

X★M FITNESS®

AIR SKIER

OWNER'S MANUAL

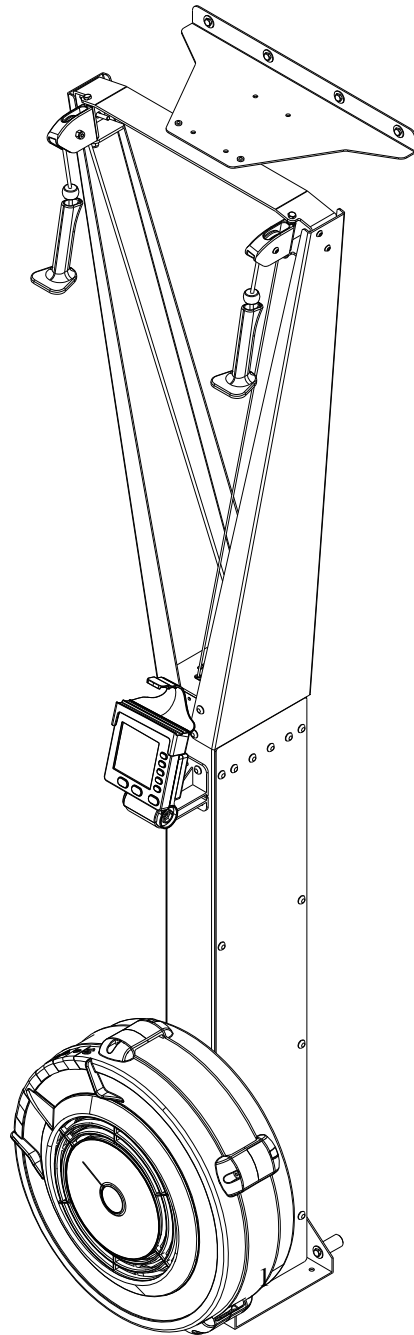


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INTRODUCTION

Congratulations!

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

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

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

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

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

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

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

Important Safety Information

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

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

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

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

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

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

Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

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

CARE AND MAINTENANCE

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

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

CORD ROUTING SETTING TIPS & SCHEMATIC

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

CORD USING INSTRUCTION & MAINTENANCE TIPS

In order to avoid having the cords fray easily, please refer to the instruction & maintenance tips on next pages (8&9).

ALL FASTENERS [Nuts, Bolts, and Screws]

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

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

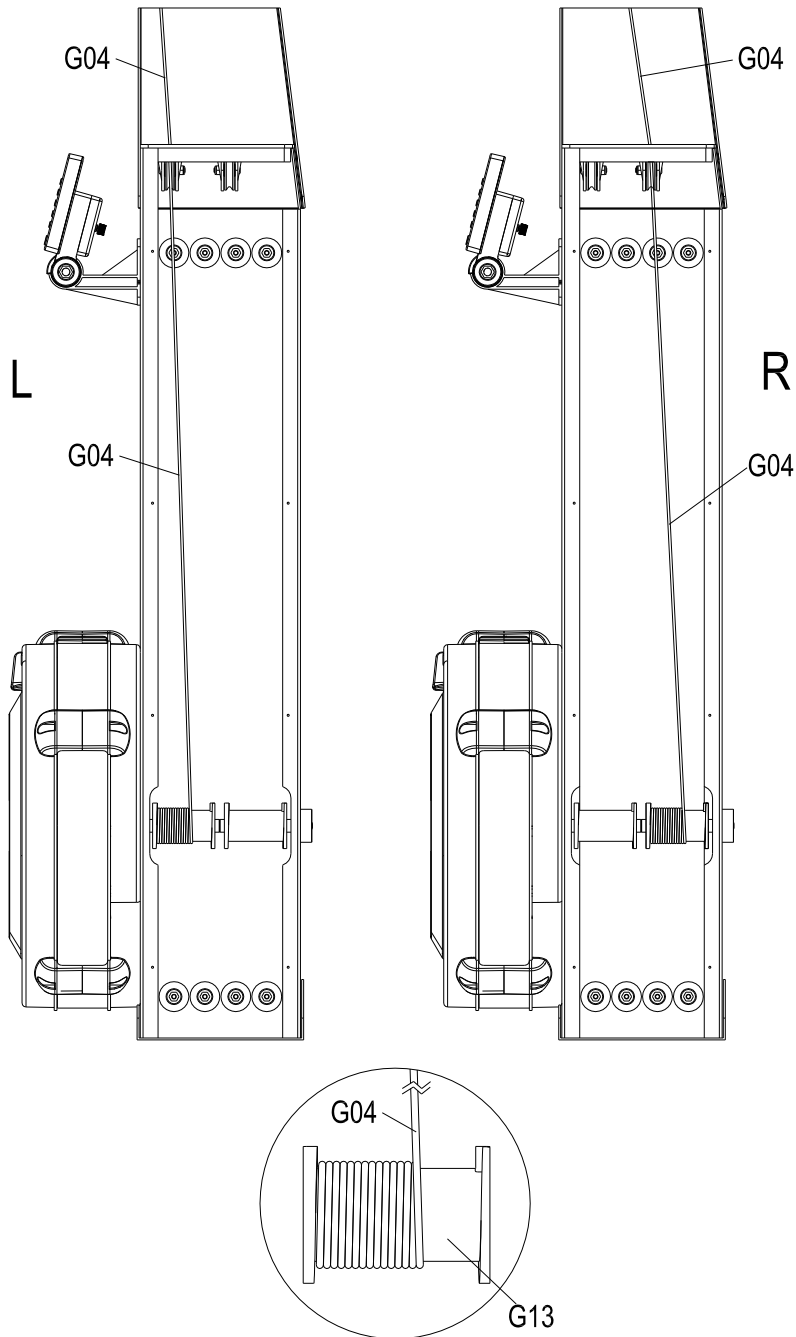
WARNING: Do not apply oil to any moving parts as this will wash the grease away damaging your XM FITNESS AIR SKIER

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

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

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

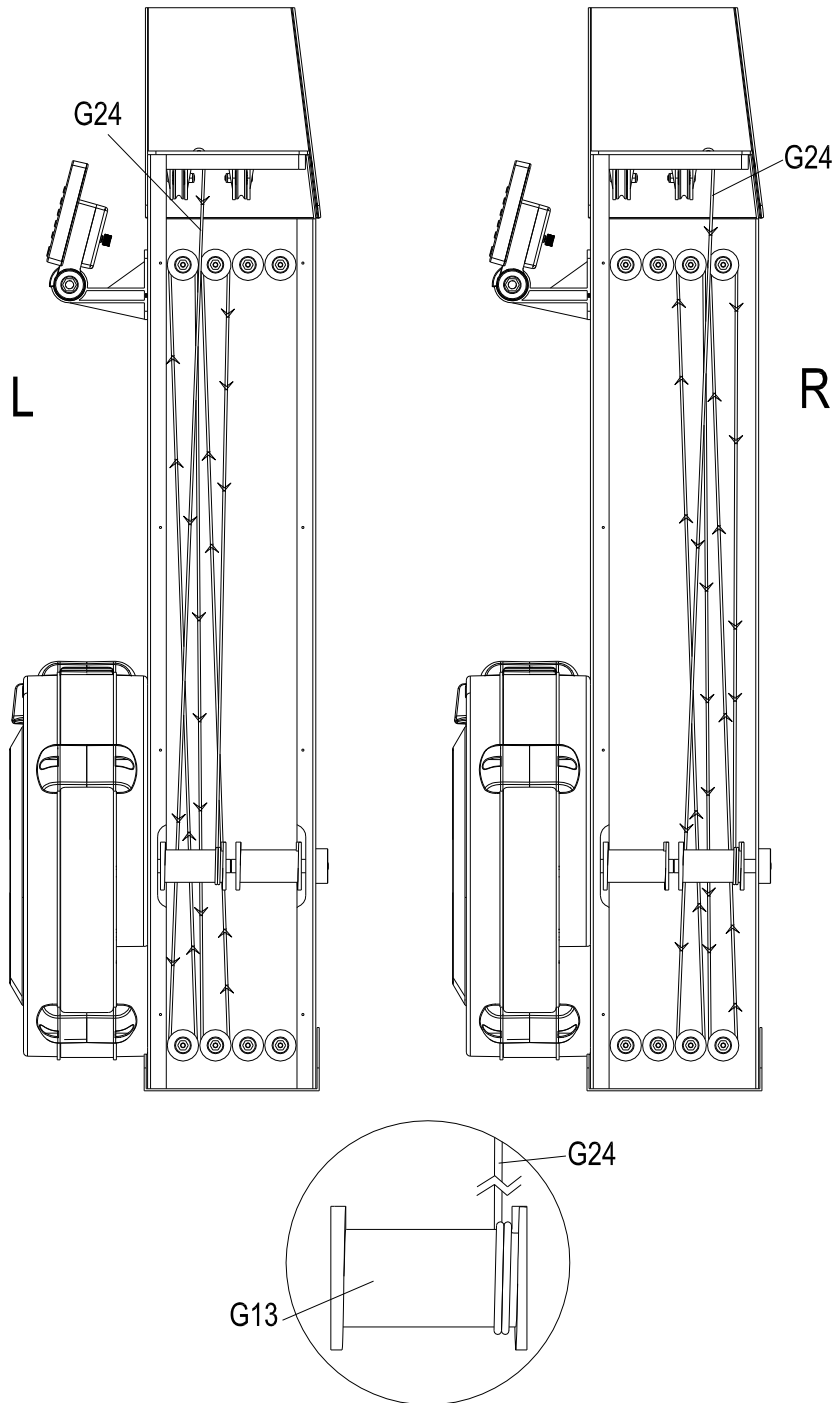
There should be 15 wraps of white Handle Cord (G04) around the Cord Spool (G13) as show



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

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

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



******CORD USING INSTRUCTION & MAINTENANCE TIPS ******

(1) Untwist the Cords

When you grasp the handles to use your XM FITNESS AIR SKIER, you may be inadvertently twisting the cords, this may cause the cords to twist around each other inside XM FITNESS AIR SKIER, it will affect the tangled felling when you pull on the handles and this may cause premature wear of the cord.

To avoid this, check the cords regularly and untwist them as needed. You will be able to see the twist in the cord; simply untwist by turning the handle in the opposite direction to the twist or adjust the cords by the below steps:

1. Pull out both handles as far as they go
2. Hold the cords at the mounting bracket allowing the handles to dangle and spin freely.
3. Run your hand down the length of each cord to untwist the cord.
4. Return the handles to the top position.
5. Repeat the process starting at step 1 at least two times.

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

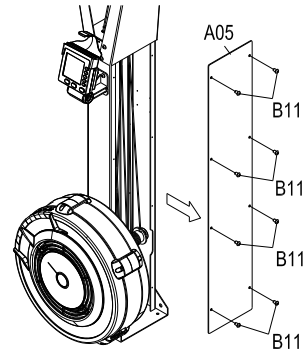
There are two separate cords and two bungee cords have to be inspected after a period time use regularly.

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

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

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

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



(3) Inspect the Cord Wear/Damage:

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



Safety Using Instruction

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

1



Head rolls

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

5



Toe touches

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

2



Shoulder lifts

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

6



Quadriceps stretch

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

3

Side stretches

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



7

Hamstring stretches

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



4

Inner thigh stretch

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



8

calf/ Achilles stretch

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



Safety Using Instruction

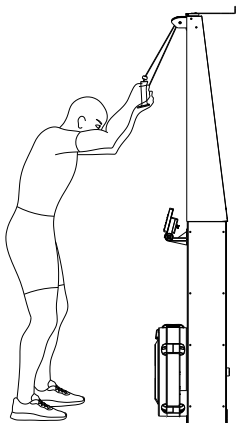
USE & TRAINING TIPS

This XM Fitness Air Skier offers terrific exercise for the entire body. Each pull engages the legs, arms, shoulders and core in a downwards “crunch,” using body weight to help accelerate the handles. Each pull finishes by extending the arms down along the hips with knees partly bent.

Also this XM Fitness Air Skier enables you to train with **the double-pole motion**

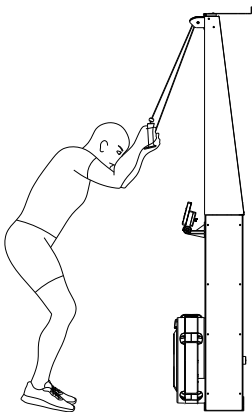
–It is essential to both skate and classic skiing by the below using tips:

1. The using tips for double-pole motion



TIP1

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



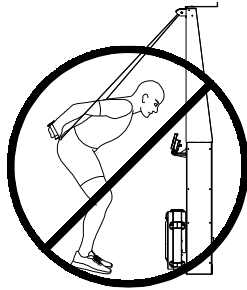
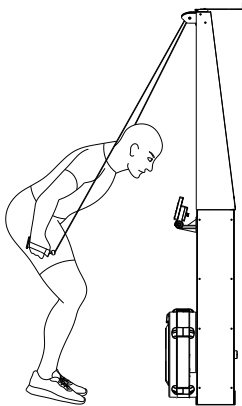
TIP2

Drive the handles downward by engaging your abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.

Safety Using Instruction

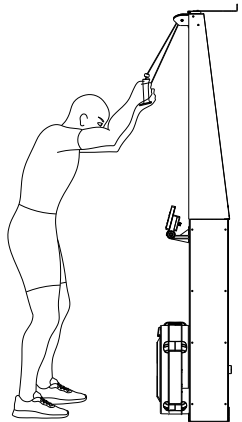
USE & TRAINING TIPS

1. The using tips for double-pole motion



TIP3

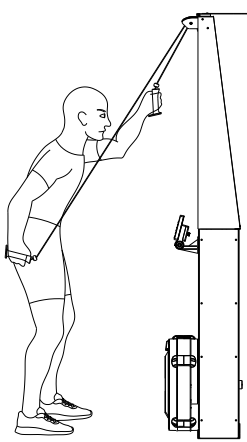
Finish the drive with knees slightly bent, and arms extended down alongside your thighs



TIP4

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

2. The using tip for Classic Skiing (Alternating arms)



Begin with one arm raised and slightly bent.

Pull down with the top arm, while gradually raising the lower arm.

Continue to alternate arm pulls, keeping some bend in the pulling arm, as it is a stronger position.

MUSCLE TRAINING INSTRUCTION

There are both types of muscles work together in a synchronized fashion to accomplish the movement as the below show on page 12&13, but with different levels of involvement and power output.



Primary Muscles (black):

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

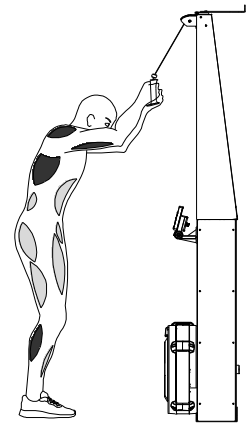


Secondary Muscles (grey):

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

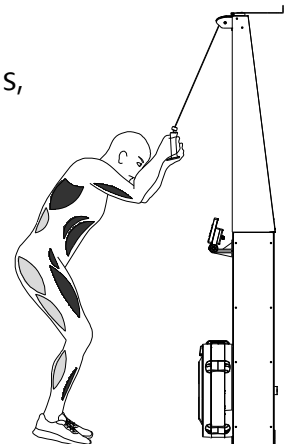
(1) The start of the pull:

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



(2) The pull:

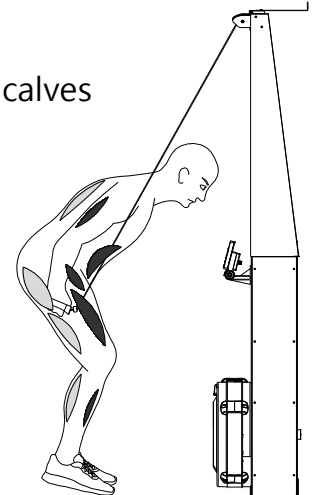
- Primary muscles: triceps, lats, abdominal muscles, hip flexors, shins
- Secondary muscles: quads, back extensors, glutes, hamstrings, calves



MUSCLE TRAINING INSTRUCTION

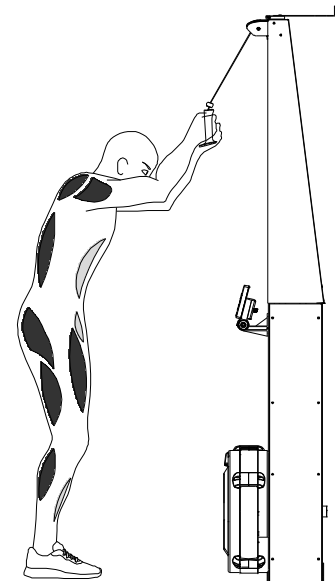
(3) Finishing the pull:

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

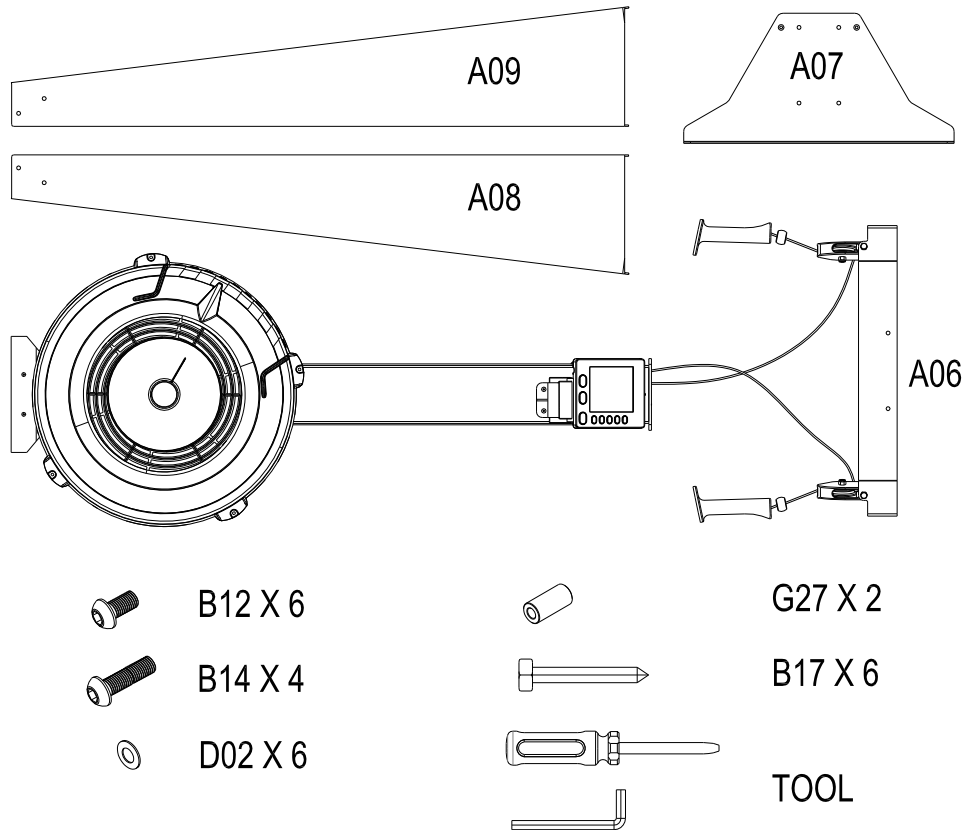


(4) Returning to start:

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



XM FITNESS AIR SKIER GENERAL PARTS IDENTIFICATION



1	Top Bracket (#A06)X 1PC
2	Mounting Bracket (#A07) X1PC
3	Left Arm (#A08) X 1PC
4	Right Arm (#A09)X1PC
5	1/4-20*5/8" BUTTON HEAD SOCKET SCREW(STAINLESS) (B12) X6 PCS
6	M6*P1.0*15L BUTTON HEAD SOCKET SCREW(STAINLESS) (B14)X4PCS
7	5/16 ""*2" HEX HEAD SCREW(SILVER) (B17) X6PCS

8	ψ23*ψ8.0*2.0t FLAT WASHER(SILVER) (D02) X6PCS
9	BOTTOM BRACKET SPACER (G27) X2PCS
10	TOOL (SCREWDRIVER& WRENCH) X1 SET

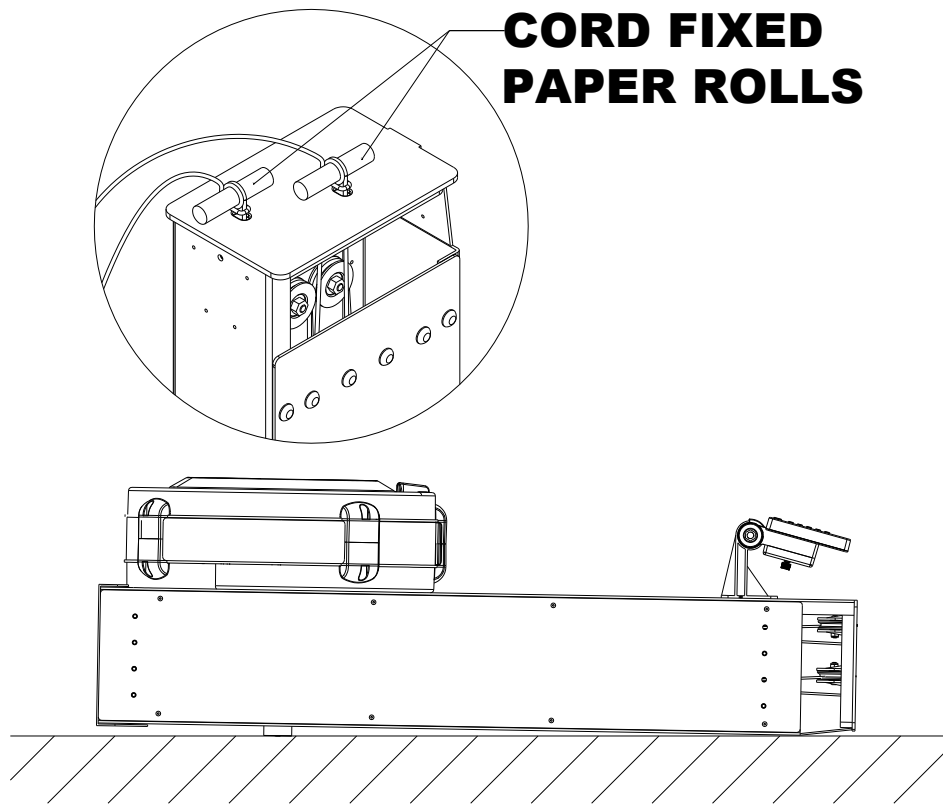
ASSEMBLY INSTRUCTION

****IMPORTANT NOTICE:**

1.REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

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

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



ASSEMBLY INSTRUCTION

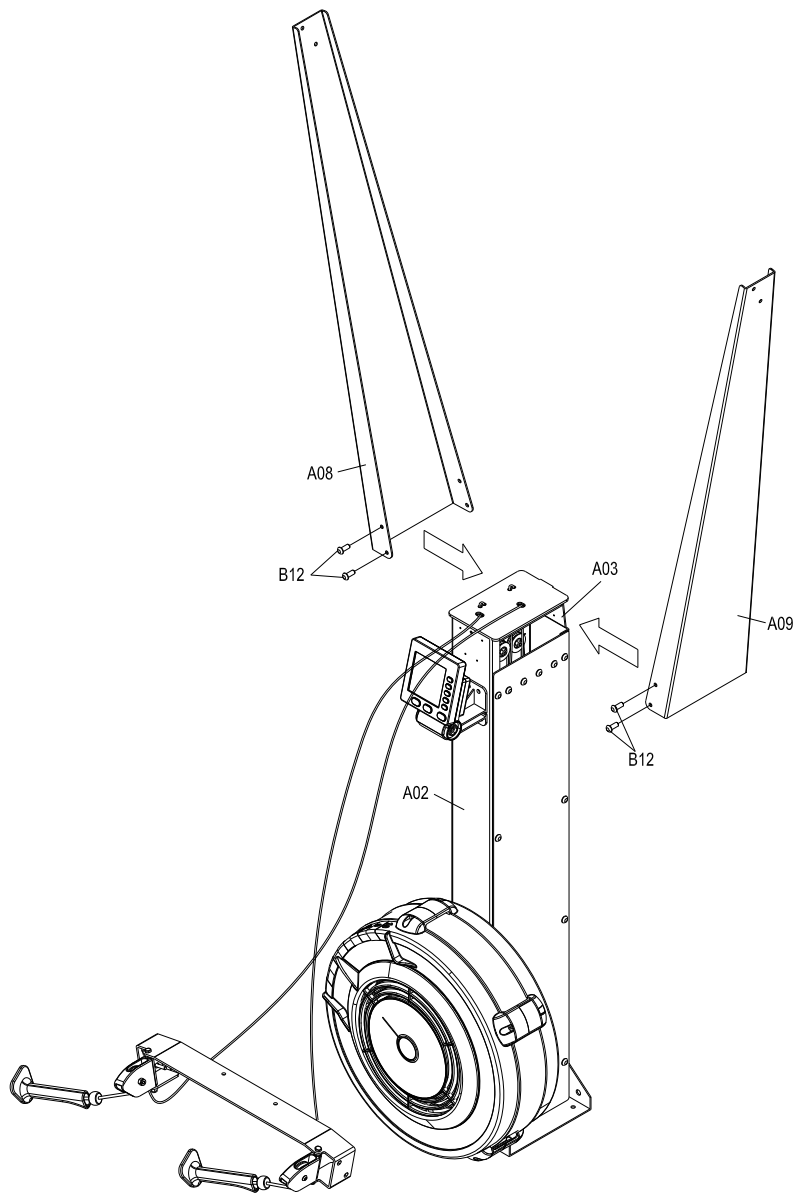
PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 1

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

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

FIGURE 1



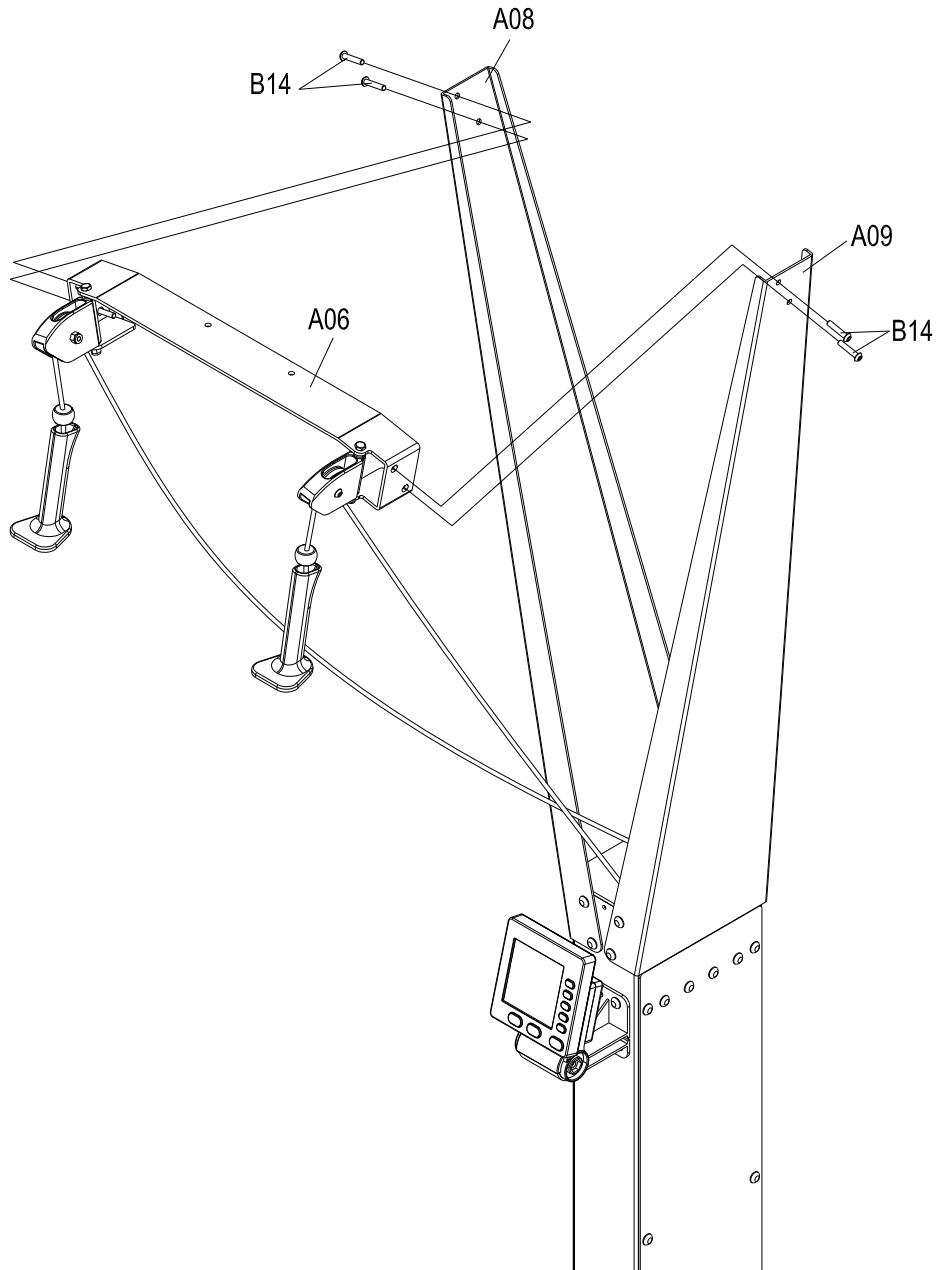
ASSEMBLY INSTRUCTION

PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 2

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

FIGURE 2



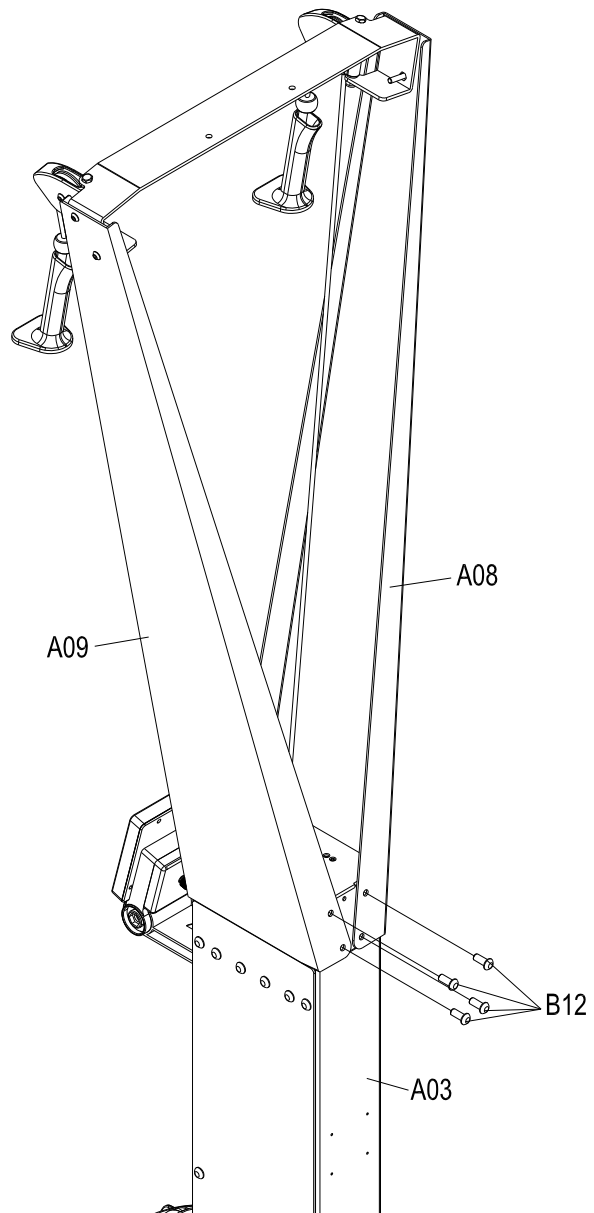
ASSEMBLY INSTRUCTION

PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 3

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

FIGURE 3



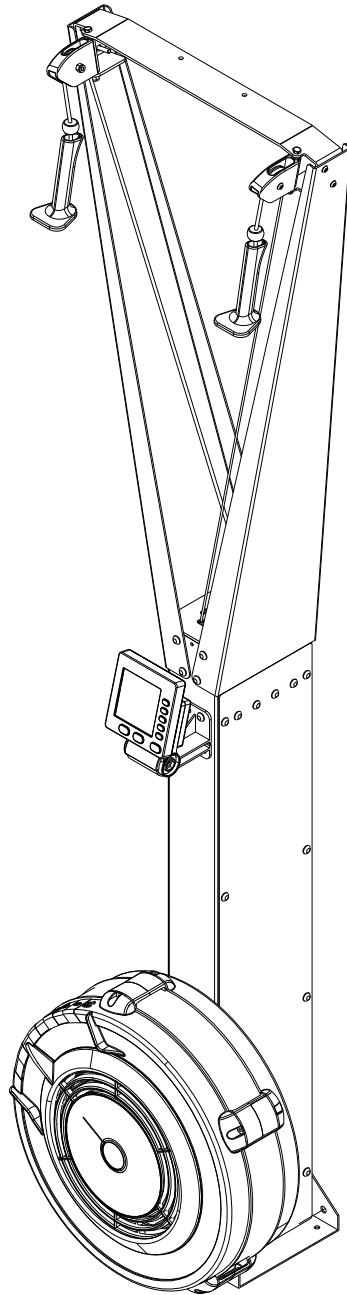
ASSEMBLY INSTRUCTION

FIGURE 4

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

FITNESS AIR SKIER.

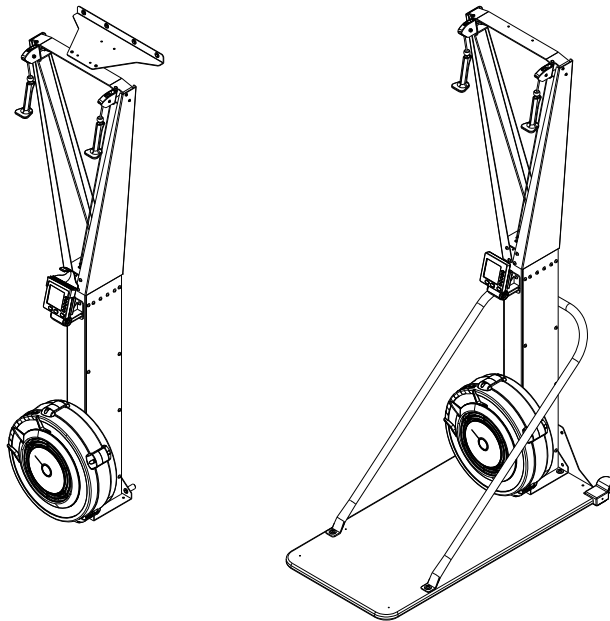
FIGURE 4



ASSEMBLY INSTRUCTION

FIGURE 5

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



A. Wall mounted

B. With optional floor stand

A. Wall mounted

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

(1) with 16” wooden stud spacing.

-See next pages of **22~25** for **16” wooden** stud installation recommendations

(2) other than 16” wooden stud spacing

- See next pages of **26~27** for **other than 16” wooden** stud installation recommendations

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

B. With optional floor stand

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

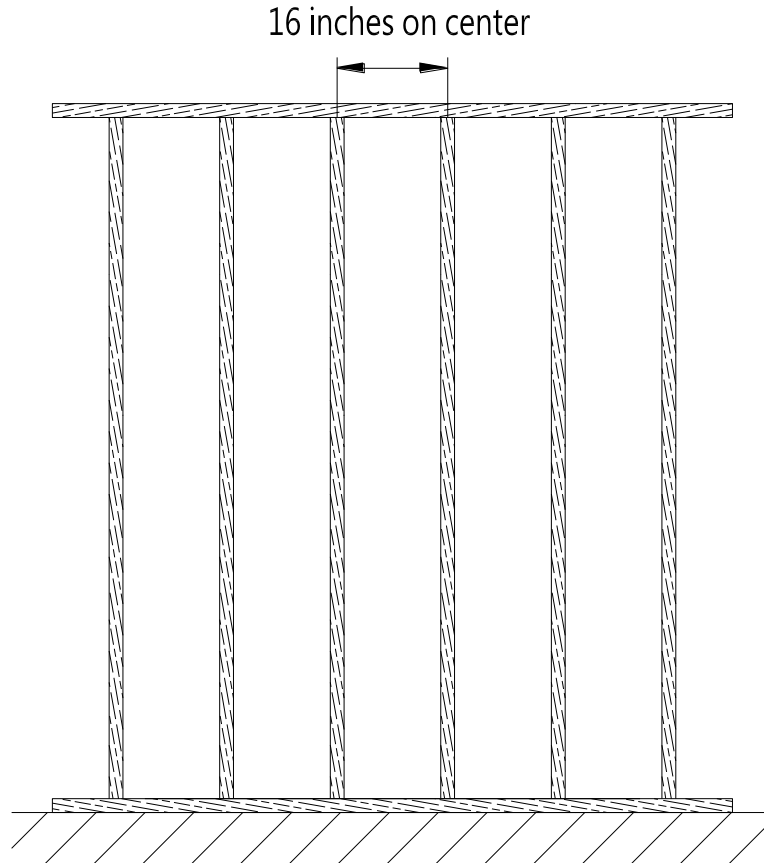
ASSEMBLY INSTRUCTION

FIGURE 6

Wall Mounting Instructions for a Wall with 16” Wooden Stud

Important Notice for install the machine to the wall

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



SAFETY NOTE:

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

If the studs are spaced at a dimension other than 16," you must follow the alternate installation instructions on pages 27~28.

If you are still unsure about the spacing of the studs do not continue installation until you have made the correct determination or suggest choosing the optional floor stand install your XM Fitness Air Skier.

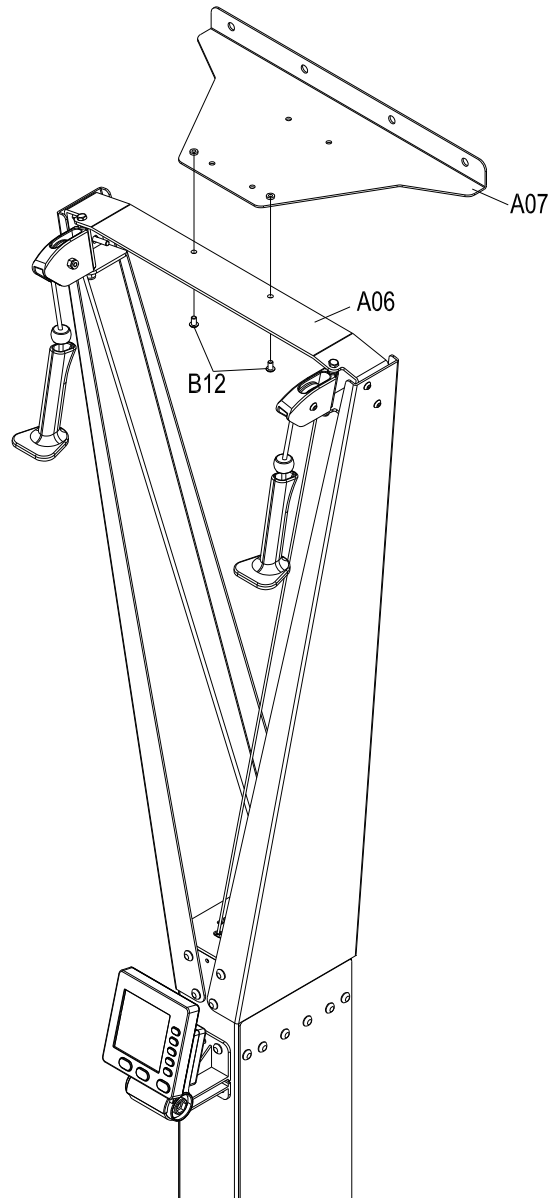
ASSEMBLY INSTRUCTION

PLEASE PLACE THE PRODUCT ON A FLAT FLOOR FOR INSTALLATION .

FIGURE 7

Wall Mounting Instructions for a Wall with 16” Wooden Stud

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

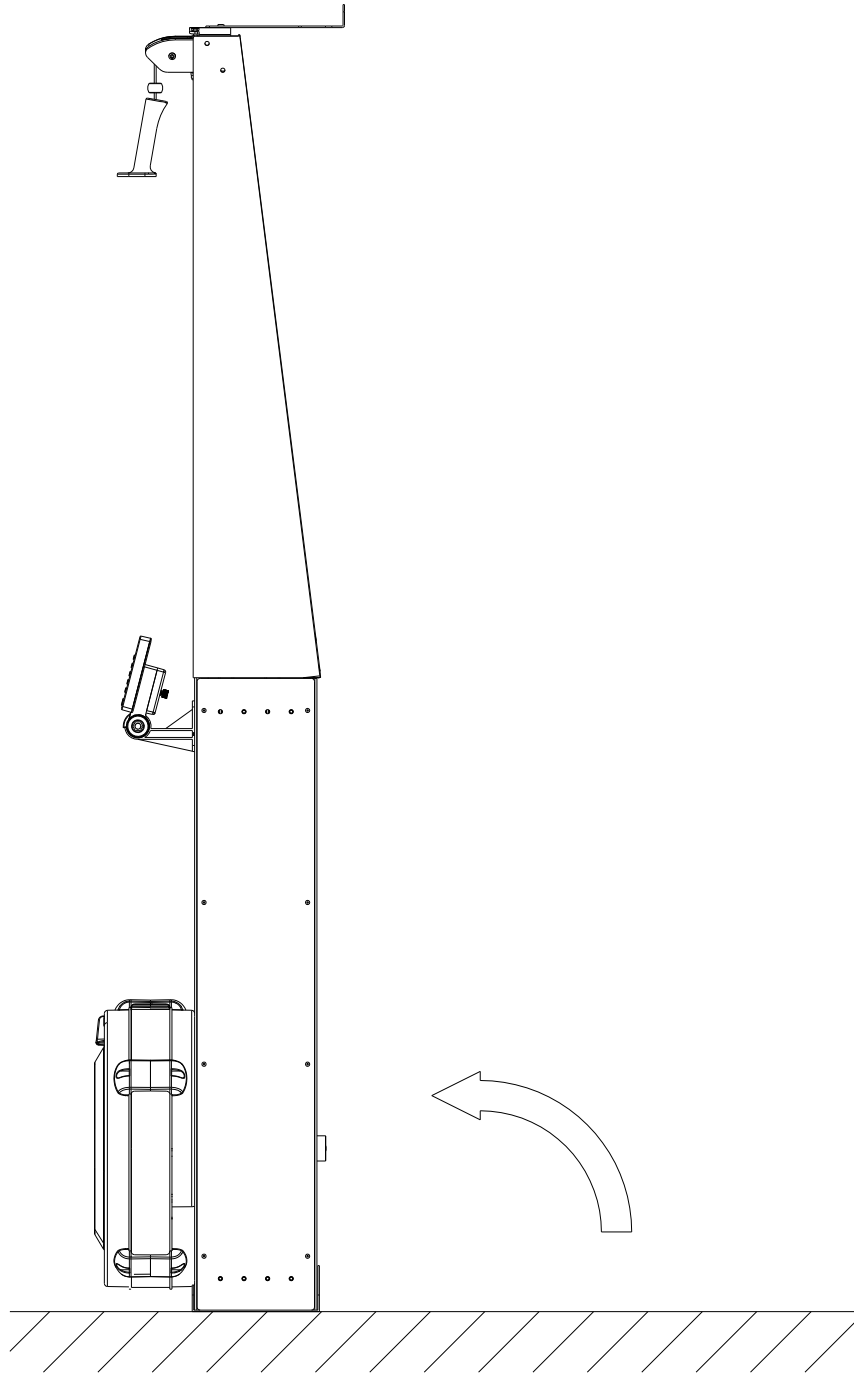


ASSEMBLY INSTRUCTION

FIGURE 8

Wall Mounting Instructions for a Wall with 16” Wooden Stud

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



ASSEMBLY INSTRUCTION

FIGURE 9

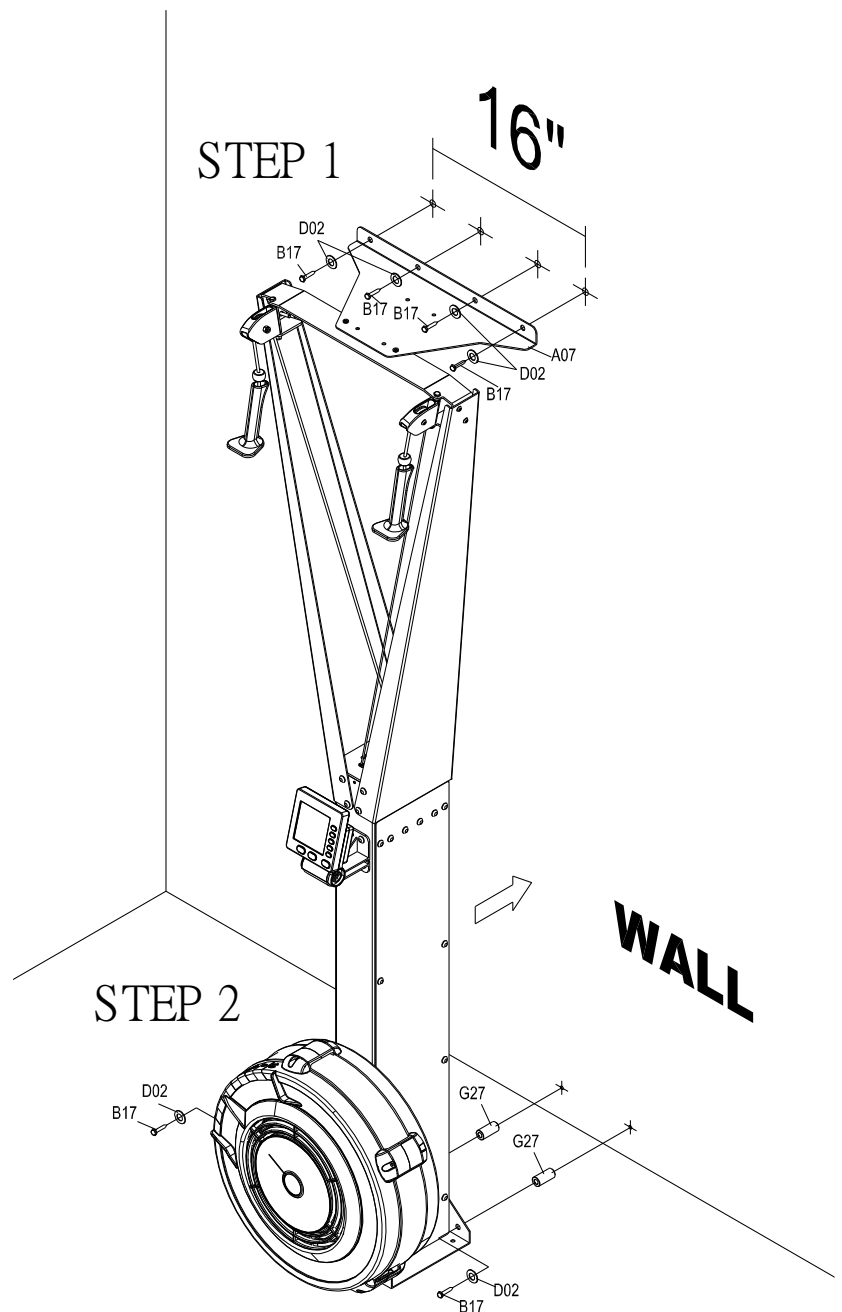
Wall Mounting Instructions for a Wall with 16" Wooden Stud

Install the machine to the wall

Step 1 .Hold the XM Fitness Air Skier up against the wall.
The two outside holes on the Mounting Bracket (A07) should be lined up with the wall studs. Mark each hole location. Also mark each hole location where the XM Fitness Air Skier bottom bracket lines up with the wall (left and right side).

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

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



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

ASSEMBLY INSTRUCTION

FIGURE 10

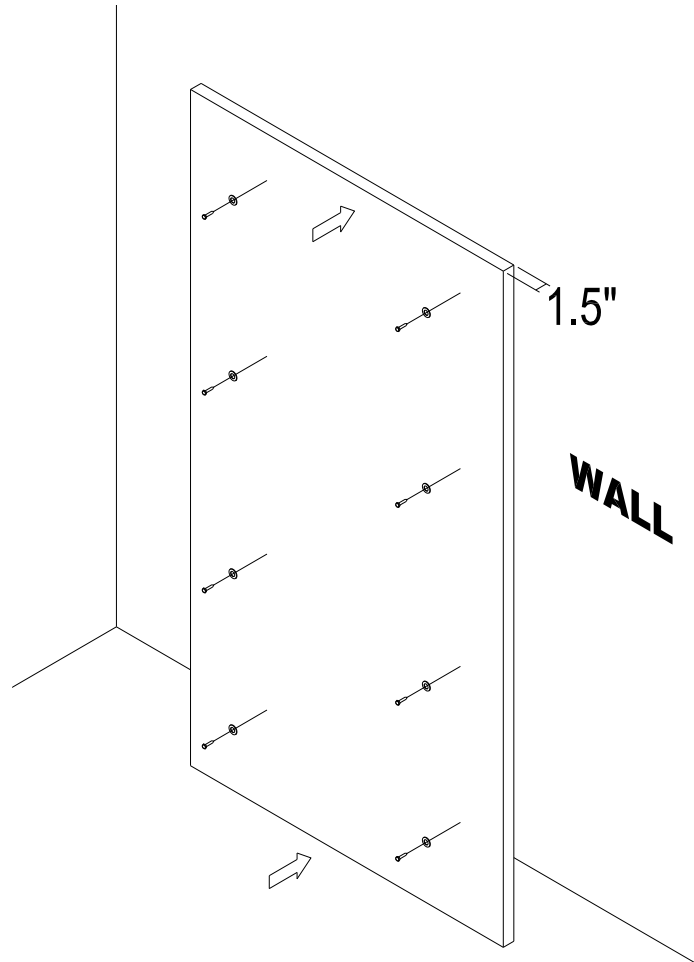
Wall Mounting Instructions for a Wall with Wooden Stud Spacing

other than 16"

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

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

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



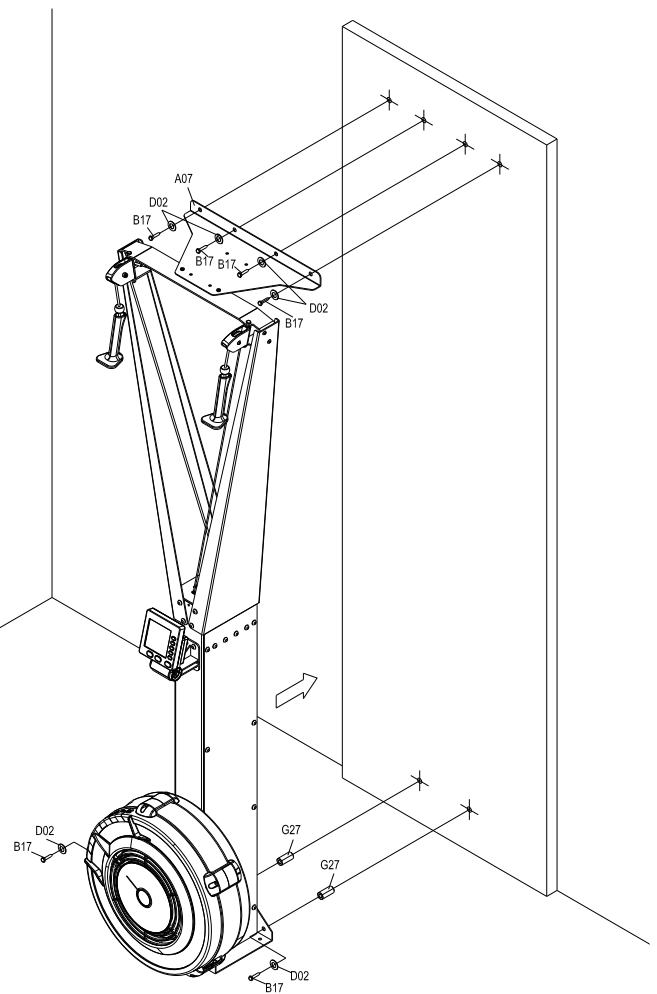
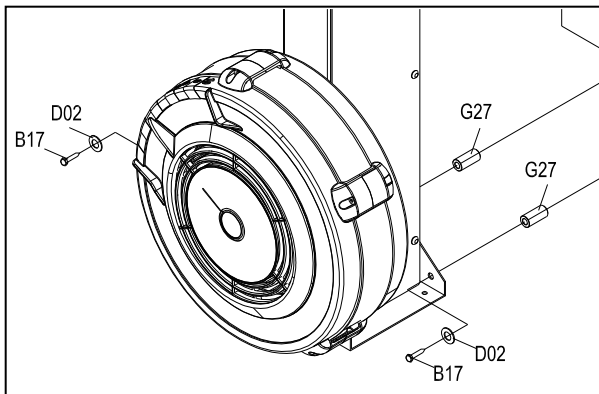
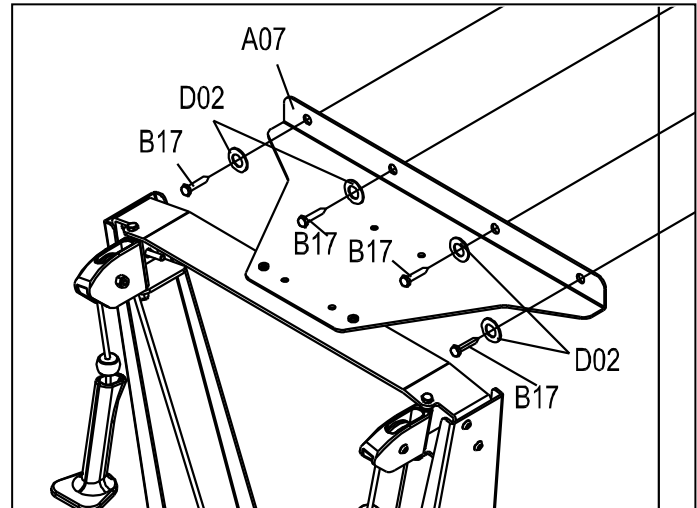
CTION

FIGURE 11

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

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

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



ASSEMBLY INSTRUCTION

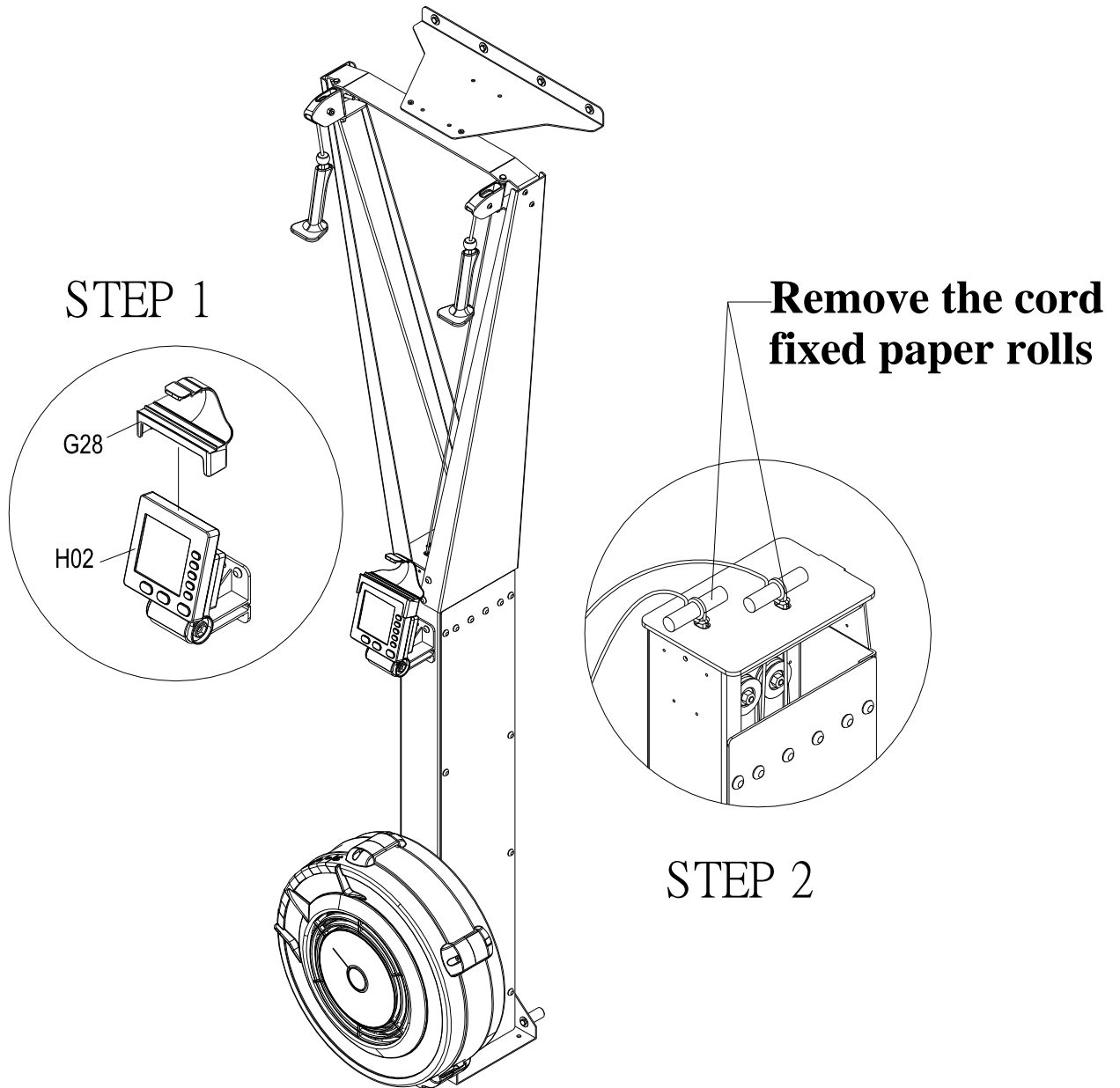
FIGURE 12

Step 1 :

Remove the cord fixed paper rolls

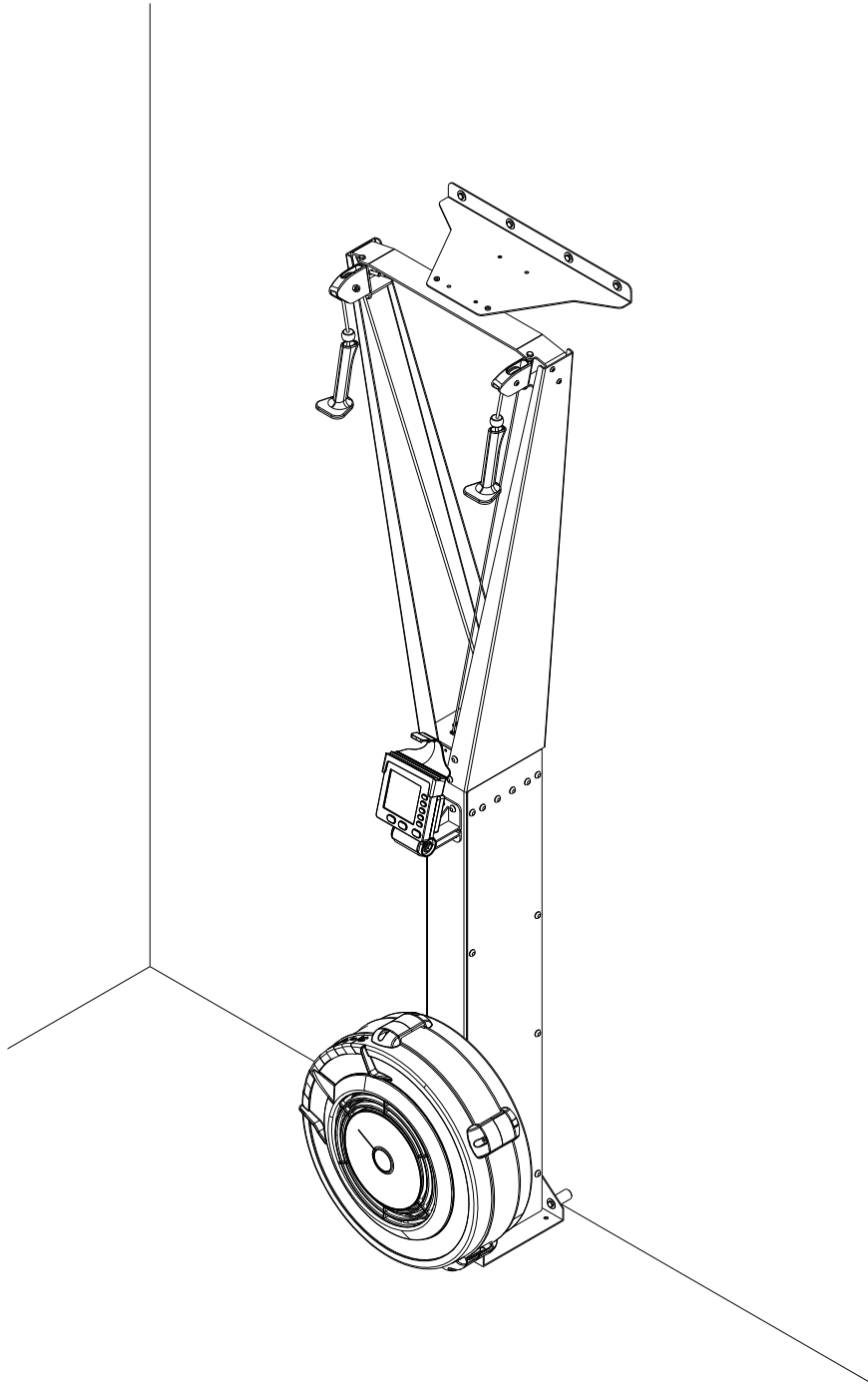
Step2:

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



ASSEMBLY INSTRUCTION

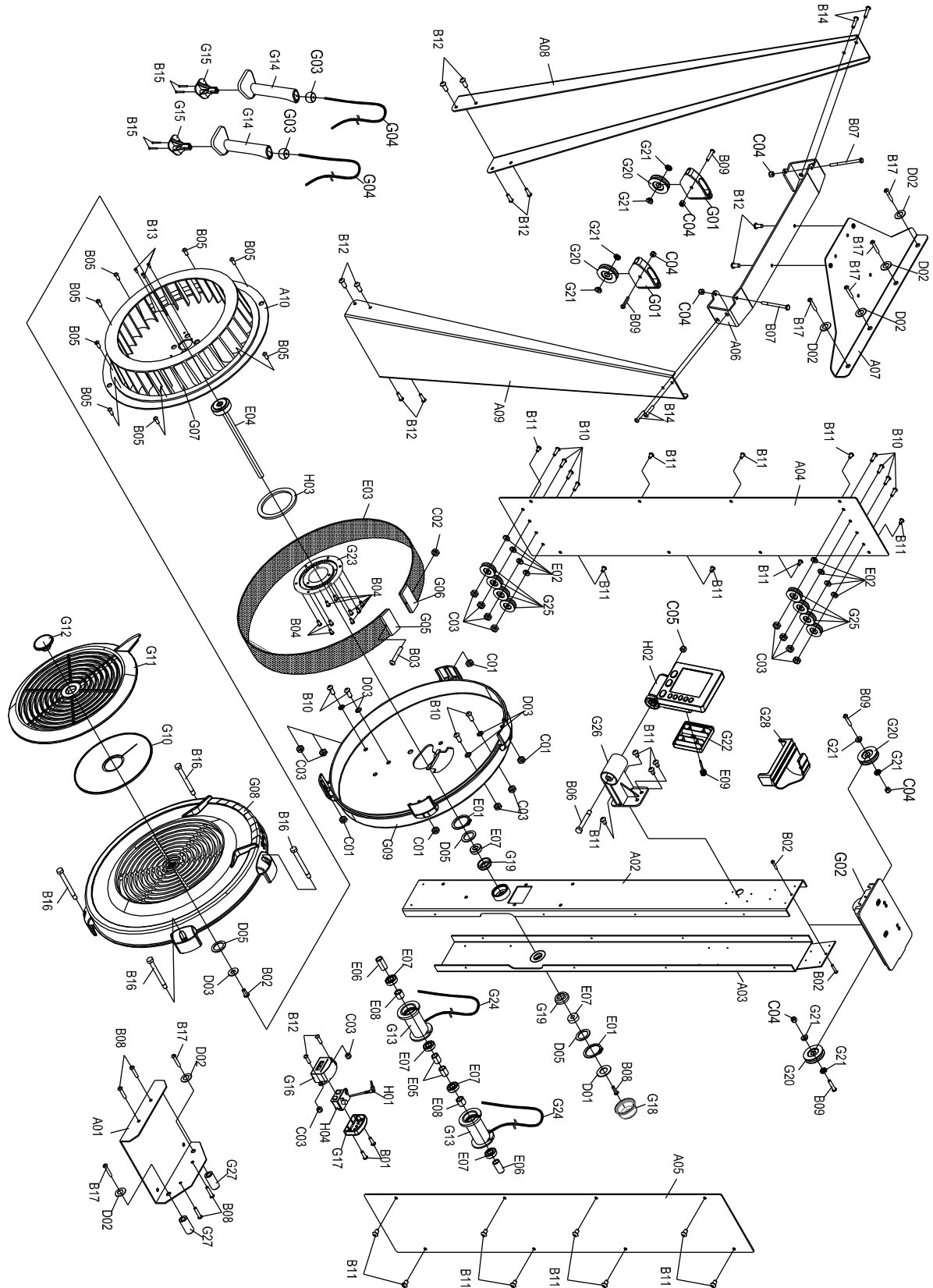
FIGURE 13



CONGRATULATIONS!

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

Exploded View



Part List

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

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

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