries of the same type.
3. Failure to insert batteries in the correct polarity, as indicated in the battery compartment, will result in malfunction and/or cause batteries to leak.
4. Do not mix old and new batteries.
5. Do not mix Alkaline, Standard (carbon-zinc) or Rechargeable (nickel cadmium) or Nickel Metal Hydride batteries.
6. Do not expose batteries to fire.
7. Batteries should be recycled or disposed of as per state and local guidelines.

WARNINGS

Place the machine on a flat and stable surface, leaving at least 2 meters of space around it. It is recommended to place a fitness mat under the equipment to protect the floor and / or carpet from any possible damage • Keep the equipment indoors and away from moisture or dust • Keep children under 12 and pets away from the equipment at all times. Children should not be left alone in the room with equipment. • People with disability should not use the equipment without supervision of qualified personnel • Consult your physician before beginning any exercise, especially if you have concerns about your level of physical fitness and to determine if you are qualified to exercise using AeroSki. • Never allow more than one person at a time to use the equipment • Do not use the equipment if you feel tired or are under the influence of drugs or alcohol • When using the equipment, wear appropriate exercise clothing- do not wear loose clothing or jewelry or accessories that may get stuck in the mechanical parts. • If you experience dizziness, nausea, chest pain or any other abnormal symptoms, stop exercising and consult your doctor immediately. Never use abrasives or solvents to clean the equipment. To prevent possible damage to the computer, keep liquids away and avoid contact with the sunlight.

VERY IMPORTANT: While working out, always maintain your weight on both legs. Use the Upper Handle (9) only for keeping your balance. Do not lean forward and shift weight to your arms. Maximum user weight should not exceed 220 lb (100 kg).

BEFORE RETURNING THIS PRODUCT TO THE STORE

We will be happy to assist you with any problem you may have and we are glad to answer any questions regarding the purchase of this product. Please contact us at our Toll-Free Customer Service Line (866) 395-1045.

You may also e-mail us at aeroski@inovaus.com or visit our web site at tryaeroski.com

Thank you!

WARRANTY

AEROSKI LIMITED WARRANTY ONE (1) YEAR (VALID ONLY FOR PURCHASES IN USA AND ITS TERRITORIES)

Warranty: Inova US ("Inova") warrants to the original AeroSki purchaser ("Customer"), and only to the Customer, that the AeroSki ("Product") for which the Customer received this warranty was designed, developed, manufactured and/or assembled using all due reasonable commercial care and good manufacturing practices. Inova US Product shall be, when properly assembled and used, free from defects in material and workmanship and fit for the ordinary purpose for which such Product is used for one (1) year from original date of purchase. Inova's sole obligation under this warranty is to repair or replace the Product, at Inova's option. Inova's obligations to the buyer hereunder shall be conditioned upon the buyer's notifying Inova of the claimed defect within thirty (30) days of the discovery thereof and upon the Product: (I) being returned, freight prepaid, to Inova at the address below; (II) being found defective; (III) being found to have been properly assembled and used (if assembled and/or used); and (IV) being returned within one (1) year from the date of sale to the buyer.

Warranty and Liability Disclaimer: INOVA MAKES NO OTHER WARRANTIES OR REPRESENTATIONS OF ANY KIND WHATSOEVER, EXPRESS OR IMPLIED, EXCEPT THAT OF TITLE, AND ALL IMPLIED WARRANTIES INCLUDING ANY WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED. Notwithstanding the foregoing, the duration of any implied warranty or condition of merchantability, fitness for a particular purpose, or otherwise, on the Product that may be found to be made shall be limited to the duration of the express warranty set forth above. In no event shall Inova be liable for any loss, inconvenience, damage, or personal injury, whether direct, incidental, consequential or otherwise, resulting from breach of any express or implied warranty or condition of merchantability, fitness for a particular purpose or otherwise with respect to the Product, or from use of the Product, except as set forth herein. Some states or countries do not allow limitation on how long an implied warranty lasts and some do not allow exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may have other rights which may vary from location to location. This warranty will be interpreted pursuant to the laws of the United States and the State of Florida. The original English version (meaning) of this warranty controls over all translations; Inova is not responsible for any errors in translation of this warranty and/or any Product instructions. This warranty is not intended to confer any additional legal, jurisdictional or warranty rights to you other than those set forth herein or required by law. If any portion of this warranty is held to be invalid or unenforceable for any reason, such finding will not invalidate any other provision.

Warranty Service Options: For service under this warranty you must notify Inova in writing within 30 days to obtain a Returned Merchandise Authorization (RMA). When requesting your RMA, you must specify the Product in question by providing the order number.

TO OBTAIN ASSISTANCE in USA and its Territories Contact AeroSki Customer Care Center.

Phone: (888) 395-1045

Email: aeroski@inovaus.com

Website: www.tryaeroski.com

Any insurance and/or shipping costs incurred in returning your Product under the approved Returned Material warranty option are your responsibility. Inova will not be responsible for any products lost or damaged in shipment.

Warranty Exclusions: Representatives and brokers of Inova products and services are not authorized to modify this warranty in any way. It is the Customer's responsibility to examine the Product regularly to determine the need for normal service or replacement. This warranty does not cover the following:

- Products that have been modified, neglected or poorly maintained, misused, abused, or involved in accidents or natural disasters;
- Damage occurring during shipment of the Product (such claims must be presented directly to the freight forwarder or shipping company);
- Damage to the Product resulting from improper maintenance or repair, the use or installation of parts and/or accessories that are not compatible with the original intended use of the Product, or the failure to follow the Product warnings and usage instructions or by anyone weighing more than 220 lb (100 kg);
- Any products for which the Customer does not follow the warranty procedures outlined above.

Warranty for other Countries/Territories see attached sheet.

ARBITRATION

DISPUTE RESOLUTION BY BINDING ARBITRATION: PLEASE READ THIS CAREFULLY. IT AFFECTS YOUR RIGHTS.

Summary:

Most customer concerns can be resolved quickly and to the customer's satisfaction by calling our customer service department at (866) 395-1045. In the unlikely event that AeroSki's customer service department is unable to resolve a complaint to your satisfaction (or if AeroSki has not been able to resolve a dispute between us after attempting to do so informally or through mediation), we each agree to resolve those disputes through binding arbitration or small claims court instead of in courts of general jurisdiction. Arbitration is more informal than a lawsuit in court. Arbitration uses a NEUTRAL ARBITRATOR instead of a judge or jury. You thus GIVE UP YOUR RIGHT TO GO TO COURT to assert or defend your rights under this contract (EXCEPT for matters that may be taken to SMALL CLAIMS COURT). You are entitled to LEGAL REPRESENTATION and a FAIR HEARING, BUT the arbitration procedures, including discovery, are SIMPLER, MORE LIMITED AND USUALLY FASTER THAN PROCEEDINGS IN COURT. Arbitration decisions are as enforceable as any court order BUT ARE SUBJECT TO VERY LIMITED REVIEW BY A COURT. Arbitrators can award the same damages and relief that a court can award. Any arbitration under this Agreement will take place on an INDIVIDUAL BASIS, CLASS ARBITRATIONS AND CLASS ACTIONS ARE NOT PERMITTED. For any non-frivolous claim that does not exceed \$75,000, AeroSki will pay all costs of the arbitration. Moreover, in arbitration you are entitled to recover attorneys' fees from AeroSki to at least the same extent as you would be in court. In addition, under certain circumstances (as explained below), AeroSki will pay you more than the amount of the arbitrator's award and will pay your attorney (if any) twice his or her reasonable attorneys' fees if the arbitrator awards you an amount that is greater than what AeroSki has offered you to settle the dispute.

ARBITRATION AGREEMENT

(1) AeroSki and you agree to arbitrate all disputes and claims between us. This agreement to arbitrate is intended to be broadly interpreted. It includes, but is not limited to:

- claims arising out of or relating to any aspect of the relationship between us, whether based in contract, tort, statute, fraud, misrepresentation or any other legal theory;
- claims that arose before this or any prior Agreement (including, but not limited to, claims relating to advertising);
- claims that are currently the subject of purported class action litigation in which you are not a member of a certified class; and
- claims that may arise after the termination of this Agreement.

References to AeroSki's "you," and "us" include our respective subsidiaries, affiliates, agents, employees, predecessors in interest, successors, and assigns, as well as all authorized or unauthorized users or beneficiaries of products and services under this or prior Agreements between us. Notwithstanding the foregoing, either party may bring an individual action in small claims court. This arbitration agreement does not preclude you from bringing issues to the attention of federal, state, or local agencies, including, for example, the Federal Trade Commission or Consumer Product Safety Commission. Such agencies can, if the law allows, seek relief against us on your behalf. You agree that, by entering into this Agreement, you and AeroSki are each WAIVING THE RIGHT TO A TRIAL BY JURY OR TO PARTICIPATE IN A CLASS ACTION. This Agreement evidences a transaction in interstate commerce, and thus the Federal Arbitration Act governs the interpretation and enforcement of this provision. This arbitration provision shall survive termination of this Agreement.

(2) A party who intends to seek arbitration must first send to the other, by certified mail, a written Notice of Dispute ("Notice"). The Notice to AeroSki should be addressed to: Office for Dispute Resolution, AeroSki, 4095 State Road 7 Ste L216, Wellington, FL 33449 ("Notice Address"). The Notice must (a) describe the nature and basis for

the claim or dispute; and (b) set forth the specific relief sought ("Demand"). If AeroSki and you do not reach an agreement to resolve the claim within 30 days after the Notice is received, you or AeroSki may commence an arbitration proceeding. During the arbitration, the amount of any settlement offer made by AeroSki or you shall not be disclosed to the arbitrator until after the arbitrator determines the amount, if any, to which you or AeroSki is entitled.

(3) After AeroSki receives notice at the Notice Address that you have commenced arbitration, it will promptly reimburse you for your payment of the filing fee, unless your claim is for greater than \$75,000. (The filing fee currently is \$125 for claims under \$10,000 but is subject to change by the arbitration provider. If you are unable to pay this fee, AeroSki will pay it directly upon receiving a written request at the Notice Address.) The arbitration will be governed by the Commercial Arbitration Rules and the Supplementary Procedures for Consumer Related Disputes (collectively, "AAA Rules") of the American Arbitration Association ("AAA"), as modified by this Agreement, and will be administered by the AAA. The AAA Rules are available online at adr.org, by calling the AAA at 1-800-778-7879, or by writing to the Notice Address. The arbitrator is bound by the terms of this Agreement. All issues are for the arbitrator to decide, except that issues relating to the scope and enforceability of the arbitration provision are for the court to decide. Unless AeroSki and you agree otherwise, or the arbitrator directs otherwise, any arbitration hearings will take place in the county of your billing address. If your claim is for \$10,000 or less, we agree that you may choose whether the arbitration will be conducted solely on the basis of documents submitted to the arbitrator, through a telephonic hearing, or by an in-person hearing as established by the AAA Rules. If your claim exceeds \$10,000, the right to a hearing will be determined by the AAA Rules. Regardless of the manner in which the arbitration is conducted, the arbitrator shall issue a reasoned written decision sufficient to explain the essential findings and conclusions on which the award is based. Except as otherwise provided for herein, AeroSki will pay all AAA filing, administration, and arbitrator fees for any arbitration initiated in accordance with the notice requirements above. (Each party shall pay the fees and costs of its own counsel, experts and witnesses.) If, however, the arbitrator finds that either the substance of your claim or the relief sought in the Demand is frivolous or brought for an improper purpose (as measured by the standards set forth in Federal Rule of Civil Procedure 11(b)), then the payment of all such fees will be governed by the AAA Rules. In such case, you agree to reimburse AeroSki for all monies previously disbursed by it that are otherwise your obligation to pay under the AAA Rules. In addition, if you initiate an arbitration in which you seek more than \$75,000 in damages, the payment of these fees will be governed by the AAA rules.

(4) If, after finding in your favor in any respect on the merits of your claim, the arbitrator issues you an award that is greater than the value of AeroSki's last written settlement offer made before an arbitrator was selected, then AeroSki will:

- pay you the amount of the award or \$5,000 ("the alternative payment"), whichever is greater; and
- pay your attorney, if any, twice the amount of attorneys' fees, and reimburse any expenses (including expert witness fees and costs) that your attorney reasonably accrues for investigating, preparing, and pursuing your claim in arbitration ("the attorney premium").

If AeroSki did not make a written offer to settle the dispute before an arbitrator was selected, you and your attorney will be entitled to receive the alternative payment and the attorney premium, respectively, if the arbitrator awards you any relief on the merits. The arbitrator may make rulings and resolve disputes as to the payment and reimbursement of fees, expenses, and the alternative payment and attorney premium at any time during the proceeding and upon request from either party made within 14 days of the arbitrator's ruling on the merits.

(5) The right to attorneys' fees and expenses discussed in paragraph (4) supplements any right to attorneys' fees and expenses you may have under applicable law. Thus, if you would be entitled to a larger amount under the applicable law, this provision does not preclude the arbitrator from awarding you that amount. However, you may not recover duplicative awards of attorneys' fees or costs. Although under some laws AeroSki may have a right to an award of attorneys' fees and expenses if it prevails in an arbitration, AeroSki agrees that it will not seek such an award.

(6) The arbitrator may award declaratory or injunctive relief only in favor of the individual party seeking relief and only to the extent necessary to provide relief warranted by that party's individual claim. YOU AND AEROSKI AGREE THAT EACH MAY BRING CLAIMS AGAINST THE OTHER ONLY IN YOUR OR ITS INDIVIDUAL CAPACITY, AND NOT AS A PLAINTIFF OR CLASS MEMBER IN ANY PURPORTED CLASS OR REPRESENTATIVE PROCEEDING. Further, unless both you and AeroSki agree otherwise, the arbitrator may not consolidate more than one person's claims, and may not otherwise preside over any form of a representative or class proceeding. If this specific provision is found to be unenforceable, then the entirety of this arbitration provision shall be null and void.



aero ski
Fitness Avalanche

inova[®]
Out of the Ordinary

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