

User's Manual



Austria Germany France Wilse france Swieden Ray Norway Finland Canada New Zealand Great Britain Holland Andorra Denmark Slovakia Bulgaria Slovenia NSCD Icel Exclusive Official Supplier To The World's Best Ski TeamsTM

Important: You Must Read This Page

- 1. For safe operation and before using your machine read and become familiar with pages 4 and 5 "Important warning: Safe operation of Power Bands". Power Bands are like tires on an automobile, they must be inspected and maintained at all times to provide safe operation.
- 2. Before starting any exercise program, consult a physician.
- 3. Before using your Skier's Edge, Fitness Edge or Dynamic Edge, read the warning labels located on the back panel of your frame and on your platform.
- 4. You must **always use securely laced athletic shoes** when using your Skier's Edge[®], Fitness Edge[™] or Dynamic Edge[®] product.
- 5. Completely review and familiarize yourself with this manual before using your Skier's Edge, Fitness Edge or Dynamic Edge.
- 6. Do not allow small children on or near this equipment without supervision.



7. Your serial number is located on the chassis opposite the tool holder.

Serial Number_____

Invoice Number_____

The Skier's Edge® Company

Exclusive official supplier to the U.S., Austrian, German, French, Swiss, Canadian, Italian, Swedish, Norwegian, Finnish, Danish, Icelandic, Dutch, New Zealand, Andorran, Slovenian, Slovakian, Bulgarian, and British National Ski Teams.

Skier's Edge, Skier's Edge logo, Fitness Edge, Dynamic Edge, LifeBeat, The #1 Ski Conditioner in the World Classic, Big Mountain, World Cup Plyometric Power, All Mountain Master, Powder/Mogul Master, RPM, Slope Simulator, Upper Body Edge, Gate Keeper, ELT, Assistant Coach and Core Power are trademarks or registered trademarks of The Skier's Edge Co., registered in the U.S. and other countries.

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I. About This Manual - Introduction

Note: The Skier's Edge Classic Series, Big Mountain Series, Fitness Edge, and Dynamic Edge machines come in 2 configurations, A or B. The World Cup Plyometric Power is only configuration B.

- A) 2 Power Bands Configuration (2 Power Bands Configuration ships to you with the carriage at the end of the frame.) Start on page 2.
- B) 3 Power Bands ELT Configuration (3 Power Bands ELT (Extra Lateral Tension) configuration ships to you with the carriage preassembled in the center of the frame. Start on page 3.

Note: All references to parts, assembly and usage of the Skier's Edge[®] are also applicable to all other machines including the Fitness Edge[®] and Dynamic Edge[®].

Very Important Information

This manual will guide you step-by-step through the set-up and use of your Skier's Edge. Please read the manual thoroughly. **Incorrect set-up can cause the machine to malfunction (possibly causing injury) and will invalidate your warranty.** Understanding each component of the machine, and its function, is crucial for correct set-up and usage of the Skier's Edge.

Congratulations . . .

You have just made a lifelong investment in yourself!

You are on your way to skiing better, playing better, and looking better with the Skier's Edge. Stateof-the-art in exercise equipment, the Skier's Edge makes exercise rewarding, effective, and fun.

Unique in the world of exercise equipment, the Skier's Edge is one of the most effective aerobic and anaerobic trainers available today. Not only will it keep you fit, but it will improve your performance in skiing, tennis, golf, basketball, soccer, football, and many other sports. The Skier's Edge is an easy and time-efficient exercise machine that has provided thousands with an enjoyable way to maintain year-round fitness.

The Skier's Edge is made of high quality, high technology materials specially formulated for The Skier's Edge Company. Innovative in design, the Skier's Edge brings quality and enjoyment to fitness.

II. Skier's Edge, Fitness Edge, Dynamic Edge - Familiarization

A. Package Contents - 2 Power Bands Configuration

This section will familiarize you with the different parts of your Classic, Big Mountain Series, Fitness Edge or Dynamic Edge preinstalled with 2 Power Bands.

2 Power Bands Configuration ships to you with the carriage at the end of the frame.

Six Primary Components:

- A) Frame with 2 Power Bands
 preassembled at the factory
 A.1) Long Power Band
 - A.2) Short Power Band
- B) Carriage
- C) Set of balance poles
- D) User's Manual
- E) Package of parts
- F) Four endfeet

You will also receive:

• Platform(s) and accessories





Package of Parts Contains:

- G) T-wrench (1)
- H) Allen wrenches (2)
- Carriage Power Band clamps with washers and nuts attached (2)
- J) Nuts for securing upper roller support and platforms (3)
- K) Washers (2)

A) View of 2 Power Bands Configuration



Illustration 1 - 2 Power Bands Configuration

IMPORTANT NOTE: For continuous safe operation, you must inspect your Power Bands thoroughly each time before using your machine. See pages 4-5.



Illustration 2

CAUTION: Before going any further!

Check to make sure the chassis Power Band clamp is installed on the chassis (**Illustration 2**) and firmly tightened down on the Power Bands to where you can see the clamp depress into the Power Band.

IMPORTANT NOTE: These bands are installed at our factory, they are pre-adjusted and you should not have to adjust or reinstall them. The long Power Band should have no slack initially. However, after an initial break-in period, you will notice some slack in the long Power Band. This is normal. Go to Page 4.

B. Package Contents - 3 Power Bands ELT Configuration

This section will familiarize you with the different parts of your World Cup Plyometric Power, Classic, Big Mountain Series, Fitness Edge, or Dynamic Edge machines preinstalled with the ELT Kit. **3 Power Bands ELT Configuration ships to you with the carriage preassembled in the center of the frame.**

Seven Primary Components:

- A) Frame with 3 Power Bands preassembled at the factory
 - A.1) Long Power Band
 - A.2) Middle ELT Power Band
 - A.3) Short Power Band
- B) ELT Kit preassembled at the factory
- C) Carriage platform preassembled at the factory
- D) Set of balance poles
- E) User's Manual
- F) Package of parts
- G) Four endfeet

You will also receive:

• Platform(s) and accessories





Package of Parts Contains:

- H) T-wrench
- I) Allen wrenches (2)
- J) Nuts & washers for securing platforms (2)

A) View of 3 Power Bands ELT Configuration



Illustration 1 - 3 Power Bands ELT Configuration

IMPORTANT NOTE: For continuous safe operation, you must inspect your Power Bands thoroughly each time before using your machine. See pages 4-5.



Illustration 2

CAUTION: Before going any further!

Check to make sure the chassis Power Band clamp is installed on the chassis (**Illustration 2**) and firmly tightened down on the Power Bands to where you can see the clamp depress into the Power Band.

IMPORTANT NOTE: These bands are installed at our factory, they are pre-adjusted and you should not have to adjust or reinstall them. The long Power Band should have no slack initially. However, after an initial break-in period, you will notice some slack in the long Power Band. This is normal. Go to Page 4.

IMPORTANT WARNING: REGULAR INSPECTION IS REQUIRED FOR SAFE OPERATION OF POWER BANDS! <u>READ THIS!</u>

WARNING: For continuous safe operation, you must inspect your Power Bands thoroughly each time before using your machine.

WARNING: Failure to keep yourself familiar with the condition of your bands could result in an injury.

The Power Bands, like automobile tires, are a wearable item and do not last forever. We warranty them for 2 years for normal individual household use, and 1 year for commercial use. The Power Bands are made of the highest grades of materials for high, continuous performance. However, they require constant inspection, just like tires on a car.

Therefore, for continued safe operation you must inspect your bands before each use. Your machine is designed and intended to give you years of enjoyment as long as you care for it properly – just like any piece of sophisticated equipment.

Safety is always our primary concern and we have an unprecedented safety record over the past twenty-six years. Your continued safety and enjoyment of the use of our products is our primary objective.

The purpose of constant frequent inspection is to identify any indications of wear and/or fatigue that would eventually become a safety hazard that could result in injury.

A sign of wear or fatigue will take time to develop. You will be able to notice it and avoid a Power Band failure with regular inspection.

Here is what to look for during your regular inspection: See Photos

If your bands show wear like any of these images, immediately stop use of your machine and call us at: 801-975-8100 or 800-225-9669



Example of fatigue



Example of fatigue tear starting on or around the rollers



Example of fatigue cracking on sides

Make it a habit to routinely inspect your bands before each use

Any of the conditions in the following pictures are an indication of wear and/or fatigue that could become a potential Power Band failure. If you observe one of these conditions, stop using your machine immediately! Under no circumstances should you continue to use your machine without replacing these bands. If you are out of warranty, you may purchase replacement bands from the Skier's Edge Company.



Example of wear/fatigue



Example of severe wear/fatigue

DO NOT leave your Skier's Edge in direct sunlight as the sun's ultra violet rays will damage the Power Bands.

DO NOT leave your Skier's Edge over a direct heat source as doing this will dry out the Power Bands and cause them to break prematurely.

DO NOT use substitute Power Bands. Use of any material not supplied by the Skier's Edge Company will VOID your warranty. Extra Power Bands are available ONLY through the Skier's Edge Company.

DO NOT use your machine if you suspect a possible problem with the Power Bands.

DO NOT use any silicon based product on any part of your Skier's Edge or Power Bands.



NOTE: The Power Bands may eventually develop a dull brown/reddish look. This is normal for a high quality rubber product. It does not affect the bands performance. **DO NOT USE ANY silicon based product to clean your bands, silicon will deteriorate the rubber.** Go to page 58 for caring for your Skier's Edge.

Example of tear from extreme wear/fatigue

III. Quick Set-Up

A. Quick Set-Up - Endfeet

Now that you are familiar with the components, you're ready to set-up your Skier's Edge.



Classic Series 2 Power Bands Configuration



Big Mountain Series 2 Power Bands Configuration



Four Endfeet

STEP 1.

Remove your Skier's Edge machine and the four (4) endfeet from the box.

STEP 2.

Remove the protective foam caps from the endtubes. (see Photo 1)

STEP 3.

Remove one endfoot from the bag. Line up the tongue inside the endfoot with the slot on the bottom side of the endtube. (see Photo 2)

STEP 4.

Slide endfoot on the endtube. You may need to tap the endfoot with the palm of your hand to get it to slide on completely. Repeat steps 3 and 4 for the other three (3) endfeet. (see Photo 3)

NOTE: All four (4) endfeet must be installed before using your Skier's Edge. Make sure all endfeet are on completely.



World Cup Plyometric Power with installed ELT Kit 3 Power Bands ELT Configuration



Big Mountain Series with installed ELT Kit 3 Power Bands ELT Configuration



Photo 1



Photo 2



Photo 3



B.2 Quick Set-Up - Carriage Installation - 2 Power Bands Configuration







Photo 2



Photo 3A

Photo 3B

Make sure all packaging materials are removed from your machine.

STEP 1.

While facing the large warning label on the back side of the frame, roll the carriage on the rails over to the center of the frame. (see Photo 1)

STEP 2.

Reach under the carriage and lift the carriage roller support so that the three (3) bolts of the carriage roller support are protruding through the three (3) holes in the carriage. (see Photo 2)

STEP 3.

Place one (1) of the nuts from the parts bag on the center bolt protruding through the carriage and tighten securely with the supplied T-wrench (washer not needed here). (see Photo 3A and 3B)

NOTE: To help you install the carriage roller support easily, you may want to adjust the resistance from setting 7 to 1. Go to page 32 on how and where to adjust the resistance.

STEP 4.

Remove the nuts and washers from the two (2) carriage Power Band clamps, which were supplied in the parts bag. (see Photo 4)

STEP 5.

Near the end of the carriage, support the long Power Band with the Power Band clamp in your hand. (see Photo 5)

STEP 6.

Insert the Power Band clamp into the carriage so that the two (2) bolts protrude through the carriage. (see Photo 6)

STEP 7.

Install a washer and nut on each bolt and loosely tighten by hand. DO NOT tighten the nuts on the bolts with the T-wrench at this time. (see Photo 7)

STEP 8.

Repeat steps five through seven (5-7) on the other side of the carriage.



Photo 4



Photo 5



Photo 6



Photo 7



Photo 8A - Correct Alignment



Photo 8B - Incorrect Alignment



Photo 9



Photo 10

Edges of the carriage

Edges of the chassis

STEP 9.

Push the carriage to the center of the frame so that the edges of the carriage and the edges of the chassis line up evenly.

(see Photo 8A) (example of incorrect alignment Photo 8B)

STEP 10.

With the carriage centered and aligned as in STEP 9, use T-wrench to tighten the nuts on the carriage Power Band clamps evenly and securely until the clamps are pressed firmly into the Power Band. Make sure you tighten the nuts on both clamps on each end of the carriage. (see Photo 9)

NOTE: Proper tension of a clamp on a Power Band is when you can see the Power Band depress at the sides under the clamp.



STEP 11. Store the T-wrench in the holder inside the back of the chassis. (see Photo 10)

You are now ready to install your platform and accessories. Go to page 11.

Make sure all packaging materials are removed from your machine.

STEP 1.

Make sure that the carriage is centered on top of the frame. The edges of the carriage and the edges of the chassis should line up evenly. (see Photo 1A)

(Example of incorrect alignment - see Photo 1B)

STEP 2.

Due to shipping, some carriages may shift off center. If the carriage is off centered, press the carriage to the center of the frame lining up the edges of the carriage with the edges of the chassis. This should fix the alignment. If it does not fix the alignment, go to STEP 4. (**see Photo 1A**)

STEP 3.

Using the T-wrench, check that the 5 nuts on the upper portion of the carriage are tightened evenly and securely. (see Photo 2)

You're now ready to install your platform & accessories. Go to page 11.

Fixing Carriage Alignment

STEP 4.

Loosen the two (2) nuts on both Power Band clamps using the T-wrench. (see Photo 3 and 4)

STEP 5.

Align the carriage so that it is centered on top of the frame. The edges of the carriage and the edges of the chassis should line up evenly. (see Photo 1A)

STEP 6.

With the carriage centered and aligned as in STEP 1 and using the T-wrench, tighten the nuts on the (2) carriage Power Band clamps evenly and securely until the clamps are pressed firmly into the Power Band. Make sure you tighten the nuts on both clamps on each end of the carriage. (see Photo 4)

STEP 7.

Using the T-wrench, check that the center nut on the upper portion of the carriage is tightened evenly and securely.



Photo 1A - Correct Alignment



Photo 1B - Incorrect Alignment



Photo 2





Photo 3

Photo 4

IV. Quick Set-Up - Platform & Accessories Installation

Refer to your invoice and check off which platform(s) & accessories came with your order.

	cante with your order.			
	your platforms & accessories	☐ All Mountain Master [™]	Powder/Mogul Master™	
in t STEP	he following steps: 1, 2, 3 NOTE: Your machine will ship with one or more of the following platforms. Install one of these platforms, then go to STEP 2.	InstallationPage 12 Adjusting stance positionPage 36	InstallationPage 13 OperatingPage 41	
		OperatingPage 40		
	RPM™	Slope Simulator [™]	Upper Body Edge [™]	
	InstallationPage 14 Adjusting stance positionPage 37 OperatingPage 40	InstallationPage 14 Adjusting stance positionPage 37 OperatingPage 40 Adjusting tilt positionPage 44	InstallationPage 14 Adjusting width positionPage 37 OperatingPage 42	
STEP	Assistant Coach Balance Bar	Children's Bar [™]	Pole & Water Bottle Holder	
2				
	InstallationPage 16	InstallationPage 20	InstallationPage 22	
lf no or	cessories are checked in STEP 2			

If no accessories are checked in STEP 2, go to STEP 3



If no accessories are checked in STEP 3 and you have completed STEP 1, your machine is ready.

STEP 1.

While facing the back warning label, and with the resistance numbers label facing you, place the All Mountain Master plate on the carriage platform and over the three (3) protruding bolts. Make sure the small warning label faces you. (see Photo 1)

STEP 2.

Install a washer and a nut over the two (2) bolts on the label (do not use the center bolt as this has already been secured in the Quick set-up Carriage Installation section). With the T-wrench tighten both nuts securely. (see Photo 2)

STEP 3.

Remove the 2 nuts and washers from the sides of the All Mountain Master plate. (see Photo 3)

STEP 4.

Choose one of the 5 stance positions (example "Medium Carve"), place one of the footpad assemblies over two (2) of the protruding bolts on either side of the plate. Make sure that the large red arrows at the edge of the footpad assembly face toward the center plate label. (see Photo 4)

STEP 5.

Swivel the footpad to one side, allowing access to the adjustable stance setting guide. Now install a washer and nut over each of the two (2) bolts that are protruding through the footpad assembly. With the T-wrench tighten both nuts securely.

(see Photo 4)

STEP 6.

Repeat steps 3 & 4 to install the other footpad assembly on the other side of the plate. Make sure that BOTH footpads are in the same stance position (example: "Medium Carve"). (see Photo 5)

Store the T-wrench in the holder inside the back of the chassis.

You are now ready to use your All Mountain Master.

NOTE: Only use machine if both footpads are in the same stance position.

Adjusting stance Position	Go to section P	Page
How to use machine	How to use machine	
Install other platforms & accessories 11		



Photo 1



Photo 2

Photo 3



Photo 4



Photo 5



Photo 1A



Photo 1B

NOTE: If the All Mountain Master or RPM are not installed, skip STEP 1 and go to STEP 2.

STEP 1.

Remove nuts and washers from the two (2) bolts protruding through the center of the All Mountain Master or RPM platform with T-wrench (DO NOT REMOVE NUT FROM CENTER BOLT) and remove the platform with footpads attached from the carriage. (see Photo 1A - All Mountain Master) (see Photo 1B - RPM)

B.2 Quick Set-Up - Powder/Mogul Master Platform



Photo 2



Photo 3A



Photo 3B

WARNING: DO NOT use the Powder/Mogul Master without the Assistant Coach Bar attached to your machine.

STEP 2.

While facing the back warning label, and with the adjustment numbers facing you, place the Powder/Mogul Master platform over the three (3) protruding bolts on the carriage assembly. (see Photo 2)

STEP 3.

Install a washer and nut over the two (2) protruding bolts that are underneath the swinging footpad (DO NOT use the center bolt as this has already been secured). With T-wrench, tighten both nuts securely through the holes on the footpad. (see Photos 3A and 3B)

Store the T-wrench in the holder inside the back of the chassis.

You are now ready to use your Powder/Mogul Master.

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How to use Powder/Mogul Master	41
How to use machine	38
Install other platforms & accessories	11







NOTE: Installation and adjustment instructions for A) RPM footpads, B) Slope Simulator and C) the Upper Body Edge are the same. These three items are referred to as RPM Attachments which attach to the D) RPM Platform. RPM footpad attachments will be referenced for instructions.



STEP 1.

Install RPM Platform. While facing the back warning label, and with the numbers facing you, place the RPM platform over the two (2) protruding bolts on the carriage. (**see Photo 1**)

STEP 2.

Place the washers and nuts over the two (2) protruding bolts on the carriage and tighten with T-wrench. (see Photo 2)

STEP 3.

Install RPM attachments to the RPM platform. Loosen the center bolt on the bottom of each RPM attachment with T-wrench, until the bottom of the bolt is flush with the rectangular nut. (see Photo 3)

STEP 4.

Lift the RPM attachment up to the RPM platform and align the "IN" label on the RPM attachment with the numbered label on the RPM platform. Lift the top pull-pin on the RPM attachment and slide it on the RPM platform (the RPM attachment will only slide about 1"). (see Photo 4)



Photo 3



Photo 1



Photo 2



Photo 4



Photo 5



Photo 6 - RPM Footpads fully installed



Photo 7



STEP 5.

Pull the lower pull-pin (under the RPM platform) and slide the RPM attachment another 2 inches toward the center of the RPM platform. Look underneath (the bottom of) the RPM attachment to find the rectangular nut. Align the rectangular nut so the nut will travel freely in the grooved channel that runs down the center of the RPM platform. (see Photo 5)

STEP 6.

Pull the lower pull-pin and slide the RPM attachment onto the RPM platform until the upper pullpin locks down into stance position 7. (Repeat steps 3 and 4 for the other RPM attachment). (see Photo 6)

STEP 7.

Lift the top pull-pin and slide each RPM attachment to the desired width (make sure each RPM attachment is set at the same number setting). Make sure the pull-pins fully engage and lock down. (see Photo 7)

STEP 8.

Securely tighten the bolt located in the center of each RPM attachment with T-wrench. (see Photo 8)

NOTE: Make sure BOTH center bolts are tightened before ever using the machine.

Store the T-wrench in the holder inside the back of the chassis.

Your RPM is now ready for use.

If you have the Slope Simulator, read pages 44-46 "Using your Slope Simulator" before use.

NOTE: If you have the Upper Body Edge, you can interchange with the RPM attachment without removing the RPM Platform. Simply remove the RPM footpad attachments and follow Steps 3 through 8 to install the Upper Body Edge.

Go to section	Page
How to use RPM	40
Adjusting stance position	37
How to use Slope Simulator	44
How to use Upper Body Edge	42
How to use machine	38
Install other platforms & accessories	11

RECOMMENDATION: While it is possible to assemble the Assistant Coach balance bar yourself - we recommend that you have a friend assist you.



Photo 1



STEP 1

First unpack all items, lay them out, and confirm that everything is there and familiarize yourself with the parts. (See Photo 1)

PARTS:

- **1.** Handle-grip Bar with Black Grips (1)
- **2.** Face Plate (1)
- **3.** Vertical Side Support Tubes (Uprights) (2) 4. Base Tubes (2)
- 5. Small Parts Package Consisting of: (1)
 - A) Buttonhead bolts (8) (Threads on the end)
 - B) Black plastic caps for nuts (8)
 - C) Allen wrench & open end wrench (1)
 - D) Top thread buttonhead bolts (4) (No threads on the end)
 - E) Nuts (8)
 - F) Flat washers (16)





Photo 2



Photo 3A



First remove the two (2) front black endfeet from your Skier's Edge NOTE: The Skier's Edge sticker on the chassis of your Skier's Edge faces the front of the machine. Grip the rubber endfoot and wiggle it while pulling. It should slowly come off. Do the same with the other front endfoot. (see Photo 2)

STEP 3.

Take the two endfeet you just removed from your Skier's Edge and install them on the Assistant Coach base tubes at the opposite ends from where the existing endfeet are installed. Be sure you align the raised guide on the inside of the endfoot with the slot in the bottom of the Assistant Coach base tube. (see Photos 3A & 3B)

INSTALL THE BASE TUBES:

STEP 4.

Turn over the base tubes so that the two (2) holes on the bottom of each base tube are showing. Locate the four (4) buttonhead bolts (without the threads on the end). Place a bolt in each of the holes and with the Allen wrench, tighten until the end of the bolt almost touches the opposite inside wall of the tube. (see Photo 4)

STEP 5.

Take the base tubes and place them in front of your Skier's Edge so that the two short vertical tubes almost touch each other. This is how you determine which is the right and left tubes. (see Photo 5)

STEP 6.

Line the end of the left base tube up with the left open endtube of the Skier's Edge (where you just removed the black endfeet) (see Photo 6)

STEP 7.

Slide the end of the base tube into the endtube of the Skier's Edge so that the buttonhead bolts go into the slot on the underside of the Skier's Edge. They should both fit snugly together. (**see Photo 7**)

Important: Do not tighten the buttonhead bolt completely at this time.

STEP 8.

Repeat steps 2 to 7 for the other base tube.



Photo 3B



Photo 4



Photo 5



Photo 6



Photo 7

STEP 9.

Locate a vertical side support tube and insert it into the upright stem of the base tube so that the holes line up. (see Photos 9A & 9B)

STEP 10.

Place a flat washer on one of the buttonhead bolts (with threads on the end) and install the bolt from the front of the vertical support to the back. **(see Photo 10)**

STEP 11.

Add a second flat washer and install a nut to the bolt and make sure the "crown" end of the nut (with white plastic showing) faces out. Do the same for the other hole. TIGHTEN COMPLETELY AT THIS TIME with Allen wrench and T-wrench or open end wrench. (see Photo 11)

STEP 12

Repeat steps 9 through 11 for the other side.





Photo 9A

Photo 9B



Photo 10



Photo 11

D.4 Quick Set-Up - Assistant Coach Balance Bar - Hand-Grip & Faceplate

Before Continuing to STEP 13:

If you ordered the optional Children's Bar, go to Page 20 and complete steps.

STEP 13.

Locate the hand-grip bar and place it over the tops of the vertical side supports, easing it down a little at a time on each side until the holes line up. (see Photos 13A & 13B)

Before Continuing to STEP 14:

If you ordered the optional pole and water bottle holder, go to Page 22 and complete steps.

STEP 14

Place the face plate in front of the holes you just lined up with the hand-grip bar.



Photo 13A



Photo 13B



Photo 14

Photo 15

STEP 15

Place a flat washer on each of the four remaining buttonhead bolts and insert the bolts through the front of the holes in the faceplate and through the vertical side support tubes. (see Photo 14)

STEP 16

Add a flat washer and nut to secure the bolts, and tighten completely at this time. **(see Photo 15)**

D.5 Quick Set-Up - Assistant Coach Balance Bar - Final Tightening



Photo 16A



Photo 17



Photo 18B



Photo 16B



Photo 18A



Photo 19

STEP 17.

Slowly tilt the the machine backwards allowing the machine to rest completely on its back side. (see Photo 16A & 16B)

STEP 18.

Securely tighten the two top thread buttonhead bolts on each side with the Allen wrench provided. (see Photo 17)

STEP 19.

Push the endfoot down over the joint on each side. (see Photos 18A & 18B)

STEP 20.

CAREFULLY AND SLOWLY TILT YOUR MACHINE BACK TO ITS UPRIGHT POSITION.

STEP 21.

Take the eight (8) black plastic caps and push them over the ends of the exposed nuts on the faceplate and on the upright supports. (see Photo 19)

Your Assistant Coach Balance Bar is now ready for use.

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How to use machine	

Before Continuing: To install the Children's Bar, you first need to complete STEPS 1 through 12 starting on page 16.

NOTE: The Children's Bar replaces the Assistant Coach Balance Bar faceplate. Store the face plate as you may want to install it later (when the kids grow up).



Photo 1

Package Contents:

- 1. Children's Bar Grip
- **2.** AC Joint (2)
- 3. Hardware
 - A) Buttonhead bolts (2)B) Nuts (2)

NOTE: You will also need 4 buttonhead bolts, 8 washers and 4 nuts from the Assistant Coach Balance Bar parts package.

STEP 1

First unpack all items, familiarize yourself with the parts and lay them out as shown. (see Photo 1)

STEP 2.

Slide one AC Joint onto the right side of the Children's Bar Grip. Make sure that the end of the AC Joint section is pointing up and in. (see Photo 2)

STEP 3.

Line up the hole on the AC Joint with the hole on the Children's Bar. (see Photo 3)

STEP 4.

Install 1 buttonhead bolt through the holes you just lined up and loosely tighten nut by hand. This will allow for the assembly to align properly with the Assistant Coach Balance Bar handle grip. (see Photo 4)

STEP 5.

Now that you have completed the right side, repeat STEPS 2-4 to install the AC Joint on the left side of the Children's Bar grip.

WARNING: Do not allow small children on or near this equipment without supervision.



Photo 2



Photo 3



Photo 4



Photo 5



Photo 6



Photo 7

STEP 6.

Slide the Children's Bar assembly onto the Assistant Coach Balance Bar handle grip. Align the holes on the Children's Bar AC Joint with the bottom hole on the handle grip.

(see Photo 5 & 6)

STEP 7.

While holding both the handle grip and Children's Bar at the AC Joints, lift assembly and slide it onto the vertical side support tubes. (see Photo 7)

STEP 8.

Place a flat washer on each of the four remaining buttonhead bolts and insert the bolts through the front of the holes that hold the handle grip and Children's Bar to the vertical side support tubes.

STEP 9.

Add a flat washer and nut to secure the buttonhead bolts and tighten completely using the Twrench and Allen wrench. (see Photo 8)

STEP 10.

Secure the buttonhead bolts on the AC Joint from STEP 4 and tighten completely using the T-wrench and Allen wrench.

STEP 11.

Go to Page 19 and complete STEPS 17 through 21 "Assistant Coach Balance Bar Final Tightening" to finish installation.



Photo 8



Children's Bar installed

Package Contents:

- 1. Brackets (2)
- 2. Hardware
 - A) Buttonhead bolts (4)B) Nuts (4)
 - C) Washers (4)
- 3. Bottle cage
- 4. Small Allen wrench

Note buttonhead bolts supplied with Pole and Water Bottle Holder are longer than the Assistant Coach Bar buttonhead bolts.

> **Before Continuing:** To install the Pole and Water Bottle Holder you first need to complete STEPS 1 through 13 starting on page 16.

STEP 1

Locate the faceplate and place it in front of the holes you just lined up with the hand-grip bar.

STEP 2

Insert buttonhead bolts through holes in the front of the faceplate and through the vertical side support tubes. Loosely install nuts by hand. This will temporarily hold the faceplate in place and allow you to install the bracket on the opposite side. (see Photo 2A & 2B)

STEP 3.

Install the bracket on the opposite side. Make sure that the clips for the poles are towards the front of the machine. (see Photo 3)

STEP 4

Insert buttonhead bolts through holes in the front of the bracket faceplate and through the vertical side support tubes.

(see Photo 4)

STEP 5.

Place the supplied washer on the end of the bolt and then install the nut. Tighten securely using the T-wrench and Allen wrench. (see Photo 5)

STEP 6.

Remove buttonhead bolts from STEP 2 and repeat STEPS 3-5 for other bracket.







Photo 2A

Photo 2B





Photo 3

Photo 4



Photo 5



Photo 6



Photo 7

STEP 7.

The water bottle cage can be mounted on the left or right side. After selecting a side remove the silver screws from the bracket, these will be used to mount the cage. Line up the holes for the cage with the mounts on the bracket. **(see Photo 6)**

STEP 8.

Use the silver screws you removed in STEP 7 to fasten the water bottle cage to the main bracket. Tighten securely with the small Allen wrench. (see Photo 7)

STEP 9

Go to Page 19 and complete STEPS 17 through 21 "Assistant Coach Balance Bar Final Tightening" to finish installation. When completed, poles may be placed in holders. **(see Photo 8)**



Photo 8 Complete assembly with poles attached.

The LifeBeat console may be mounted on: the Assistant Coach Bar or the LifeBeat Stand (for stand, go to page 27).





LifeBeat Components:

- 1. Console
- 2. Black plastic clamps and hardware
- 3. End roller pulley assemblies24 pre-installed
- 4. Carriage bracket and hardware24 pre-installed
- **5.** Zip ties and cable fastener (large, medium, small)
- 6. Long hook bracket24 pre-installed
- 7. Main sensor assembly and pulley cable24 pre-installed
- 8. Short hook bracket24 pre-installed
- 9. Box end wrench
- **10.** Allen wrenches (large, medium, small)
- **11.** AC power supply
- **12.** Data cable

10

3

Powering the LifeBeat:

Install four (4) "D" batteries into the back of the LifeBeat OR plug supplied AC power supply into a 100 - 240 V power source.



Photo 1



Photo 2



Photo 3



Photo 4



NOTE: Assistant Coach Balance Bar needs to be installed before this can be completed.

NOTE: You will need a Phillips screwdriver.

STEP 1.

Apply the rubber grips to the black plastic clamps. (see Photo 1)

STEP 2.

Install the clamps on the back of the LifeBeat console as shown, using the screws and a Phillips screwdriver. (see Photo 2)

STEP 3.

Clamp the LifeBeat console to the handle bar of the Assistant Coach. (see Photo 3)

STEP 4.

Plug the data cable into the socket on the LifeBeat console. (see Photo 4)

STEP 5.

Apply three (3) black plastic cable fasteners to the back side of the Assistant Coach faceplate. **(see Photo 5a)**

Attach the data cable to the plastic cable fastener using the small black zip ties. (see Photo 5b)



Photo 5b

Photo 5a

STEP 6.

Run the data cable down the vertical leg and secure it in place with the white zip ties. Recommended placements are shown by the arrows. Use the medium length zip ties for the vertical leg and the long zip ties for the base tube. (see Photo 6)

STEP 7.

Tilt the machine backwards and lay it on its backside and attach the data cable to the bottom surface. Using the black plastic cable fasteners and zip ties secure the data cable on the bottom of the machine. When finished, return the machine to the upright position. (see **Photo 7**)

STEP 8.

Plug the data cable into the outlet on the main sensor assembly. Attach the cable to the plastic clips on the long metal bracket. (see Photo 8)

STEP 9

Apply the black plastic cable fastener to the inside of the machine. The excess data cable may be coiled and attached to the plastic clip. (see Photo 9)

You may use scissors to trim off the excess length of the zip ties.

You are now ready to use your LifeBeat.

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Photo 6



Photo 7



Photo 8







Photo 1

Photo 2



Photo 4







Photo 7



Photo 3

STEP 1.

Remove the screws from the plastic brackets. (see Photo 1)

STEP 2.

Using the screws from the plastic brackets attach the LifeBeat console to the rectangular mounting plate on the LifeBeat stand. (see Photo 2)

STEP 3.

Tilt the machine backwards and lay it on its backside and attach the data cable to the bottom surface. Using the black plastic cable fasteners and zip ties secure the data cable on the bottom of the machine. When finished return the machine to the upright position. (see Photo 3)

STEP 4.

Plug the data cable into the outlet on the main sensor assembly. Attach the cable to the plastic clips on the long metal bracket. (see Photo 4)

STEP 5

The excess data cable may be coiled around the LifeBeat stand. (see Photos 5 and 6)

STEP 6.

Plug the data cable into the socket on the LifeBeat console. (see Photo 7)

You are now ready to use your LifeBeat.

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Package Contents:

- 1. Base unit (2)
- 2. Top thread buttonhead bolts (4)
- 3. Supplied endfoot (2)
- 4. Gate (2)
- **5.** Sliding aluminum section (2)
- 6. Allen wrenches (1 small, 1 large)
- 7. Counter/Timer display (1)

STEP 1.

Remove the rubber endfeet from the front of the machine (the side with the Skier's Edge label). (see Photo 1)



Photo 1



Photo 2



Photo 3

STEP 2.

Screw in the supplied top thread buttonhead bolts into the bottom of the Gate Keeper base units. Do not tighten them yet. They should be loose. (see Photo 2)

STEP 3.

Tilt the machine backwards and lay it on its backside and attach and install each Gate Keeper base unit into the endtube of the Skier's Edge machine. Make sure that the long tubes of the Gate Keeper bases are pointing towards the center of the machine. Re-install the rubber endfeet you removed from the machine onto the Gate Keeper base units. (see Photo 3)



Photo 4



STEP 4.

Tighten the bolts on the bottom of the Gate Keeper base units with your large Allen wrench until they are tight. When finished, return the machine to the upright position. (see Photo 4)

STEP 5.

Install the U-shaped gate onto the Gate Keeper's aluminum sections with the flag towards the front as shown. Secure in place by tightening the one small set screw with the small Allen wrench. Make sure the set screw on each Gate Keeper's aluminum section is tight.

(see Photo 5)

STEP 6.

Slide the aluminum sections of the Gate Keeper onto the base units with the labels facing forward and the flag near the end of the machine, as shown. You will need to pull the quick release pin. Make sure the quick release pin on the aluminum section is facing forward to engage in the holes. Now install the supplied endfeet onto the long tubes of the Gate Keeper base units. (see Photo 6)

NOTE: All the endfeet on the base units must be in contact with the floor. If not, loosen the bolts, rotate the base units and re-tighten the bolts.

STEP 7.

Place two (2) AAA batteries in the counter/timer display.

STEP 8.

Plug the wires from each side of the Gate Keeper into the counter/timer display as shown and place the counter/timer in front of your machine. (see Photo 7)

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Photo 6



Photo 7





Photo 1

Photo 2







Photo 4



Package Contents:

- **1.** Wheels (2)
- 2. Brackets (2)
- 3. Hardware
 - A) Wheel bolt (short bolts) (2)
 - B) Small washers (4)
 - C) Nuts (4)
 - D) Long bolts (2)
 - E) Large washers (4)
 - F) Plastic covers (2)

STEP 1.

Place the bracket on the endtube of the machine and align the holes. Insert the long bolt with one (1) large washer in the hole. (see Photo 1)

STEP 2.

Place a large washer on the end of the bolt that protrudes through the endtube and then install the nut. Tighten using the T-wrench that came with your machine and a 1/2 inch open-end or socket wrench (you can turn the machine on its backside to make this easier). (see Photo 2)

Place the white plastic cover over the nut.

STEP 3.

Now install the wheel. (see Photo 3)

Install the small bolts and small washers (2) in the order shown below. With the wheel and washers in place tighten with the Allen wrench and T-wrench that were included with your machine. Do not over tighten or the wheel will not spin freely.

STEP 4.

Repeat STEPS 1-3 for the other bracket and wheel.

To roll your Skier's Edge machine around, simply lift the side opposite the wheels until the wheels make contact with the ground. Roll the machine anywhere you like. (see Photo 5)

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V. Adjusting Resistance - 2 Power Bands Configuration

There are five (5) roller assemblies. However, only two (2) will require your attention to change the resistance settings. These are the only rollers with the quick-release pins (rings attached) and have been pre-installed in position number 7. You will use these to adjust the resistance to the type of workout you desire. The rollers at each end of the frame as well as the one attached to the carriage are equipped with a fixed axle set and are not meant to be removed unless you are changing your Power Bands.



A. Adjusting Resistance - Numbered Resistance Setting (Short Band)

There are numbered resistance settings on each side of the chassis. Each side has eleven (11) different settings that are secured in place by a roller and quick-release pin. The quick-release pin and roller on each side are set in the same numbered setting. Example: right 7 and left 7.

(see Photo 1 and Illustrations 1, 2 and 3)

Practice inserting the ring-equipped quick-release pin into a roller. Push the quick-release pin all the way through the roller until you feel and see the retaining ball come out on the other side.

Practice installing a roller into position 11. Once again, make sure you push the quick-release pin all the way through the roller and through the chassis wall until you see and feel the retaining ball come out the opposite side of the other chassis wall. (see Photos 2 and 3)

CAUTION: Always make sure the quick-release pin and roller are in identical, corresponding positions. Example: right 7 and left 7. (see Illustrations 1, 2 and 3)

NOTE: Regarding the black plastic hole bushings: The bushings are important in keeping the quick-release pins from being thrust side-to-side and popping out during the operation of the machine. They also help dampen any noise that might develop from this action. In order to keep your Skier's Edge in proper working condition, the bushings must be in place wherever you have a pin inserted.

Go to page 54 for further instructions on caring for and maintaining the bushings.



Photo 1



Photo 2



Photo 3
IMPORTANT NOTE: For continuous safe operation, you must inspect your Power Bands thoroughly each time before using your machine. See pages 4-5.



Illustration 1



Illustration 2



You can adjust the resistance levels to match your ability, size and fitness goals. Skiers can set the Skier's Edge to simulate various levels of terrain - from tight bump runs to easy cruising slopes. Fitness enthusiasts can adjust the settings for aerobic or anaerobic workouts.

Please refer to the workouts outlined on page 73 for detailed recommendations. Use the following guide to begin with and then adjust the settings according to your needs.

Approximate Starting Positions			
Weight	Approximate Range of use	Suggested Starting Position	
80 lbs or less.	1 - 3	2	
80-100 lbs.	3 - 6	3	
100-120 lbs.	4 - 7	4	
120-160 lbs.	4 - 8	5	
160-190 lbs.	5 - 9	6	
190-210 lbs.	6 - 11	7	
210 & over	7 - 11	8	

CAUTION: Do not bang the carriage on the endtubes repeatedly. If the platform or carriage hits the endtubes your resistance settings are too light. Increase the resistance settings accordingly. Failure to do so will cause damage and will void your warranty. If you've increased the resistance to the highest setting and still hit the endtubes, check to make sure you are using the machine correctly (See to page 38). If you're using the machine correctly and still hitting the ends you need additional resistance with the ELT (Extra Lateral Tension) Kit. Call customer service at **1-800-225-9669** or **801-975-8100**.

If you are 215 lbs or more, you may require additional resistance. For those needing additional resistance, we recommend the use of the optional ELT (Extra Lateral Tension) Kit. The ELT Kit will convert your 2 Power Bands Configuration to a 3 Power Bands ELT configuration. Call customer service at **1-800-225-9669** or **801-975-8100**.

Remember, these are approximate adjustments only and may not necessarily be your final adjustment. Your adjustments for each platform may also vary.

VI. Adjusting Resistance - 3 Power Bands ELT Configuration

With a 3 Power Bands ELT Configuration you adjust the resistance by a combination of moving the adjustable rollers on the frame (Numbered resistance) and moving the rollers on the ELT (silver) bracket. Experiment with different settings until you find the best one for you. You can adjust the resistance levels to match your ability, size, and fitness goals.



A. Adjusting Resistance - Numbered Resistance Setting (Short Band)

There are numbered resistance settings on each side of the chassis. Each side has 5 (5) different settings that are secured in place by a roller and quick-release pin. The quick-release pin and roller on each side are set in the same numbered setting. Example: right 4 and left 4.

(see Photo 1)

STEP 1.

Pull the ring equipped quick-release pin out of its current setting allowing roller to move freely. (see Photo 2)

STEP 2.

Position the roller to the desired resistance setting. Push the quick-release pin through the roller until you see and feel the retaining ball come out on the opposite side of the chassis wall. (see Photos 3 and 4)

STEP 3.

Repeat STEPS 1 and 2 on opposite side.

CAUTION: Always make sure the adjustment rollers on each side are in identical corresponding positions.

(Example right 4 and left 4)

NOTE: Regarding the black plastic hole bushing: The bushings are important in keeping the quick release pins from being thrust side-to-side and popping out during the operation of the machine. They also help dampen any noise that might develop from this action. In order to keep your Skier's Edge in proper working condition, the bushings must be in place wherever you have a pin inserted.

Go to page 54 for further instructions on caring for and maintaining the bushings.



Photo 1







Photo 3



Photo 4



Photo 5



Photo 6



Photo 7



Photo 8

The ELT bracket has three (3) settings: Low (L), Medium (M) and High (H) intensity. The roller is secured in place with a clevis pin with an R-clip and washer. **(see Photo 5)**

This may take some practice or the help of a friend.

STEP 1.

Remove the R-clip and washer from the roller clevis pin. Remove the clevis pin while holding down the Power Band to reduce tension. Once the pin is out, release band tension slowly. **(see Photo 6)**

STEP 2.

Repeat Step 1 on ELT bracket on the opposite side of the machine.

STEP 3.

Line the roller up with desired intensity setting and replace the clevis pin, washer and R-clip. Repeat this process on opposite side of the machine making sure the intensity is identical. (see Photos 7 and 8)

NOTE: Changing settings on ELT bracket will be easier if numbered resistance setting rollers are removed.

NOTE: Regarding R-clip and washer. The R-clip and washer prevent the clevis pin from coming out during the use of the machine. If the R-clip and washer are missing, DO NOT use your machine. Replacement parts can be obtained from the Skier's Edge Company.

NOTE: Regarding the white plastic hole bushing: The bushings are important in keeping the clevis pins from being thrust side-to-side during the operation of the machine. They also help dampen any noise that might develop from this action. In order to keep your Skier's Edge in proper working condition, the **bushings must be in place** wherever you have a pin inserted.

IMPORTANT NOTE: For continuous safe operation, you must inspect your Power Bands thoroughly each time before using your machine. See pages 4-5.

A.1 Adjusting Stance Positions - All Mountain Master

STEP 1.

Swivel the footpad to one side, allowing access to the adjustable stance setting guide. With the T-wrench, remove both nuts and washers.

(see Photo 1)

STEP 2.

Choosing one of the 5 stance positions (example: "Medium Carve"), place one footpad assembly over two (2) of the protruding bolts on either side of the plate. Make sure that the large red arrows at the edge of the footpad assembly face toward the plate label. (see Photo 2)

STEP 3.

Now install a washer and nut over each of the two (2) bolts that are protruding through the footpad assembly. With the supplied T-wrench, tighten both nuts securely. (see Photo 1)

Repeat steps 1-3 to adjust the other footpad assembly. Make sure that BOTH footpads are in the same stance position (example: "Medium Carve"). (see Photo 2)



Photo 1



Photo 2

A.2 Adjusting Stance Position - Single leg use for All Mountain Master



Photo 3

STEP 1.

With the T-wrench remove the nuts and washers from the two (2) bolts protruding through the All Mountain Master platform label. (DO NOT REMOVE NUT FROM CENTER BOLT) and remove the platform from the carriage platform. (see Photo 3)



Photo 4

STEP 2.

Now detach one (1) of the footpads from the All Mountain Master platform. Place the footpad directly on the carriage platform with the center holes of the footpad ("Medium Carve" holes) positioned over the two (2) protruding bolts in the center of the carriage (same bolts used to secure the All Mountain Master platform). (see Photo 4)



Photo 5

STEP 3.

Swing the single footpad upright to allow access to the two (2) protruding bolts. Reinstall the two (2) washers and nuts and tighten securely using the T-wrench. (see Photo 5)



Photo 1



Photo 2

NOTE: Adjustment instructions are the same for the RPM, Slope Simulator and the Upper Body Edge. Footpads will be referenced for instructions.

STEP 1.

To change the stance positions on the RPM Platform, use the T-wrench to guickly loosen the center bolt of each RPM footpad. (see Photo 1)

STEP 2.

Lift upper pull-pin and slide the RPM footpad attachment to the desired setting (make sure pull-pin fully engages and locks into desired setting). Repeat STEPS 1 and 2 for the other RPM footpad attachment. (see Photo 2)

STEP 3.

Make sure each RPM footpad attachment is in the same number setting. Securely re-tighten the center bolt of each RPM footpad attachment with the T-wrench. (see Photo 1)

NOTE: DO NOT use the machine without first tightening the center bolt on each of the RPM footpad attachments.



Photo 3

STEP 1.

To use the single leg setting (one footpad for single leg workout), loosen the center bolt of one of the footpads with the T-wrench. Pull the upper pull-pin on the footpad and the lower pull-pin on the RPM plate to slide the footpad completely off the RPM plate. (see Photo 3)



B.2 Adjusting Stance Position - Single leg use RPM and Slope Simulator

Photo 4

STEP 2.

Loosen the center bolt of the other footpad with T-wrench, pull upper pull-pin and slide the footpad to the center of the RPM plate (the footpad's "IN" label should line up with the blue "Single" label on the RPM plate). Make sure the top pull-pin fully engages and locks down. (see Photo 4)



Photo 5

STEP 3.

Now securely re-tighten the center bolt on the single footpad with the T-wrench. (see Photo 5)

VIII. Using Your Skier's Edge Machine

FOR BEST RESULTS: Use in front of a mirror so you can watch your form and make sure you are operating the machine correctly.

STEP 1.

Before you start your side-to-side motion, imagine you have a big bolt through your chest so your upper body will not move (stays quiet) and all the action is in your lower body, as in figures A and B.

STEP 2.

Keep feet flat, do not lift your heels.

STEP 3.

Initiate a side-to-side motion with your lower body.





INCORRECT (don't ride the machine from side-to-side)



Keep feet flat & centered on the footpads

WARNING: Do not step off footpads until the carriage comes to a complete stop. ■ CORRECT ■ (keep your upper body still)

B.1 Using Your Machine with - Assistant Coach Balance Bar



Photo 1



Photo 2

IMPORTANT: Do not put weight on the bar. It is for balance only.

Lightly grasp the bar and step up onto the footpads one at a time. Slightly bend knees, keep feet flat, and centered on footpads. Look down and center your head and upper body in the white area on the Assistant Coach Balance Bar. Then look up and smile. (see Photo 1)

Initiate a side-to-side motion with your lower body. The lower body should move like a pendulum while the upper body serves as an anchor and remains still. Continue moving right and left. Concentrate on applying pressure from inside edge to inside edge.

While moving side-to-side check that your upper body is still centered in the white area on the Assistant Coach Balance Bar. Concentrate on keeping your upper body still and centered. (see Photos 1 and 2)

Once you have become accustomed to the motion, turn around and try it with the poles.



B.2 Using Your Machine with - the Children's Bar

WARNING: Do not allow small children on or near this equipment without supervision.



Adjust resistance on the machine to a setting that matches your child's ability. Follow instructions above.

NOTE: Have your child concentrate on technique. Due to their height and weight, their full extension may be limited to inches.

Adjusting resistance to match your ability Page

The first step in using your Skier's Edge is becoming accustomed to its side-to-side motion.

NOTE: Please read and follow the directions on the warning labels every time you use your RPM and Slope Simulator. Before you begin, you will need a pair of securely laced athletic shoes. **DO NOT use the Skier's Edge with bare feet or stocking feet.**

STEP 1.

Place the Skier's Edge about one foot from a counter top or something to stabilize yourself as you become familiar with your Skier's Edge. Make sure you are not near any hard or sharp objects.

STEP 2

Step up onto the Skier's Edge All Mountain Master or RPM by placing your feet in the center of each footpad. (see Photo 1)

STEP 3.

Stand in an upright stance with your weight balanced and centered over the arches of your feet. Bend your ankles and knees slightly for increased stability, flexibility and balance.

STEP 4.

Stabilize yourself on the counter (or Assistant Coach balance bar if you have one). Practice transferring your weight from foot-to-foot. This is done by simulating a slow walking pace. Notice how the carriage moves from side-to-side. Walking is an independent leg action and the Skier's Edge requires this type of action to operate properly.

REMEMBER: The sport of skiing requires strong independent leg action.

STEP 5.

Once you're familiar with this motion, quicken your pace and apply more downward pressure on each leg (one at a time) on the inside edges of the footpads. This will enable you to increase your range of motion. Remember to keep your upper body still and do not throw out your hips. Skiers will notice how the inside edges tip inward and down, just as a downhill ski does when making a strong carved turn.

STEP 6.

The carriage should come to a complete stop before you get off the machine.

STEP 7.

Once you're familiar with the motion of the Skier's Edge, try it with your poles. Place the poles about three (3) to four (4) feet apart and follow steps 1-3 on how to use your Skier's Edge. Relax and have fun!

NOTE: If you have an Assistant Coach Bar, you may skip step one.



NOTE: Notice how the model transfers her weight from foot-to-foot, inside edge to inside edge. **(see Photos 3 through 5)**

NOTE: For best workout results, keep your feet flat on the footpads. DO NOT lift your heels. (see Photo 2)



NOTE: For best workout results, keep your feet flat on the footpads. DO NOT lift your heels.

WARNING: DO NOT use without the Assistant Coach balance bar.

NOTE: Please read and follow the directions on the warning labels every time you use your Skier's Edge. Before you begin, you will need a pair of securely laced athletic shoes. DO NOT use the Skier's Edge Powder/ Mogul Master with bare feet or stocking feet. DO NOT use the Powder/Mogul Master without the Balance Bar until you are advanced and can balance using the poles.

The first step in using your Skier's Edge is becoming accustomed to its sideto-side motion. Make sure you are not near any hard or sharp objects.

STEP 1.

Step up onto the Skier's Edge machine by placing both of your feet in the center of the Powder/ Mogul Master. Maintain an upright stance with your weight balanced and centered over the arches of your feet. Bend your ankles and knees slightly for increased stability and balance.

(see Photo 1)

STEP 2.

Stabilize yourself by grasping the Assistant Coach Balance Bar. Slightly bend your knees and push the footpad down toward the end of one side, hold that position. Now let the Power Bands spring you back towards the other side of the machine.

STEP 3.

Keep your momentum and the footpad rolling from side to side by flexing (bending) your legs as the footpad travels over the center of the arc, then slightly extend (straighten) your legs to finish out each "turn." Your upper body should serve as an anchor while your lower body springs from side to side (extension/retraction).

STEP 4.

The carriage should come to a complete stop before you get off the machine.

NOTE: This footpad is the most challenging and is easier to use at a fast pace.

With the Upper Body Edge, you can perform core muscle strengthening and stabilizing exercises.

CAUTION: If you have any back problems, see a physician before performing these exercises.

Shoulder Strengthening and Stabilization

Beginner:

Kneel facing the front of the Skier's Edge and grasp the handles as shown. Support your weight over the machine. Move the platform from side to side while keeping your trunk stationary. Adjust the resistance if necessary. (see Photo 1)

Advanced:

Come off your knees and onto your toes. Again, move the platform from side to side while keeping your trunk stationary.

(see Photo 2)

Advanced with exercise ball:

Start with lower legs on ball, grasp the center of the handles and bring your shoulders directly over your hands. Move the platform from side to side while keeping your trunk stationary. (see Photo 3)

To decrease the difficulty, bring the exercise ball up to your thighs or core. To increase the difficulty, move ball out to your toes. (see Photo 3)

Shoulder Press (Deltoids/Trapezius)

Beginner:

Kneel facing the end of the machine and grasp the handle as shown. With arms straight, tighten abdominal muscles and push the Upper Body Edge toward the far end of the machine. Return to center. (**see Photo 4**)

Advanced:

Come off your knees and onto your toes. Again, with arms straight, push the Upper Body Edge toward the far end of the machine. Return to center.

Abdominal Crunch

Kneel facing the end of the machine and grasp the handle as shown. With arms straight, pull platform toward you. Return to center. (**see Photo 5**)

NOTE: Do one set of 10-15 reps, 3-4 times per week for the first three weeks. Gradually increase to three sets over the next few months. For advanced training, do 2-3 sets, 3-4 times per week.

IMPORTANT: To stabilize the trunk and help protect the back, contract abdominal muscles by pulling your belly button in towards your spine.



Photo 1 - Beginner



Photo 2 - Advanced



Photo 3 - Advanced



Photo 4

Photo 5

NOTE: Please read and follow the directions on the warning labels every time you use your World Cup Plyometric Power. Before you begin, you will need a pair of securely laced athletic shoes. **DO NOT USE the Skier's Edge World Cup Plyometric Power with bare feet or stocking feet.**



Sarah Schleper

USA Alpine Ski Team Member, 2005 US National Slalom Champion, 2 World Cup Gold Medals and 3-Time US National Champion, on the World Cup Plyometric Power

Using the World Cup Plyometric Power for the first time:

On the World Cup Plyometric Power machine, you want to adjust the resistance so that you are exploding into each turn. The goal is to reach a full two (2) minutes at 120 turns per minute in order to develop quick explosive power. This is accomplished by training at a high rate of intensity.

The objective while using the World Cup Plyometric Power machine is:

- To go as fast as you possibly can with explosive power.
- To achieve full and maximum extension and retraction to each side.
- To keep your upper body quiet and stationary.
- To complete a full 2 minute sprint, at full speed.

STEP 1.

Step up onto Plyometric Power machine by stepping up onto the footpads and placing each foot in the center of each footpad.

STEP 2.

Assume a low athletic stance.

STEP 3.

As you transfer your weight from side to side, concentrate on keeping a calm and quiet upper body.

NOTE: For maximum lower extremity (muscular) benefit, make sure your upper body stays quiet and centered over the machine while the lower body extends and retracts.

NOTE: Imagine a bolt through the center of your chest is attached to a wall. This will allow you to extend and retract your legs through the full range of motion of the Plyometric Power machine while maintaining a still upper body.

World Cup Plyometric Power Challenge:

If you can do this, full-speed at full intensity for <u>2 minutes</u>, there is <u>nothing</u> you can't ski! Nothing is impossible or unattainable.

NOTE: For best workout results, keep your feet flat on the footpads. DO NOT lift your heels.

G.1 Using Your Machine with - Slope Simulator

Good core balance is critical in skiing. The ability to maintain balance through variations in terrain and conditions is the foundation of great skiing. You will develop three dimensional dynamic balance using the forward/backward motion of the Slope Simulator combined with the side-to-side motion of the independent footpads.

WARNING: First time users must start with the Slope Simulator in the fixed/locked level position with both adjustment pins in the O^o No Tilt setting until you are confident with your balance on the machine. DO NOT USE with bare feet or stocking feet; use securely laced athletic shoes. Always use your poles or the Assistant Coach bar when using the Slope Simulator. Prior to each use, check that all four (4) adjustment pins are securely screwed in place.

STEP 1.

When the adjustment pins are in the 0° No Tilt setting, the machine operates the same as the All Mountain Master and RPM platform. (see Photo 1)





WARNING: When using the Slope Simulator do not slam the footpads hard against the adjustment pins. The Slope Simulator is not designed or intended to rock up and down aggressively throughout the turn, doing so could damage the machine and void your warranty.

G.2 Using Your Machine with - Slope Simulator - Adjusting Tilt (Lean)

With 16 different configurations, you can customize your balance workout by controlling the amount of motion (tilt) forward and backward. The settings range from fixed ("0°" No Tilt or lean) to 13° of tilt (lean) forward and backward. The higher the number, the greater the tilt (lean). There are two (2) long adjustment pins that secure the setting choices on each Slope Simulator – one controls the forward tilt (lean) and the second controls the backward tilt (lean).

BEFORE USING: DO NOT attempt to use the Slope Simulator in any position other than the fixed level 0° No Tilt position until you have mastered your Skier's Edge in this position. Follow instructions on page 38 "Using Your Skier's Edge."

STEP 1.

The adjustment pins are removed by turning them counter clockwise until they slide out of the Slope Simulator base. (see Photo 2)

STEP 2.

The adjustment pins are installed by inserting the pin in the desired setting and aligning the threaded end with the correlating hole on the opposite face of the Slope Simulator base. Screw (turn) clockwise until snug. (see Photo 3)







G.3 Using Your Machine with - Slope Simulator - Adjusting Forward Lean

You must be familiar and confident using your Skier's Edge product before adjusting your Slope Simulator to any position other than 0° No Tilt. Forward lean is the amount of pressure you apply to the front of your ski boots as well as your body's general position over your skis. To be a powerful in-control skier you need to maintain proper forward lean and body position. This will ensure that you are balanced and always in control of your skis.



Photo 4 (Forward Lean - good ski control)



Photo 5



Photo 6 Shown in full forward lean/tilt position

NOTE: The Slope Simulator is not for everyone. It's for the advanced skier who desires a way to train in an aggressive forward position and to develop total balance control that can be transferred to the mountain.

STEP 1.

Once you are comfortable using your Skier's Edge with the Slope Simulator in the 0° No Tilt setting, you are ready to introduce forward lean. Start by adjusting only one of the Slope Simulators into the forward lean position while the other is left in the 0° No Tilt position. All skiers have a dominant side and turn. Choose your dominant side and secure the forward/front adjustment pin on this Slope Simulator into the 3° forward lean position. The backward/rear adjustment pins should remain installed in the 0° No Tilt setting.

(see Photos 4 & 5)

STEP 2.

Carefully step onto your machine by placing each foot in the center of the footpad while using your Skier's Edge ski poles or the Assistant Coach bar for balance. Using a proper athletic stance, apply enough forward lean to engage your dominant leg and Slope Simulator to the 3° forward lean position. Go side-to-side on your Skier's Edge while practicing your forward lean. Be sure to keep your feet flat on the footpads.

STEP 3.

Once you are comfortable using the Slope Simulator with your dominant leg, you may now adjust the other Slope Simulator to the 3° forward lean setting. Using a proper athletic stance, carefully engage both Slope Simulators into the full 3° forward lean positions as you go side-to-side on your Skier's Edge. The backward/rear adjustment pins should remain installed in the 0° No Tilt setting.

STEP 4.

When you feel proficient at the 3° forward lean setting, you are now ready to increase the forward lean to 6° while the backward/rear adjustment pin remains in the 0° No Tilt setting.

STEP 5.

Once you are proficient in using the Slope Simulator with 6° of forward lean, you are ready to use the maximum 13° setting of forward lean. The backward lean remains in the 0° No Tilt setting. (see Photo 6)

G.4 Using Your Machine with - Slope Simulator - Adjusting Backward Lean

Now that you have completed the "Introducing Forward Lean" section, you are ready to add the backward lean adjustment. Backward lean occurs when the majority of your weight is shifted back to your heels and your body position is back of center (you're sitting in the back seat). This is when you lose your edge and control of your skis.

STEP 1.

Once you are comfortable with the operation of the machine including a full range of forward lean, you are now ready to introduce backward lean. Install the forward/front adjustment pin in the 3° setting, place the backward/rear adjustment pin in the 3° setting as well. With both directions of lean now operational, you will feel and develop dynamic balance.

(see Photos 7 & 8)

STEP 2.

Once you have mastered 3° of forward and backward lean, increase the forward lean to 6° while the backward/rear adjustment pin remains in the 3° setting.

STEP 3.

Once you are proficient in using the Slope Simulator with 6° of forward lean, you are ready to use the maximum 13° setting of forward lean. The backward lean remains in the 3° setting.

STEP 4.

Once you are proficient in using the Slope Simulator at the maximum 13° setting of forward lean and backward lean at the 3° setting, you are now ready to increase the backward lean to 6° and forward lean at 6° setting. Repeat steps 1 - 3 leaving backward lean at the 6° setting.

STEP 5.

Once you are proficient in using the Slope Simulator at the maximum 13° setting of forward lean and backward lean at a 6° setting, adjust the lean to maximum 13° front and back.

NOTE: You will notice that the degree of difficulty increases significantly as the muscles in your lower legs are continually reacting to keep your body in dynamic balance.



Photo 7 (Backward Lean - lose control of skis)



Photo 8

WARNING: First time users must start with the Slope Simulator in the fixed/locked level position with both adjustment pins in the O^o No Tilt setting until you are confident with your balance on the machine. DO NOT USE with bare feet or stocking feet; use securely laced athletic shoes. Always use your poles or the Assistant Coach bar when using the Slope Simulator. Prior to each use, check that all four (4) adjustment pins are securely screwed in place.

Recommend: If you are using the Slope Simulator on a 2 Power Bands Configuration machine you may need additional resistance. The ELT (Extra Lateral Tension) Kit is available to increase the resistance. Call customer service at **1-800-225-9669** or **801-975-8100**.







Photo 10



Photo 11

WARNING: When using the Slope Simulator do not slam the footpads hard against the adjustment pins. The Slope Simulator is not designed or intended to rock up and down aggressively throughout the turn, doing so could damage the machine and void your warranty.

Beginner Techniques

To achieve and master a properly balanced athletic stance, flex forward at the ankles - projecting your body forward. Try keeping the Slope Simulator engaged in the full forward lean position throughout your early workouts. <u>Always remember</u> to keep your feet flat on the footpad. Incrementally increase the degrees of forward and backward lean on the Slope Simulator. Continue to work on maximizing the full forward lean position. When you master this technique at all settings, you will be ready for more advanced training.

Advanced Techniques

One of the advanced benefits of the Slope Simulator is the ability to feel and recognize slight variations in balance and terrain. These slight changes are easily felt when operating the Slope Simulators in a "floating" manner. This floating manner is accomplished by attempting to hold the Slope Simulator in a position not supported by the adjustment pins.

To do this, adjust the Slope Simulator to the full 13 degrees of forward and backward lean. Using the poles or Assistant Coach balance bar, carefully step one foot at a time onto each footpad. Attempt to stay perfectly balanced in the middle or neutral zone of the Slope Simulator throughout your range of lateral motion. This drill teaches superb balance and sensitivity to terrain changes. Subtle variations in your body position and balance require lightening quick adjustments to stay balanced in the neutral zone.

STEP 1.

Install the adjustment pins in the 13° setting forward lean and backward lean on both footpads by aligning the threaded end with the correlating hole on the opposite face of the Slope Simulator base. Screw clockwise until snug.

STEP 2.

As you go side-to-side on your Skier's Edge, keep the footpads balanced in the 0° No Tilt neutral position.

The LifeBeat Feedback System is designed to track real-time information while using your Skier's Edge. You can set goals or monitor your performance to better achieve optimal results.



Powering the LifeBeat:

1. Install four (4) "D" batteries to operate

OR

Plug supplied AC adapter into a 100 - 240 V power source.



Turning the LifeBeat ON:

2. Press the **ON/OFF** button to turn the unit on.

The LifeBeat can store up to eight users' information. Once you have selected a user number and entered your weight and footpad code in the steps that follow, this data will be stored for future use. This gives multiple users the ability to quickly start a workout without the need to program their information each time.

- 3. Press the **USER** button to choose and activate your own personal user number.
- 4. Press the red + or button to select a user number from 1-8.

You may now enter your weight.

Select Your Weight:

Now press the WEIGHT button to activate and input your personal weight. Press the WEIGHT button again to toggle between lbs. and kg. Pressing the + or - button will increase or decrease your input weight.

You may now enter your footpad code.

Select Your Footpad Code:

- 6. Press the FOOTPAD CODE button to activate your selection.
- Press the red + or button to select the corresponding code for the footpad you will be standing on and using.

Note: See the selection chart located below the buttons on the console to identify the correct code for the footpads in use.

Classic[™] Series

- 1. Classic Parallel Carver[™] 2. All Mountain Master[™]/RPM[™]
- 3. Powder/Mogul Master™
- 4. Black Diamond[®]

Footpad Code

Big Mountain[™] Series 5. All Mountain Master[™] 5. RPM[™] 6. Powder/Mogul Master[™] 6. Black Diamond[®] World Cup Plyometric Power[™] Series 7. RPM[™]

- 7. All Mountain Master[™]
- 8. Powder/Mogul Master[™]
- 8. Black Diamond[®]

Your personal information is now entered and stored for future use. You may now select your workout parameters for time, turns, and calories. Each of these functions include the Goal Achiever, which is described in the next paragraph.

The Goal Achiever[™] function allows you to set attainable goals and then continue to track your progress after you have reached your set value. Often times, the hardest part of working out is getting started. That's why the Goal Achiever allows you to start with easy goals while continuing to record your data as you surpass them.

The Goal Achiever function is built into the TIME, TURNS, and CALORIES fields when used in GOAL mode. For example, a goal of five minutes is set in the TIME field and you start a workout. As the time counts down you will be alerted of goal completion with a loud "**beep**" and the TIME field "**flashing**." As you continue to work out, the TIME field will continue to track time now counting up <u>from the five</u> <u>minute mark</u>. Where other fitness computers will stop tracking information after goal completion, the LifeBeat's Goal Achiever function is always keeping track of your workout information.

Select Timer:

The **TIMER** function operates in two modes: **ELAPSED** time and **GOAL**. Elapsed time is the default setting and will start at zero and count up. Goal mode allows you to input a desired time in one minute intervals and will then count down from the set value.

- 8. Press the **TIMER** button to activate your selection.
- 9. Choose a **TIMER** mode by pressing either the **GOAL** button or the **ELAPSED** button. Goal values can be adjusted with the arrow buttons.

You may now select your mode of operation for turns.

Select Turns:

The **TURNS** function operates in two modes: **ELAPSED** turns and **GOAL**. Elapsed turns is the default setting and will start at zero and count up. Goal mode allows you to input a desired number of turns in 50 turn intervals and will then count down from the set value.

- 10. Press the **TURNS** button to activate your selection.
- 11. Choose a **TURNS** mode by pressing either the **GOAL** button or the **ELAPSED** button. Goal values can be adjusted with the arrow buttons.

You may now select your mode of operation for calories.

The **CALORIES** function operates in two modes: **ELAPSED** calories and **GOAL**. Elapsed calories is the default setting and will start at zero and count up. Goal mode allows you to input a desired number of calories in 25 calorie intervals and will then count down from the set value.

- 12. Press the **CALORIES** button to activate your selection.
- **13.** Choose a **CALORIES** mode by pressing either the **GOAL** button or the **ELAPSED** button. Goal values can be adjusted with the arrow buttons.

You are now ready to start your workout.

To Begin Your Workout:

14. Press the **START** button to activate the LifeBeat for the collection of data. A loud buzzer will sound, and the colon (:) will begin flashing, alerting you the LifeBeat is ready.

Note: Data accumulation begins as soon as you start moving the carriage.

To Pause or Interrupt Your Workout:

- **15.** The display will stop collecting data if you:
 - a. Stop movement of the carriage

OR

b. Push the PAUSE/RESUME button

If you need to rest, answer the phone, door bells, etc. the display will freeze and hold all values accumulated once the carriage stops.

Note: The display will retain these values for up to 15 minutes of inactivity before automatically shutting off and losing data.

To resume data collection, either press the **PAUSE/RESUME** button or simply begin to move the carriage and your workout will automatically continue where you left off.

To Check Your Progress On Speed of Turns:

16. The SPEED field has three different ways to monitor data: current, average, and peak. Current is the default setting and will display the real-time information. Average will create an average value based on your speed over the duration of the workout. Peak will display the maximum value attained during the workout. To toggle between modes, simply press the SPEED button until the small arrow on the side of the field area stops at the desired value. (Current - Average - Peak)

To Check Your Progress on Left or Right % of Travel:

17. The LEFT or RIGHT SIDE % field has three different ways to monitor data: current, average, and peak. Current is the default setting and will display the real-time information. Average will create an average value based on the % used on each side over the duration of the workout. Peak will display the maximum value attained during the workout. To toggle between modes, simply press the % button until the small arrow on the side of the field area stops at the desired value. (Current - Average - Peak)

To End Your Workout:

18. Stop movement of the carriage. All data will be frozen with accumulated values. Review your results and save them on a workout log if desired.

Note: You have 15 minutes to review and record your data upon stopping before it is erased from the screen. A loud beep will alert you that it has been erased.

19. Press the **ON/OFF** button to turn the power off to the unit.

Note: Turning off the power will erase data collected.

To Clear Your Data:

- 20. To clear data from one unique field, first activate the field by pressing the corresponding button. Example: to activate the value in the weight field, press the **WEIGHT** button. With the field activated press the **CLEAR** button to clear the value.
- 21. To clear all values simultaneously, press the **CLEAR** button and hold it down for 3 seconds. This is useful when beginning a new workout.

Note: The "Clear All" function will not erase user information.

Make sure that you have installed two (2) AAA batteries in the counter unit and have the wires from each side of the Gate Keeper plugged into the counter.



Starting

- 1) Start with the easiest setting locate both gates in identical pin locations closest to the center of the machine.
- 2) Turn the power on by pressing the left button labeled ON/OFF.
- 3) To activate the counter, press the right button labeled **START/PAUSE**. Notice that the colon (:), which separates the numbers, should now be blinking.
- 4) You are ready to start. The Gate Keeper will now automatically start an elapsed timer when you hit your first flag. The flag needs to move one inch to record a "gate."

Stopping

When you have reached the end of your workout, or wish to pause the timer function, simply press the button labeled **START/PAUSE**.

To resume counting, simply press the **START/PAUSE** button and counting will recommence with your first "gate".

Note: The Counter/Timer will automatically turn off after 15 minutes of inactivity.

Clearing

To clear both the timer and the number of turns, hold the button labeled **START/PAUSE** for 3 seconds.

Adjusting the Width of the Gates

The width of the gates is adjustable by sliding the aluminum section on the bases. To adjust, simply pull the quick release pin and slide the aluminum section to the desired setting. Make sure that the quick release pin snaps into a hole and that the aluminum section is securely in place. The difficulty increases the further out you move the gates towards the endtubes. Always ensure that both gates are located in identical positions.

A. General Maintenance

To ensure best performance, it is important to keep your Skier's Edge/Fitness Edge/Dynamic Edge clean. You may notice a gray residue on the rails. This is created from friction and compression of the accumulated dust and dirt on the rails. Before each use, wipe down the rails of your Skier's Edge with a dry cloth. If marks persist, use a **non-abrasive** window/kitchen cleaner (i.e. 409, Fantastic, Windex, etc.).

The Skier's Edge is not for outdoor use. It is for INDOOR USE only.

B. Power Bands

If the Power Bands are not properly inspected and maintained, there is a possibility that they could break. Check bands before each use to see if there are any signs of wear or fatigue. We recommend installing new Power Bands every 2 years. For continuous safe operation, you must inspect your Power Bands thoroughly each time before using your machine. See pages 4-5

CAUTION: DO NOT use substitute Power Bands. Use of any material not supplied by the Skier's Edge Company will VOID your warranty. Extra Power Bands are available ONLY through the Skier's Edge Company.

NOTE: DO NOT leave your Skier's Edge in direct sunlight as the sun's ultra violet rays will damage the Power Bands. Also, DO NOT leave your Skier's Edge over a direct heat source as doing this will dry out the Power Bands and cause them to break prematurely.

NOTE: The Power Bands will eventually develop a dull brown/reddish look. This is normal for a high quality rubber product. It does not affect the bands performance, however, you can return the bands to their original luster by using the cleaning kit available through the Skier's Edge Co. DO NOT USE ANY silicon based product to clean your bands, Silicon will deteriorate the rubber.

C. Checking the hole bushings

Hole Bushings must be checked weekly!

It is **VERY IMPORTANT** to regularly check the plastic bushings on each side of every roller location! Check for wear or elongation of the bushing hole. If the bushing is broken, missing or elongated, **DO NOT USE THE MACHINE**. Using the Skier's Edge with missing, broken or elongated bushings can cause irreparable damage to the frame and **VOID** your warranty. Replacement bushings can be obtained from the Skier's Edge Company. (**see Photo 1**) **Plastic Hole Bushing**



Photo 1 - Resistance Setting Location Photo 2 - ELT bracket Location

A.1 Replacing Power Bands - Remove Old Power Bands







Photo 1

Photo 3



Photo 4A



Photo 4B



Photo 5



STEP 1.

Remove the rollers that are in the numbered resistance settings in the lower chassis. (see Photo 1)

STEP 2.

Remove the two (2) nuts and washers that fasten the installed footpad assembly to the carriage platform using your T-wrench. Remove the footpad assembly from the carriage platform.

STEP 3.

Remove the nuts that hold the carriage Power Band clamps on the carriage platform using your supplied T-wrench. Remove the Power Band clamps. (see Photo 2)

STEP 4.

Remove the center nut from the bolt protruding from the carriage platform. Lower the upper roller support so the carriage will move freely. (see Photo 3)

STEP 5.

Facing the warning label on the backside of the machine, move the carriage platform to the right side of the machine to expose the lower clamp. **(see Photo 5)**

STEP 6.

With the Allen wrenches (provided in your parts bag), remove the roller from the upper roller support. Place roller and upper roller support aside. (see Photos 4A and 4B)

STEP 7.

Remove the lower clamp on the frame with the supplied T-wrench. (see Photo 5)

STEP 8.

Remove both Power Bands completely from the machine.

Before Continuing to STEP 9:

If your machine is installed with a LifeBeat, go to Page 56 and complete steps 10-11.

STEP 9.

With the Allen wrenches, remove the end-roller in the left side of the frame only. Roll the carriage platform from the right side of the frame to the left side. (see Photo 6)

A.2 Replacing Power Bands - Machines with LifeBeat







Illustration 1

STEP 10.

On the left side only, detach the cable and spring from the carriage bracket. Remove the cable from around the white wheel, located at the end of your machine. (see Illustrations 1 and Photo 3)

Lay the detached end off to the side, leaving the cable attached to the Main Sensor Assembly. (see Illustrations 2)

DO NOT remove the cable from the Main Sensor Assembly.

Illustration 2

Photo 2

STEP 11.

On the left side only remove the end roller and white wheel hub assembly with an Allen wrench and box end wrench. (**see Photo 2**) Roll the carriage platform from the right side of the frame to the left side.

After you complete steps 10 and 11, go to page

2 Power Bands Configuration	57 - Step 1
3 Power Bands ELT Configuration	62 - Step 1

A.3 Replacing Power Bands - Re-install LifeBeat Cable

STEP 1.

Install the end roller pulley and hub assembly onto the long axle on your machine. The tension of the Power Band may make this difficult. **This may take some practice or the help of a friend.** Tighten with Allen wrench and Box End wrench.

(see photo 2)

STEP 2.

Pull the cable from the main sensor assembly around the pulleys on each end of the machine. The cable should route up over the top of the pulleys towards the carriage. **(see photo 3)**

STEP 3.

Attach the cable to the carriage bracket using the supplied springs. Use the hole on the carriage bracket which is closer to the center of the machine. The springs are light enough to make all the attachments by hand. Check to make sure the cable is around the two white wheels on each end of the machine. **(see Illustrations 1 and 3)**







Illustration 3

After you complete Steps 1 through 3, go to page

2 Power Bands Configuration	59 - Section E
3 Power Bands ELT Configuration	66





Photo 1

Photo 2



Photo 3



Photo 4



Illustration 2



STEP 1.

To make the installation of this Power Band much easier, insert a piece of paper (approximately 1 1/2" x 10") under the roller on the right side. (see Photo 1)

STEP 2.

Now, take the long Power Band and insert one end on the paper between the endtube and the end roller. Pull steadily on the paper while "pushing" the Power Band. The Power Band will curve right around the roller. (see Photo 2)

STEP 3.

Take this end of the Power Band all the way past the location of the center chassis clamp - to the red line. (see Photo 3)

STEP 4.

Now, roll the carriage platform to the right side of the frame, keeping the Power Band below the carriage platform. (see Photo 4)

STEP 5.

Take the opposite end of the long band and loop it on the frame at the end where the roller is removed. (see Photos 4 and 5)

STEP 6.

Now, bring this end past the location of the center clamp to the opposite red line and over the opposite end of the Power Band. (see Illustration 2 and Photo 6)



Photo 6

Photo 5

STEP 1.

Take the short Power Band and lay it over the long Power Band you just positioned to where the end aligns with the red line to the left of the center clamp. (see Illustration 1 and Photo 1)

STEP 2.

Loop the other end over and bring it to the opposite red line to the right of the center clamp. (see Illustration 2 and Photo 2)

STEP 3.

Make sure once again that all ends of both Power Bands line up with the red lines and that the Power Bands are evenly centered within the chassis. (see Illustrations 2 and 3)





Photo 1



STEP 4.

Install the clamp and tighten the clamp down to where you see the Power Bands bulge at the sides under the clamp. Make sure the clamp is tightened down evenly. (see Photo 3)

NOTE: If the Power Bands are not centered properly, the machine will not perform properly.











Photo 3



Photo 1



Photo 2

Before Continuing: If your machine is equipped with the LifeBeat, go to Page 56 and complete Section A.3 Replacing Power Bands - Install LifeBeat Cable.

STEP 1.

Insert the end roller inside of the loop formed by the longer Power Band and re-install the roller in the frame with the axle and the two star washers. (see steps 2 and 3) (see Photo 1)

This may take some practice or the help of a friend.

STEP 2.

Insert the roller axle through the frame and roller. Be sure each star washer is between the axle bolt head and the frame. (see Photo 1)

STEP 3.

Use the two (2) 5mm Allen wrenches to snug the axle down completely. The end of the axle roller should be snug against the shoulder of the axle nut. DO NOT over tighten and make sure the roller spins freely on the axle. (see Photo 2)

E. Replacing Power Bands - Re-install the Carriage Roller Support



Photo 3



STEP 1.

Position both bands inside the carriage roller support and then position the roller in line with the holes. (see Photo 3 and Illustration 4)

STEP 2.

Insert the roller axle through the carriage roller support and roller. Be sure the star washer is between the axle bolt head and the carriage roller support. (see Illustration 4)

STEP 3.

Use the two (2) 5mm Allen wrenches to snug the axle down completely. The end of the axle roller should be snug against the shoulder of the axle nut. DO NOT over tighten and make sure the roller spins freely on the axle.

STEP 4.

Turn to page 32 for instructions on installing rollers in the resistance settings on both sides.

STEP 5.

See to page 7 ("Quick Set-Up") and complete all the steps.

Illustration 4

A. Replacing Power Bands - Remove Old Power Bands



Photo 1





Photo 2

STEP 1.

Remove the rollers that are in the numbered resistance settings from the lower chassis. (see Photo 1)

STEP 2.

Remove the two (2) nuts and washers that fasten the installed footpad assembly to the carriage platform using your T-wrench. Remove the footpad assembly from the carriage platform.

STEP 3.

Remove the nuts that hold the carriage Power Band clamps on each side of the carriage platform using your supplied T-wrench. Remove the Power Band clamps. (see Photo 2)

STEP 4.

Remove the center nut from the bolt protruding from the carriage platform. Remove the upper roller support so the carriage will move freely. **(see Photo 3)**

STEP 5.

Move the carriage platform to the side of the machine to expose the lower clamp. (see Photo 4)

STEP 6.

With the Allen wrenches (provided in your parts bag) remove the roller from the upper roller support. (see Photo 5)



Photo 3



Photo 4



Photo 5



Photo 6



Photo 7



Photo 8



Photo 9

STEP 7.

Remove the lower clamp on the frame with the supplied T-wrench. (see Photo 6)

STEP 8.

With a Phillips head screwdriver, remove the ELT bracket slap plate on the left side of the machine. (see Photo 7)

STEP 9.

Remove the R-clip and washer from the small roller on the ELT bracket. Remove the small roller. Repeat this step with the large roller on the same ELT bracket. (see Photo 8)

STEP 10.

Roll carriage platform over to the other side of the frame and repeat steps 8 and 9 on the other middle band ELT assembly.

STEP 11.

Now, remove all the Power Bands completely from the machine.

Before continuing to STEP 12:

If your machine is equipped with the LifeBeat, go to Page 56 and complete steps 10 and 11.

STEP 12.

Facing the warning label on the backside of the machine and with the Allen wrenches, remove the end-roller on the left side of the frame only. **(see Photo 9)**



Illustration 1 - 3 Power Bands ELT Configuration

STEP 1.

To make the installation of this Power Band much easier, insert a piece of paper (approximately $1 \frac{1}{2} \times 10^{\circ}$) under the roller on the right side. (see Photo 1)

STEP 2.

Now, take the longer Power Band and insert one end on the paper between the endtube and the end roller. Pull steadily on the paper while "pushing" the Power Band. The Power Band will curve right around the roller. (see Photo 2)

STEP 3.

Take this end of the Power Band all the way past the location of the center lower clamp - to the red line. (see Photos 3 and 4)



Photo 1



Photo 2



Photo 3



Photo 4



Photo 5



Photo 6

STEP 4.

Now roll the carriage platform to the other side of the frame, keeping the Power Band below the carriage platform. (**see Photo 5**)

STEP 5.

Take the opposite end of the long band and loop it on the frame at the end where the roller is removed. (see Photo 6)

STEP 6.

Now bring this end past the location of the center clamp to the opposite red line and over the opposite end of the Power Band. (see Illustration 2 and Photo 7)



C. Replacing Power Bands - Install the Middle ELT Power Band

NOTE: The ends of the middle ELT Power Band will be clamped on the carriage rather than the frame - unlike the long band.



STEP 1.

Place the center of the middle ELT Power Band (which is the 2nd largest) on top of the bands you just installed, aligning the very center of the band with the Power Band clamp bolts that are protruding from the frame (inside the loop created with the long band). **(see Photo 8)**

NOTE: To find the center of the middle ELT Power Band, align the ends together.

Photo 8

STEP 2.

Take the ends of the middle ELT Power Band and place them over the ends of the machine. (see Photo 9)

NOTE: Ends will be clamped to the carriage clamps at a later step.

STEP 3.

Install a large roller into the desired setting of the ELT bracket (L - low, M - medium, H - high) and secure with the clevis pin and the R-clip with plastic washer. (see Photo 10)

STEP 4.

Repeat on opposite roller.





Photo 10

D. Replacing Power Bands - Install the Short Band

STEP 1.

Take the lower Power Band and lay it over the middle Power Band you just positioned so that one end aligns with the red line to the left of the center clamp. (see Photo 1)

STEP 2.

Now, loop the other end over and bring it to the opposite red line to the right of the center clamp. (see Illustration 1 and Photo 2)



Photo 1



Illustration 1



Photo 2



Illustration 2



Photo 3

STEP 5.

Now, again make sure that all ends of the long and short Power Bands line up with the red lines and that the Power Bands are evenly centered within the chassis. (see Illustrations 1 and 2)

NOTE: If the Power Bands are not centered properly, you could damage your Power Bands and wear them out prematurely. This will also void your warranty.

STEP 6.

Now, install the clamp and tighten the clamp down to where you see the Power Bands bulge at the sides from the pressure of the clamp. Make sure the clamp is tightened down evenly. (see Photo 3)

NOTE: When tightening, alternate sides DO NOT completely tighten one side and then the other.

E. Replacing Power Bands - Re-install the End Roller



Photo 4



Photo 5

Before Continuing: If your machine is equipped with the LifeBeat, go to Page 56 and complete Section A.3 Replacing Power Bands - Re-install LifeBeat Cable.

STEP 1.

With the Allen wrenches, insert the end roller inside of the loop formed by the longer Power Band and re-install the roller in the frame with the axle and the two star washers.

This may take some practice or the help of a friend.

STEP 2.

Insert the roller axle through the frame and roller. Be sure each star washer is between the axle bolt head and the frame. (see Photo 4)

STEP 3.

Use the two 5mm Allen wrenches to snug the axle down completely. The end of the axle roller should be snug against the shoulder of the axle nut. DO NOT over tighten and make sure the roller spins freely on the axle. (see Photo 5)

STEP 1.

Position the long and short bands inside the carriage roller support and then position the roller in line with the holes. (see Photo 1)



Photo 1



Illustration 1

STEP 2.

Insert the roller axle through the roller support and roller. Be sure the star washer is between the axle bolt head and carriage roller support. (see illustration 1)

STEP 3.

Use the two (2) 5mm Allen wrenches to snug the axle down completely. The end of the axle roller should be snug against the shoulder of the axle nut. DO NOT over tighten and make sure the roller spins freely on the axle. (see Photo 2)

STEP 4.

Reach under the carriage platform and lift the carriage roller support so that the three (3) bolts of the carriage roller support are protruding through the three (3) holes in the carriage platform. Place a nut on the center bolt protruding through the carriage platform and tighten securely with the supplied (washer not needed here) T-wrench.

(see Photo 3)



Photo 2



Photo 3

NOTE: Proper tension of a clamp on a Power Band is when you can see the Power Band depress at the sides under the clamp.



Photo 4



Photo 5



Photo 6 - Correct Alignment



Photo 7 - Incorrect Alignment

STEP 5.

On the end of the carriage platform, support the long and middle Power Bands with the clamp in your hand. (see Photo 4)

STEP 6.

The middle ELT Power Band end(s) should line up 1.25 inches past the inside edge of the carriage Power Band clamp. (The middle Power Band will be under the long Power Band in the clamp). (see Photo 4)

STEP 7.

Insert the clamp into the carriage platform so that the two (2) bolts protrude through the carriage. (see Photo 5)

STEP 8.

Install a washer and nut on each bolt. DO NOT tighten the nuts on the bolts at this time. (see Photo 5)

STEP 9.

Repeat steps five through seven (5-8) on the other side of the carriage.

Aligning the Carriage Platform on the Frame.

STEP 10.

Align the carriage platform so that it is centered on top of the frame. The edges of the carriage platform and the edges of the chassis should line up evenly. (**see Photo 6**) For an example of incorrect alignment. (**see Photo 7**)

STEP 11.

With the carriage platform centered and aligned as in step 6, make sure the middle bands is still proceeds 1.25 inches beyond the clamps. Using the supplied T-wrench, tighten the nuts on the carriage platform Power Band clamps evenly and securely until the clamps are pressed firmly into the Power Band. Make sure you tighten the nuts on both clamps evenly at each end of the carriage. (see Photo 8)



Photo 8

G. Replacing Power Bands - Re-install ELT Rollers

STEP 1.

Install the tension roller (small roller) on top of the ELT bracket compressing band down (this may be hard) and insert clevis pin and R-clip. (see Photo 1)

STEP 2.

Repeat on opposite side.

STEP 3.

With a Phillips head screwdriver, install the slap plate with four (4) Phillips head screws to the top of the ELT bracket. (Be careful not to over tighten and the strip screws). (see Photo 2)

STEP 4.

Repeat on opposite side.

You are ready to install your platform assembly.



Photo 1



Photo 2
Factory direct replacement parts are available to keep your Skier's Edge in prime condition. In the interest of safe operation, the carriage must be returned for repair or adjustment.



Replaceable Parts and Subassemblies

- 1. Frame with Labels
- 2. Carriage Assembly
- 3. Non-Skid Pad
- 4. M8 x 50 Carriage Bolt
- 5. Endfoot
- 6. Snap in Bushing
- 7. Tool Holder
- 8. Quick Change Tool

- 9. Long Power Band
- 10. Short Power Band
- 11. Chassis Power Band Clamp
- 12. 8mm Washer
- 13. M8 Nylock Nut
- 14. Power Band Roller
- 15. Roller Axle
- 16. Roller Axle Nut

Order direct from The Skier's Edge Company Call toll free for easy ordering: 1-800-225-9669

- 17. Star Washer
- 18. Carriage Roller Support
- 19. Carriage Power Band Clamp
- 20. Quick Release Pin
- 21. Wheel Bolt
- 22. Carriage Wheel Assembly
- 23. Captive Wheel Assembly
- 24. Captive Rail Bracket

XIII. Parts & Subassemblies - 3 Power Bands ELT Configuration

Factory direct replacement parts are available to keep your **World Cup Plyometric Power**, **Classic and Big Mountain Series with ELT Kit** in prime condition. In the interest of safe operation, the carriage must be returned for repair or adjustment.



Replaceable Parts and Subassemblies

- 1. Frame with Labels
- 2. Carriage Assembly
- 3. Non-Skid Pad
- 4. M8 x 50 Carriage Bolt
- 5. Endfoot
- 6. Snap in Bushing
- 7. Tool Holder
- 8. Quick Change Tool
- 9. Upper Power Band
- 10. Lower Power Band
- 11. Middle Power Band

- 12. Chassis Power Band Clamp
- 13. 8mm Washer
- 14. M8 Nylock Nut
- 15. Power Band Roller
- 16. Roller Axle
- 17. Roller Axle Nut
- 18. Star Washer
- 19. Carriage Roller Support
- 20. Carriage Power Band Clamp
- 21. Quick Release Pin
- 22. ELT (Silver) Bracket

Order direct from The Skier's Edge Company Call toll free for easy ordering: 1-800-225-9669

- 23. Tension Roller
- 24. Slap Plate
- 25. Screw M4 x 12
- 26. Clevis Pin
- 27. Nylon Washer
- 28. R-Clip
- 29. Bolt M8 x 12
- 30. Wheel Bolt
- 31. Carriage Wheel Assembly
- 33. Captive Wheel Assembly
- 34. Captive Rail Bracket

A. Downhill Skiing

Every skier wants to improve his/her skiing. However, skiing is a seasonal sport and it is often difficult to put in enough time on the hill to really improve technique. Skiing requires a wide variety of skills such as: balance and stance, edging and angulation, rhythm, and reflex and quickness that can change under different conditions. It is often difficult to keep ski-specific techniques and muscles in shape prior to the ski season.

The Skier's Edge simulates the range of motion, challenges and sensations of downhill skiing. It works on the fundamentals of ski training, lateral strength, flexibility and cardiovascular fitness. The machine actually patterns muscles to edge and angulate correctly. As these correct movements are repeated on the Skier's Edge, they will also become natural on the mountain.

Balance and Stance

When skiing, your upper body should be quiet and stable while your lower body does most of the work below you. Your ankles and knees should be slightly bent and relaxed as your lower body moves like a pendulum below you.

Edging and Angulation

Edging and angulation go hand in hand. Pressing your ankles and knees toward the inside of the turn will allow you better edge control and develop angulation.

Rhythm

To link short turns together, you must develop a steady consistent rhythm. The side-to-side repetition of the Skier's Edge will help develop this skill naturally.

Reflex and Quickness

The ability to react quickly to changes such as terrain, snow, and lighting is another very important skiing skill. While on the Skier's Edge, concentrate on moving from the inside edge to inside edge on the outside foot to improve your reflex time and quickness.

B. Other Sports

Many seasonal sports such as tennis, golf, football, soccer, hockey and basketball provide an excellent overall workout. However, training for them during the off-season can be difficult because it is hard to find a single activity that will improve your performance in each sport.

All of these activities require the same basic skills - lateral motion, agility, balance, weight transfer, power, and good aerobic capacity. Until the Skier's Edge and Dynamic Edge, there were no machines that could develop lateral power and agility while also building aerobic capacity. The Skier's Edge and Dynamic Edge have become the ultimate cross-training machines because they build strength and endurance while developing sports-specific skills.

Tennis/Racquetball

Only 25 percent of the power in any player's game comes from the racquet. The other 75 percent comes from stroke mechanics, strength and timing. In fact, most of the power you produce in your strokes comes from the lower body - legs, hips, abdomen and lower back.

Training these areas will give you the necessary lateral strength and agility needed for successful service returns, volleys and positioning for shots. The Skier's Edge is the only exercise device that develops tennis/racquetball-specific skills and strength while improving rhythm and coordination. It will help you bring your game to an even higher level.

Golf

Every golfer wants to be able to hit the ball farther and with more control. However, this aspect of the game is one of the hardest components to train because it requires strength and flexibility in both the upper and lower body. Proper execution of a swing also takes stability and power as well as the successful transfer of weight from one foot to the other.

Training on the Skier's Edge will not only help improve weight transfer, increase stability and enhance strength and flexibility in your core muscles, but will also improve the lateral strength of the hip flexors, glutes and quadriceps. Using the Skier's Edge will give your lower body the strength necessary to allow your upper body to swing with control and accuracy.

Basketball

Basketball is a physically demanding sport that requires a combination of explosive power, cardiovascular strength and the ability to make lateral moves anywhere on the court. Training for this challenging sport is done in many ways. Players can easily condition their cardiovascular system by running up and down the court during regular practice games. However, explosive power and lateral strength must be developed by other means.

With the Skier's Edge and Dynamic Edge, basketball players can begin to develop explosive power and lateral strength without the stress of high impact plyometrics. The natural side-to-side motion of the machine will improve quickness and agility while varying the resistance levels builds lateral strength and power. The Skier's Edge and Dynamic Edge will also improve vertical leap and rebounding abilities, making you a better player.

Football/Soccer/Hockey

Football, soccer, and hockey are intense sports that require numerous attributes for optimum performance: speed, quickness, power and lateral agility and strength in addition to excellent aerobic capacity. Traditional training methods can develop most of these attributes - except lateral strength and agility. Lateral strength allows a player to start and stop quickly while moving laterally anywhere on the field.

The Skier's Edge and Dynamic Edge are used by many professional ball players for developing lateral strength (a very difficult component to train), which increases their ability to make sudden direction changes on the field. It has also been proven to be very beneficial for building lower body power and flexibility in these top athletes. The Skier's Edge and Dynamic Edge are skill builders that help many players maintain overall fitness through lateral strength training and cardiovascular conditioning.

XV. Workouts

Whatever your training or fitness goals are, there is a Skier's Edge workout for you. Whether you are just beginning an exercise program or you are a seasoned athlete, our workouts are designed to challenge you as your physical fitness improves. You will notice the difference in the way you play and feel. **Be sure you warm-up and stretch prior to beginning any exercise program.** To determine the proper resistance setting for your Skier's Edge, refer to page 32 for 2 Power Bands Configuration and page 34 for the 3 Power Bands ELT Configuration.

A. Things To Remember

Why do we exercise? Some do it to improve their overall health or control weight and some exercise to train for their favorite sport. Whatever the reason, there are some things to remember before you begin any exercise program.

1. Get a yearly physical. It is also important to have a medical check-up before starting any exercise program. Sudden heavy exercise can be detrimental to your health.

2. Progress slowly, gradually increasing the intensity of your workouts. Proceeding too fast can cause muscle injury.

3. Your fitness level will improve by exercising within the limits of your exercise heart rate.

B.1 Ski Conditioning

Physically conditioning your body before hitting the slopes is just as essential as having well tuned skis and properly fitted boots and poles. That is why it is so important to begin an exercise program months prior to ski season. Keep in mind, however, that you should start exercising at a realistic level, gradually increasing the intensity and duration of your workouts.

B.2 Ski Conditioning - Preseason Training (Start 3 months prior to skiing!)

This program was developed to prepare you for the upcoming ski season. It will build your aerobic capacity while developing anaerobic capacity in the ski-specific muscles of the quadriceps, inner and outer thighs, glutes, abdominal and lower back muscles, hamstrings, and calves.

1. Position yourself on the Skier's Edge with your ankles and knees slightly bent, back straight, arms out in front, and hands lightly gripping the poles or Assistant Coach Bar.

2. Begin moving side-to-side, gradually increasing your range of motion from side-to-side.

3. Workout sessions on the Skier's Edge should last for 5-10 minutes the first week. Add 3-5 minutes to your workout each week until you reach 20-30 minutes per workout session. This workout should be done 3-4 days per week.

4. Once you reach 20-30 minutes per workout session, change the rollers to the next higher setting to achieve a harder workout.

5. Be sure to cool-down and stretch following your Skier's Edge workout.

B.3 Ski Conditioning - Technique Training

Designed to coach you technically, this program is based on the theory of perfect physical patterning and visualization. The Skier's Edge duplicates the fundamentals of skiing so as you repeatedly use the machine, the proper skiing motions will be programmed into the mind and muscles. These skills are then easily transferred to the slopes.

1. Position your Skier's Edge in front of a full length mirror and start "skiing" on the Skier's Edge.

NOTE: Work on pressing the knees and ankles toward the inside of each turn while tipping the upper body towards the outside. This will improve your angulation and give you a "feel" for the snow.

2. Pole plants, too can be improved by working out on the Skier's Edge. Once you have a good rhythm going, lift the poles slightly and lightly plant them (alternately) on the ground just as you would while skiing. Apply pressure to the inside edge of the right foot and plant the right pole (the carriage should be close to the end on the right side). The pole should touch about six inches in front of the point in which it normally remains stationary. Perform the same motion on the left side.

Using these visualization drills on the Skier's Edge in the weeks prior to skiing will dramatically improve your technique. Combining the correct ski fundamentals with improved physical conditioning will give you many hours of added enjoyment on the ski slopes.

B.4 Ski Conditioning - Long Cruising Runs

If you like cruising from the top of the mountain to the bottom, but have to stop part way down because of burning thighs and shortness of breath, then this workout is for you. "Long Cruising Runs" is designed to improve your cardiovascular strength and muscle endurance. It will also help you establish a consistent smooth rhythm over longer periods of time. So next time you head down the mountain, you can pass your old rest stops by skiing longer and stronger.

- **1.** Position yourself on the Skier's Edge and begin moving using a half range motion (short ski turns) for 5-7 minutes.
- **2.** For the next 10-15 minutes (1 set), alternate between a full range of motion (moving from end to end simulating long ski turns) and a half range of motion (simulating short ski turns). You may want to do 10 long turns and 15 short turns and then 20 more long turns. Any combination will work in simulating skiing all the way down the mountain over a variety of terrain at different speeds.
- **3.** After you finish the first set, return to an easy pace (the same used to start the program) for 2-3 minutes.
- **4.** Do one set 3-4 times per week for the first 3 weeks. Gradually increase to 3 sets over the next few months.
- **5.** For advanced training, do 2-3 sets 3-4 times per week. This will provide you with the necessary aerobic and anaerobic base to ski numerous non-stop runs down the hill.

B.5 Ski Conditioning - Mogul and Powder Skiing

Let's face it, mogul skiing and powder skiing are downright fun, but they are also very tiring because they require agility, flexibility, strength, endurance and control. This program was designed to get you in shape for skiing moguls and deep powder. By working out only 20-30 minutes a day, 3-4 days a week, you can develop a strong physique with quick muscle reaction that will give you the "EDGE" while "extreme skiing." For just 10 minutes a day, 3-4 times per week, you can beat the bumps and feel like a pro!

- 1. Place All Mountain Master footpads in Powder/Mogul position.
- **2.** Position yourself on the Skier's Edge and begin moving at a full range of motion for 5-7 minutes at a moderate pace.
- **3.** Next, bend your ankles and knees, lower your body and sprint for 15 seconds (40 turns). Stand up and return to a moderate pace for 1 minute. Then, lower your body even more and sprint for another 15 seconds.
- 4. Depending upon your physical condition, you can perform these intervals anywhere from 5-25 times.
- **5.** Now change to the Powder Mogul Master platform sprint to fatigue rest repeat these intervals anywhere from 5-15 times. Training with this program will strengthen muscles for those fun days in the moguls or powder.

B.6 Ski Conditioning - Advanced World Cup Ski Team Circuits

The Skier's Edge is the exclusive downhill training and conditioning device for many of the National Ski Teams. Due to the Teams' success with the machine, we are now able to bring you one of the most highly successful exercise regimens used. The program features total body circuit training which incorporates the Skier's Edge. It effectively works out every major muscle group in the body and it's fun!

NOTE: This program should only be done by those people who exercise regularly.

Do two (2) sets of the following routine with a 2 minute rest period in between sets (1 set consists of all 5 exercises performed one right after the other).

- 1. 10 Sit-Ups: Lie flat on the ground, bend the knees keeping the feet tucked under the rails of your Skier's Edge. Bend your arms across your chest. Curl up toward your knees no more than 30 degrees and keep your lower back flat.
- **2.** 10 Calf Raises: Stand on the end of your Skier's Edge holding the poles. The balls of the feet should remain on the end and the heels should be sticking out. Keeping your back straight, slowly raise your heels up by pushing down on the balls of the feet. Lower yourself to the point where your heels are lower than the balls of your feet.
- **3.** 10 Push-Ups: Start on your hands and knees. Your hands should be parallel and a little more than shoulder width apart (the wider apart they are, the more you work your chest muscles). Lower your body straight down until you barely touch your chest to the floor. Then push yourself straight up to the starting position.
- 4. 10 Crunches: Lie flat on the floor (on your back) and put your arms across your chest. Raise your feet off the ground and using your abdominal muscles, raise your upper body to a 30 degree angle off the floor. Lower your upper body slowly, one vertebra at a time (uncurl), until your shoulders barely touch the floor while keeping your legs in the extended/raised position. Repeat. Your lower back should always be flat.

Advanced World Cup Ski Team Circuits		
C Team Program	B Team Program	A Team Program
2 sets of:	2 sets of:	3 sets of:
15 reps of each previous exercise	25 reps of each previous exercise	35 reps of each previous exercise
100 Skier's Edge turns - sprint pace	150 Skier's Edge turns - sprint pace	240 Skier's Edge turns - sprint pace

5. 75 Skier's Edge turns at a sprint pace. Remember, one side-to-side motion equals two (2) turns.

C.1 Fitness Training

Maintaining a healthy lifestyle requires a proper regimen of exercise. With the Skier's Edge, 20-30 minutes a day, 3 days a week is all you need to stay fit year round. Our Fitness Training Programs are designed to give you both easy and challenging workouts that, if performed on a regular basis, will help you look and feel better every day. Keep in mind, however, that you should start exercising at a realistic level, gradually increasing the intensity and length of your workouts as you progress.

C.2 Fitness Training - Aerobic Workout

Aerobic endurance is the ability of the heart and lungs to supply oxygen and nutrients to the muscles during exercise. Through aerobic exercise, the heart becomes stronger, which increases your endurance. It then becomes easier for a strong heart to send oxygen and nutrients to the muscles whether exercising or not. Therefore, with continued aerobic activity, you will be able to exercise longer and maintain your overall fitness level.

The Skier's Edge is an excellent device for building aerobic endurance and in addition, it is non-impact so those individuals who are restricted from aerobics or running due to injury can get a great workout too.

- **1.** Position yourself on the Skier's Edge with your ankles and knees slightly bent, back straight, and arms out in front with hands lightly gripping poles or the balance bar.
- 2. Begin moving using a half range of motion, at a moderate pace, for 5-7 minutes.
- **3.** Gradually increase to a longer range of motion for 15-20 minutes. The optimum workout for this program is 20-30 minutes per session. To achieve an even more challenging workout, increase the resistance level of the lower and/or upper bands.
- 4. Decrease your range of motion to cool down for 5-7 minutes following the aerobic portion of your workout.

NOTE: Try to keep your upper body "stable" and the center of gravity in your hips. This will isolate the muscles in your midsection.

C.3 Fitness Training - Power Training

Power or strength improves when the muscles are challenged while performing against a resistance greater than they can normally handle for an extended period of time. Increased power will not only make you stronger but will also give you more control in your favorite sports. The Skier's Edge has different resistance levels so that everyone can get a challenging workout and increase their overall strength.

- **1.** Position yourself on the Skier's Edge and begin moving using a half range of motion, at a moderate pace, for 5-7 minutes.
- **2.** Next, increase your range of motion and lower your body position. Continue this for 5-10 minutes. For the optimum workout, you should be working out in the low body position for 15-20 minutes.
- 3. To cool down, decrease your range of motion for 5-7 minutes.

NOTE: For the higher resistance settings you should try and move the carriage beyond the point that it no longer moves easily.

C.4 Fitness Training - Interval Training

Interval training is a highly efficient form of exercise that combines intense training and periods of rest. With the Skier's Edge it is very easy to train in intervals allowing you to achieve more results in less time. This program was designed to give you a quick workout that will burn calories and tone muscles.

- **1.** Position yourself on the Skier's Edge and begin moving using a half range of motion for 5-7 minutes.
- 2. Then, go to a full range of motion for 5-10 minutes. Maintain a moderate to fast pace during this section of the workout.
- 3. Next, decrease your range of motion for 2-3 minutes maintaining an easy pace.
- 4. Repeat the full range of motion for another 5 minutes and again decrease your range of motion and cool down for 5-7 minutes.

NOTE: For a more challenging interval workout, either add another 5 minute session or increase the resistance level.

C.5 Fitness Training - Total Body Workout

Overall fitness is achieved through regular workouts that exercise both the cardiovascular system and all of the major muscle groups. This program is designed to strengthen the muscles of the upper and lower body, in addition to increasing your aerobic capacity resulting in an effective total body workout.

1. Position yourself on the Skier's Edge and begin to move using a half range of motion for 5-7 minutes.

2. Gradually increase your range of motion and alternately lift each balance pole to shoulder height. Try to keep your balance and even pace for 5 minutes. For the optimum workout, alternately lift the balance poles for 15-20 minutes.

3. Without lifting the poles, decrease your range of motion for a cool down period of 5-7 minutes.

NOTE: For a more challenging interval workout, either add another 5 minute session or increase the resistance level.

C.6 Fitness Training - Fit For Kids

Everyone needs exercise, even kids. The growing process alone uses enormous amounts of energy, but it's also important to get children accustomed to making exercise a part of their lifestyle. Because the Skier's Edge is fun, kids will look forward to using it. And, it's an activity that the whole family can enjoy together at home.

CAUTION: Children must have adult supervision while on or around the Skier's Edge.

1. To adjust the rollers you may have to experiment with different settings so that your child is comfortable operating the machine.

2. Help your child up on the Skier's Edge and have him/her begin using a short range of motion. Ideally, children can stay on the Skier's Edge as long as they are having fun. (If the child is too short for the balance poles, parents can hold one of the poles horizontally in front of the child for support). The Skier's Edge also offers a Children's Bar Accessory attachment for the Assistant Coach Bar.

REMEMBER: At the end of your workout, always take the time to cool down and stretch to increase your flexibility and properly maintain your body's muscle and connective tissues.

XVI. Troubleshooting

The following are answers to some commonly asked questions. This section should be used as a guide. Please call customer service staff at **1-800-225-9669** if you need any further assistance.

Problem	Solution
1. Paint seems to be flaking off the rails.	It's most likely dust. Try using a cloth and mild non-abrasive cleanser.
2. Carriage feels like it is jerking as you travel from side to side.	Check the Power Band between the carriage Power Band clamps. The band should be flat against the carriage - there should be no slack in the band causing a loop.
3. Your feet move away from the inside edges of the footpad.	Apply more downward pressure on the inside of the foot that is edging.
4. It's hard to reach the ends of the Skier's Edge.	 Full extension differs from person to person (height, weight). The goal of the machine is not to hit the ends but to keep your right and your left turns equal. The LifeBeat can help you gauge your progress. Average distance is 6-10" from the ends. Set resistance to a lower level of difficulty. Lower your center of gravity (stance) and push harder towards the ends.
5. The footpad carriage seems to slip or hang up. It doesn't seem smooth.	 Check all clamps. Tension should be even and tight to where you can see the Power Band depress under the clamp. Make sure carriage is centered. (Go to page 9) Check Power Bands, make sure they are centered on the rollers and centered under the clamps.
6. You want a harder workout.	Increase the resistance level and try some of the suggested exercise routines in this manual.
7. Your back feels sore after a workout.	Straighten your back and contract your abdominal muscles (pull your belly button in towards your spine). Don't hunch forward.
8. Your ankles/arches feel sore during your workout.	 Concentrate on applying pressure to only one foot at a time and make sure each inside edge of the footpad goes down as far as possible. You may need athletic shoes with better lateral support. Continued use will help strengthen the connective tissue surrounding the ankle.
9. You can't get your heart rate up.	 You may have the machine set at a resistance that is too low or you need to quicken your pace. You are "riding" the carriage from side-to-side. Stabilize and quiet your upper body. Imagine a big bolt though your chest anchoring you to the wall so only your lower body can move from side-to-side. See page 38 figure A.

The Skier's Edge Company Limited Warranty

The Skier's Edge Company, for a period of four (4) years from the date of original purchase of a Skier's Edge Company product, excluding those products with electronic components and excluding the replaceable and wearable resistance bands, will repair or replace, at its option, any part which may prove to be defective in materials or workmanship in accordance with the conditions set forth below. Products with electronic components are limited to a one-year warranty period and the replaceable and wearable resistance bands are limited to a two-year warranty period. All warranties are subject to the conditions set forth below:

All shipping costs are the responsibility of the purchaser. This warranty does not cover damage occurring in transit. In-transit damages are the responsibility of the carrier.

Warranty becomes valid only after the registration form is completely filled in and signed by the original purchaser and mailed to The Skier's Edge Company. Warranty applies to the product only while 1) Product remains in the possession of the original purchaser, and 2) Has not been subject to accident, misuse, abuse, improper service, alteration, lack of reasonable care, or used contrary to the instructions contained in the user's manual. The 4-year warranty of the Skier's Edge product applies to personal and residential use only. When used in a group or commercial establishment, the warranty period is one year only.

No implied warranty of merchantability or of fitness for a particular purpose shall extend beyond four years from the date of purchase. The liability of The Skier's Edge Company under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts, as specified above, within four years of date of original purchase. Under no circumstances shall The Skier's Edge Company be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, secondary or consequential damage of any nature however arising out of the use or inability to use this product.

Some states do not allow the exclusion or limitation of incidental or consequential damages for consumer products, so the above limitation or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

The Skier's Edge® Company

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