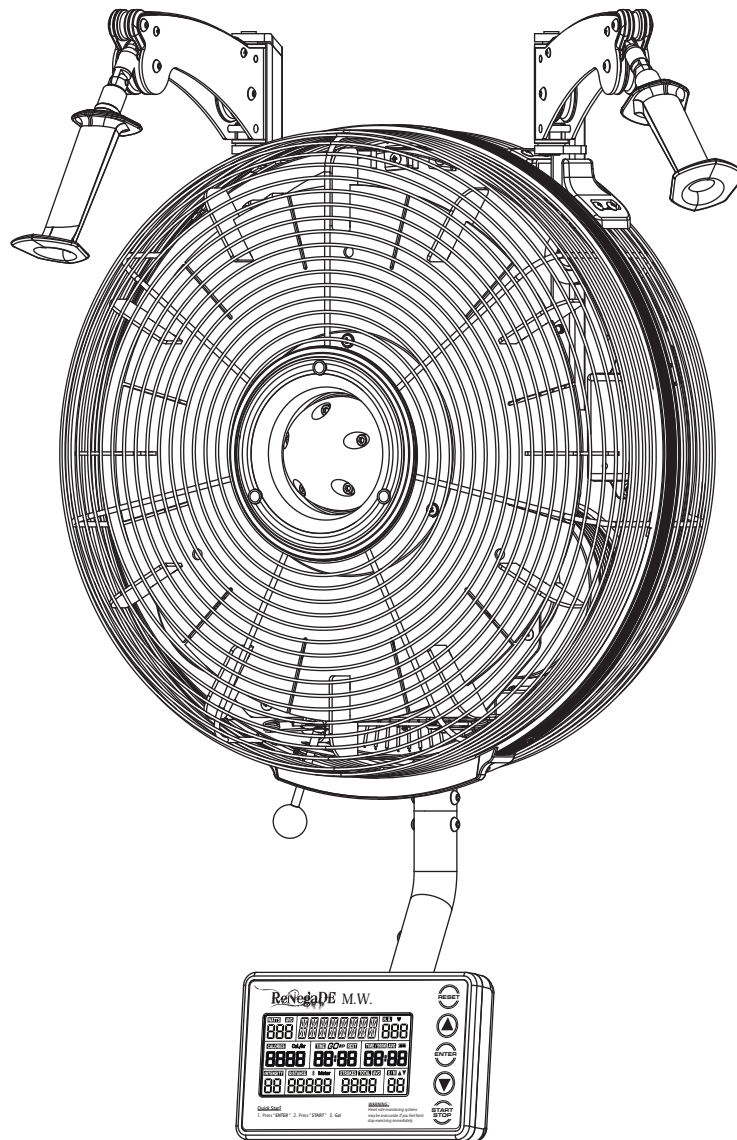


DESCRIPTION: ReNegaDE Air Mag. M.W.
CODE: 702000
VERSION: 20211007

ReNegaDE M.W.



**PLEASE READ THIS INSTRUCTION MANUAL
BEFORE YOU BEGIN ASSEMBLY**

INSTRUCTION MANUAL

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Safety Information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface, ensure that the product is stable before use.
- Try to ensure that your back is straight while exercising, especially for long periods
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear
- Keep hands away from moving parts.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Special attention should be taken to inspect the components, such as pulleys, bearings, straps, rollers are always more susceptible to wear before use.
- Never leave any adjustment devices projecting from the product.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this ski is 180kg / 400lbs.
- Don't rock this equipment from side to side
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- This product has an intergrated resistance system without a constant power mode that is governed by magnetic resistance.
- Losing grip or suddenly releasing the handle could result in an uncontrolled return, ensure there is free space around the product.
- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.
- To prevent shock, keep all electical components, such as the console, motor, cord and switch away from water.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do **NOT** work to exhaustion.
- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.**

Injuries to health may result from incorrect or excessive training.

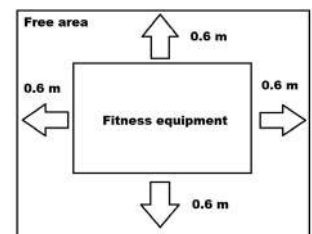
Heart Rate Monitoring System may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !

Be aware of the edges on the platform when in use or move it around.

The safety maximum length of the pulling handle motion on this product is 200cm, please be awared to avoid any exercise that over this motion range limit.

The max. operating force allowed is 18 kg.

It is your responsibility to contact us for further advices, when you found any damages which impact the original design and potential issue caused on the product after carton opened.



Safety Standards

This Air Mag. M.W. meets the requirements of the EN ISO 20957-1: 2013, Class SA

This product is not suitable for therapeutic purposes.

It is important that you keep these instructions for future reference.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any straps, pulleys, nuts, bolts, moving parts, bushes, cords, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).



- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are to be removed from the appliance before being charged.
- Different types of batteries or new and used batteries are not to be mixed.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the appliance and safely disposed of
- If the appliance is to be stored unused for a long period, the batteries should be removed.
- The supply terminals are not to be short-circuited.
- This Air Mag. M.W. Compact comes up with dimensions of 49 x 37 x 209cm and 27.5 kg (60.6 lbs) weight.

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. **Serial no.** - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. **Original purchase date**
3. **Place of purchase**
4. **Information about the place and conditions of use**
5. **Precise description of the issue/defect**

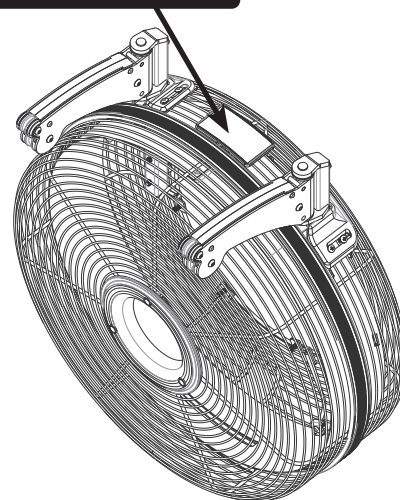
Your Serial No. is:

Contact Us

Model: Air Mag. M.W.
Manufacture Date:

Max. User Weight: 180kg / 400lbs
Class Requested by standard: EN ISO 20957-1: 2013, Class SA
Warning: Heart rate monitoring system may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
Warning: To reduce the risk of electric shock- unplug before cleaning or servicing.
Warning: This product must be securely and reliably fastened to a solid wall.

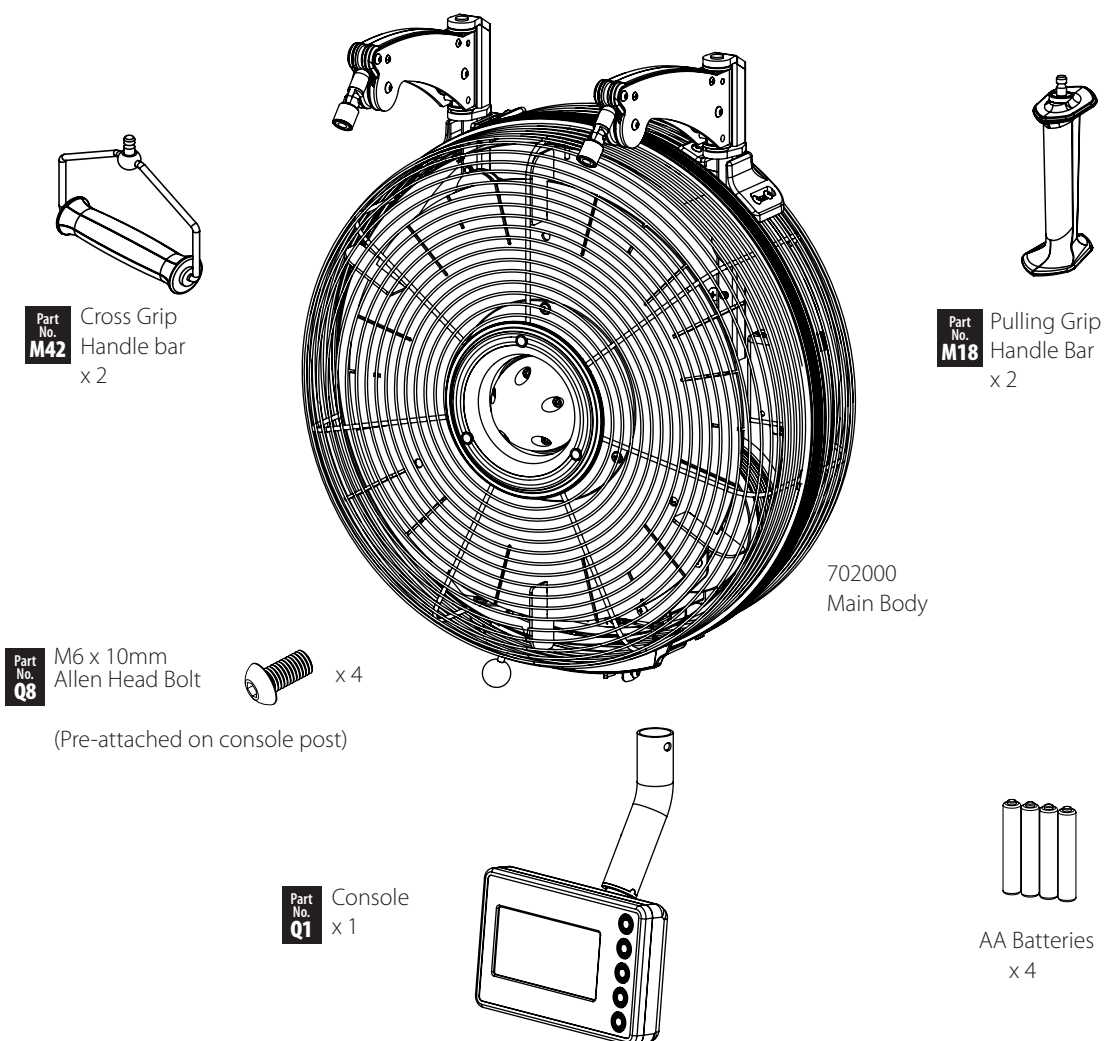
Serial No.: **C2PAMMW-211000001**



Assembly Instruction

Before you start

- 1. Prepare your work area -**
It is important for you to assemble the product at a clean and uncluttered space.
- 2. Work with a friend -**
we recommend you to have someone assisting you with the assembly as some of the components are quite heavy.
- 3. Open the carton -**
checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton**
Make sure you have the following parts:



Tools and Consumables



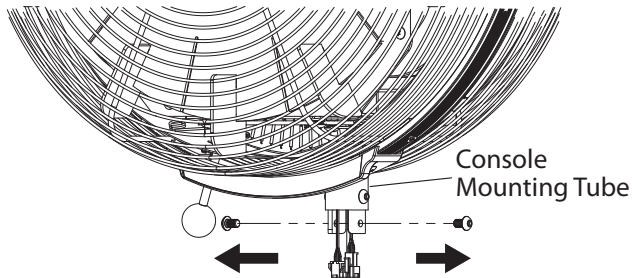
! This Air Mag. M.W. takes up a floor space of 110cm x 60cm for use, and weighs 27.5kg

! If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 4 for contact details.

1. Attach the Console

1-1 Attach the Console Arm

- Remove the two **M6 x 10mm Allen Head Bolts (Q8)** from the Console Mounting Tube with the 4mm Allen Key provided as shown.



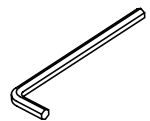
FIXINGS:

Part No. Q8



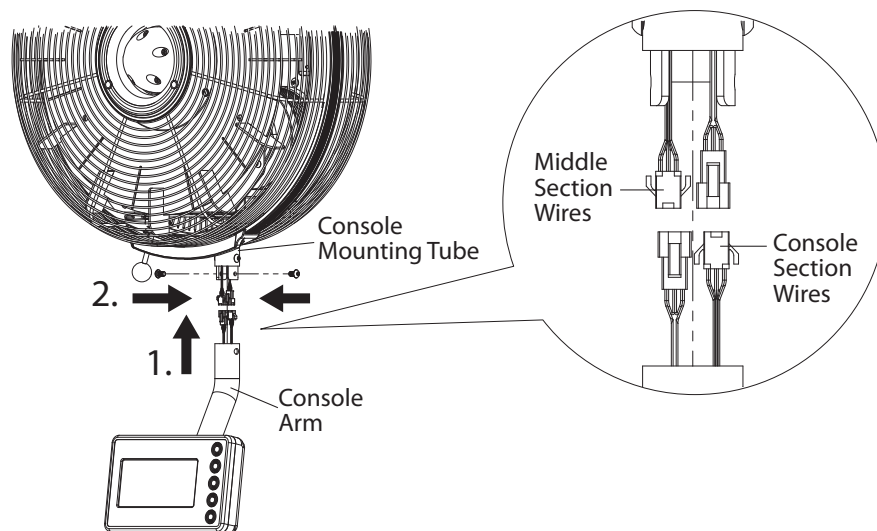
x 2

TOOLS:



4mm

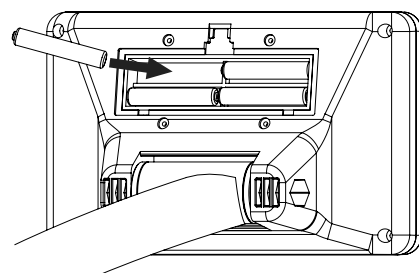
- Connect the **Console Section Wires** (3 pins plug & 3 pins socket) (**Q9**) and **Middle Section Wires** (3 pins socket & 3 pins plug) (**Q10** & **Q11**) together accordingly and then insert these two wires into the **Console Arm (Q6)** carefully.
- Attach the **Console Arm (Q6)** to the mounting tube carefully with two **M6x 10mm Allen Head Bolts (Q8)** with finger tight in position firstly and then secure with the 4mm Allen Key – provided.



All of the required bolts & washers had been pre-assembled to ensure its installation quality, remove the relative bolts & washers then fasten as instructions to complete your Air Mag. M.W. assembly.

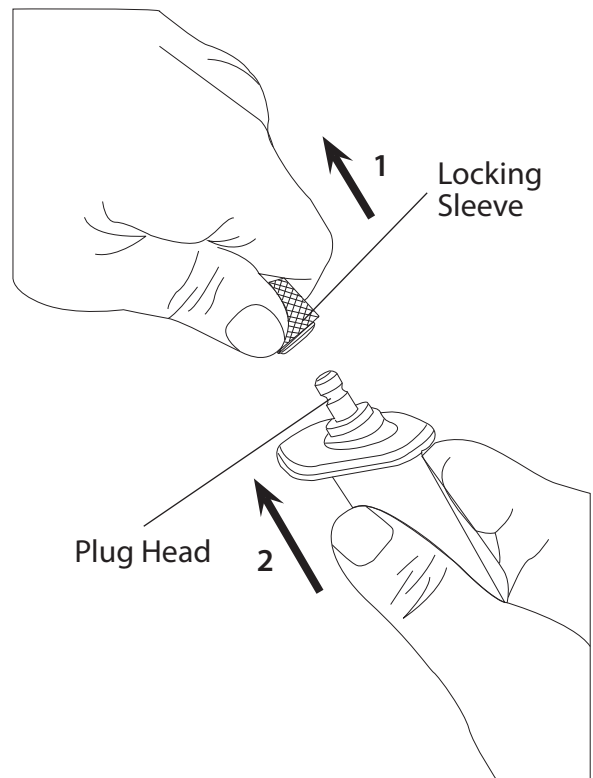
1-2 Power Up

- Install the AA battery x 4 provided into the compartment in the back of the console properly
- Attach the battery cover onto the console securely.



2. Attach the Grip Handles

- Use your thumb & index finger of one hand to grasp & pull the locking sleeve as shown.
- Attach the plug head of selected handle into the locking socket and release to secure the handle attachment properly.
- Repeat the other side handle with same procedures.

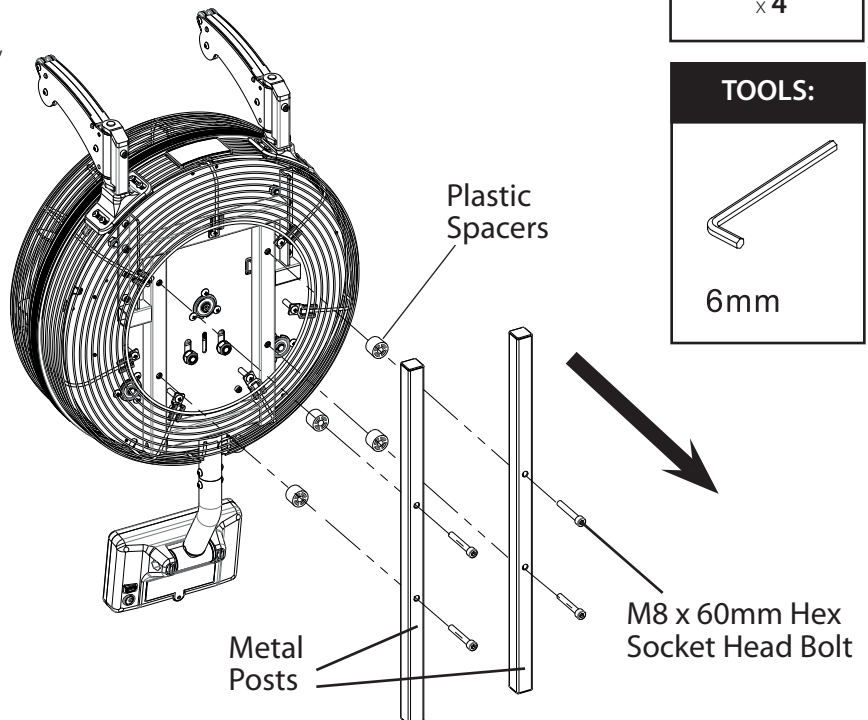


3. Attach the Air Mag M.W.

3-1. Remove the metal posts from the back of the Air Mag. M.W.

- Loosen the four **M8 x 60mm Hex Socket Head Bolts** from the two metal posts as shown.

Note: The four Hex Socket Head Bolts, four Plastic Spacers and the two Metal Posts are used for packaging protection purpose, which won't be used again during the assembly.



3-2. Attach the Air Mag. M.W.

- Have someone to assist you to hold the Air Mag M.W. evenly and attach it to the **Fixing Bracket** of the selected attachment with four **M8 X 25mm Hex Head Socket Bolts (S7)** as shown.
- Tighten the bolts securely with the 6mm Allen Key - provided.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the bolts are fully tightened with the allen key.

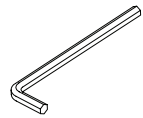
FIXINGS:

Part No. S7

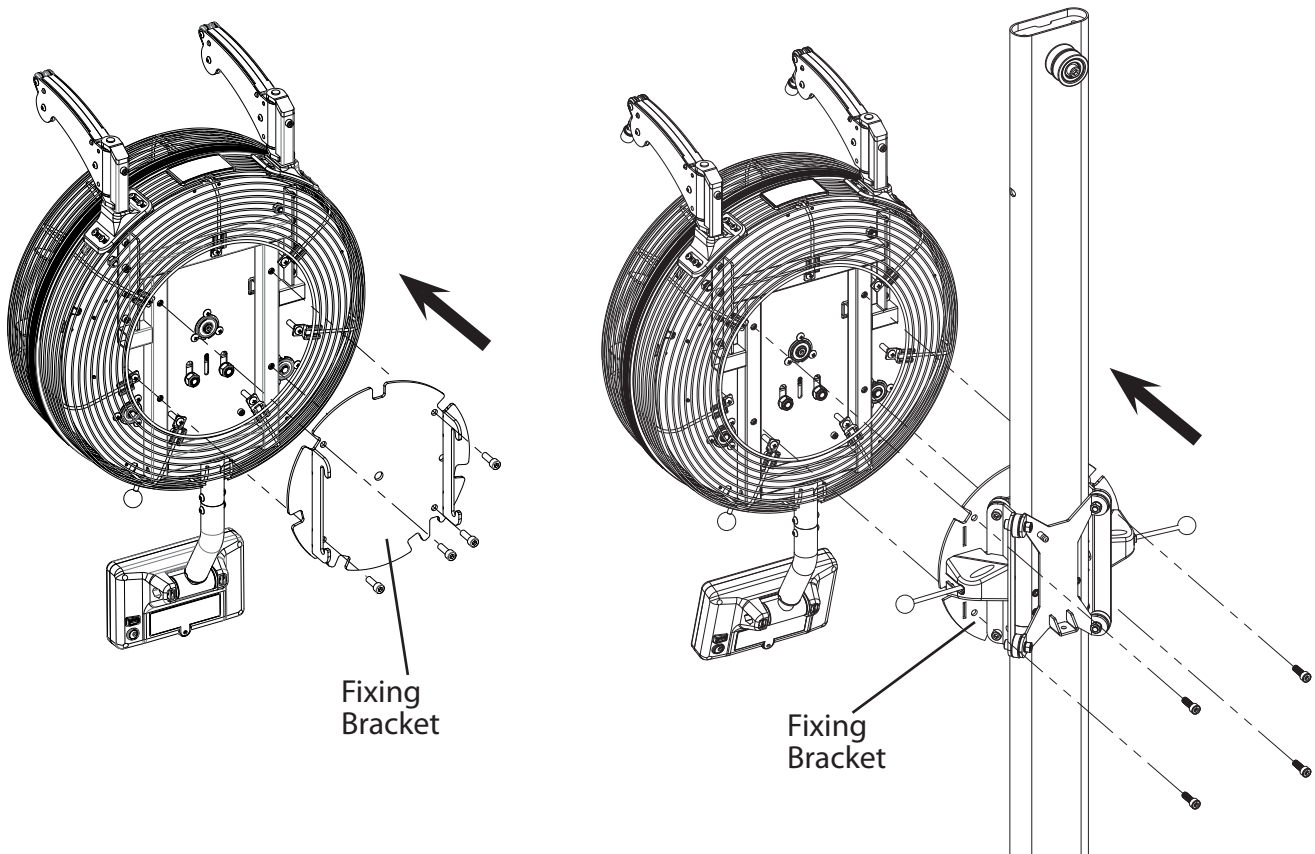


x 4

TOOLS:



6mm



Final Checks

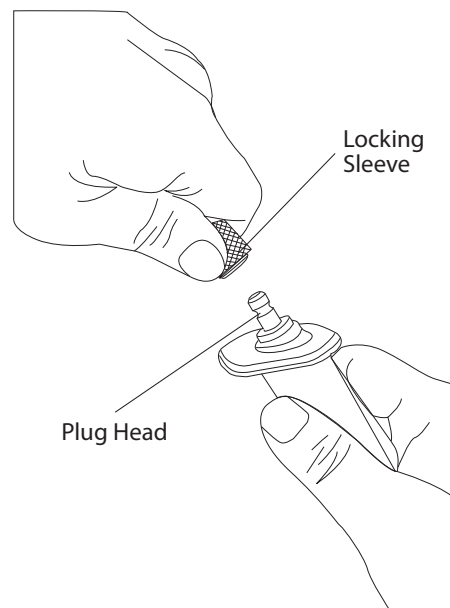
Your Air Mag M.W. is now assembled. Please make the following checks before you use it for the first time.

- Make sure all screws, bolts & nuts are tighten securely.
- Make sure you have positioned it on flat & level surface.

Air Mag. M.W. Features Explained

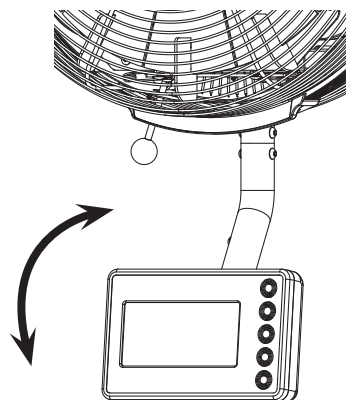
Exchanging the Grip Handle

1. Use your thumb & index finger of one hand to grasp & pull the locking sleeve as shown.
2. Attach the plug head of selected handle into the locking socket and release to secure the handle attachment properly.
3. Repeat the other side handle with same procedures



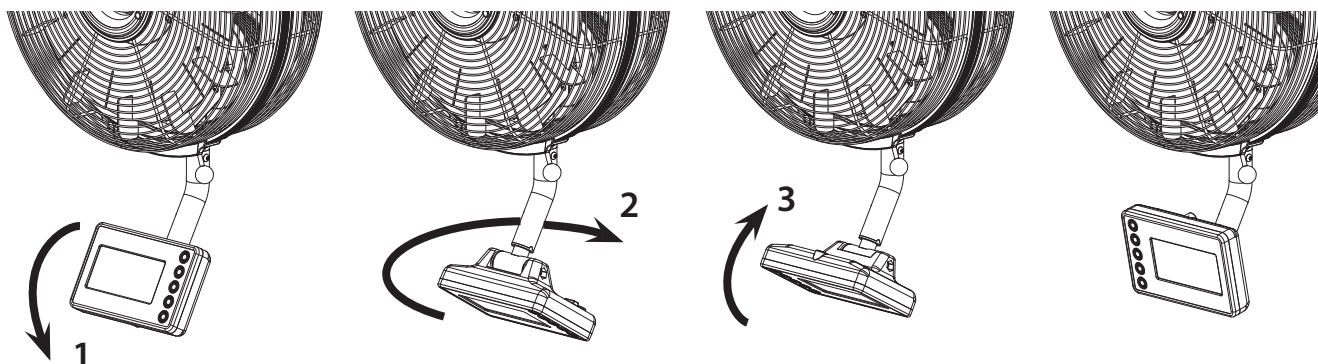
Adjusting the Console

1. Adjust the console display to suitable angle for easy viewing by rotating the console itself with both hands evenly as shown.



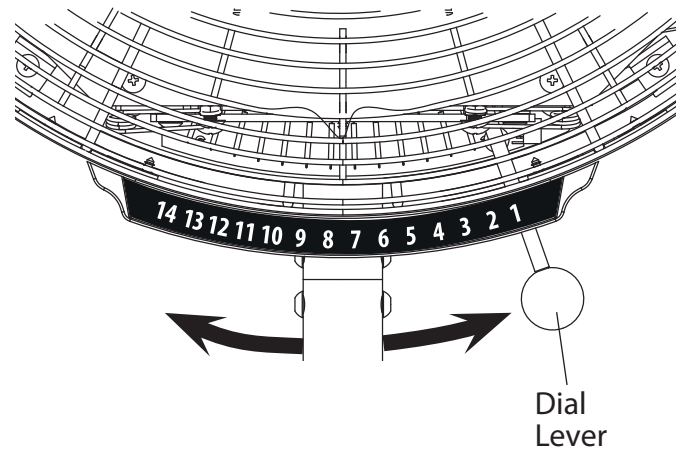
2. You can also change the console up side down for easy viewing when needed by rotating the console with both hands evenly as shown .

- Fold down or upward the displayed screen slowly.
- Rotate the console clockwise (or anti-clockwise) carefully.
- Fold up or downward the displayed screen slowly as required.



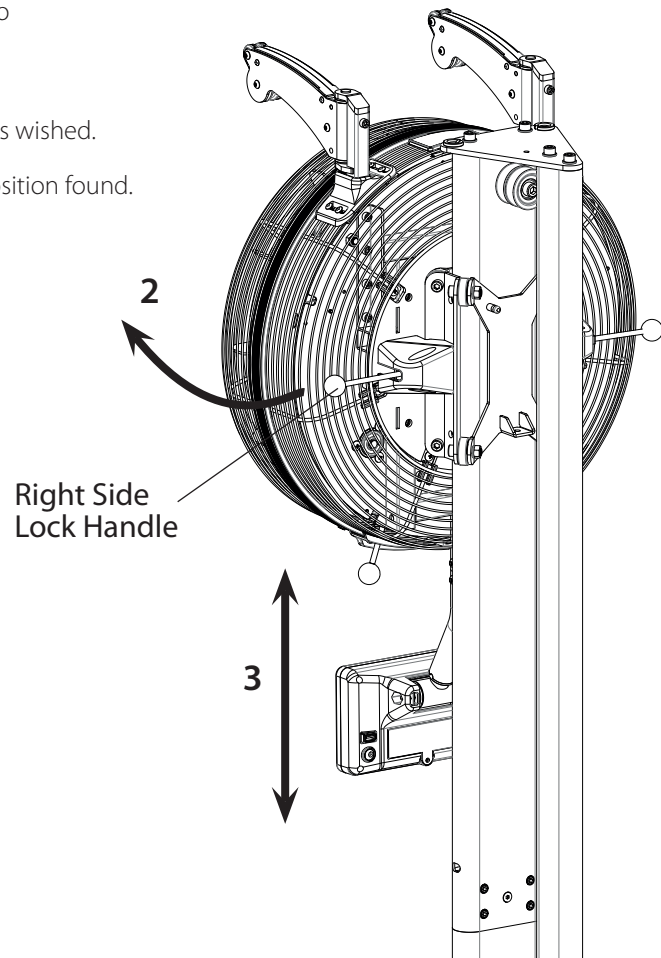
Adjusting the Resistance

1. This Air Mag M.W. features a speed independent (14 levels adjustable) system.
2. The harder you pull, the more resistance you will feel. As you put more efforts into your pulling, you will go faster, produce more watts and burn more calories. But it is more important to ski for a longer time than to ski harder.
3. The resistance is controlled by a magnet mechanism, which is moved closer or further away from the air fan wheel assembly – the closer the magnet is to the fan wheel the harder of resistance occurred.
4. The magnet is controlled manually, by moving the dial lever.
5. The resistance levels goes from 1 = easy to 14 = hard.



Adjusting the Locations (702011 & 702021 models)

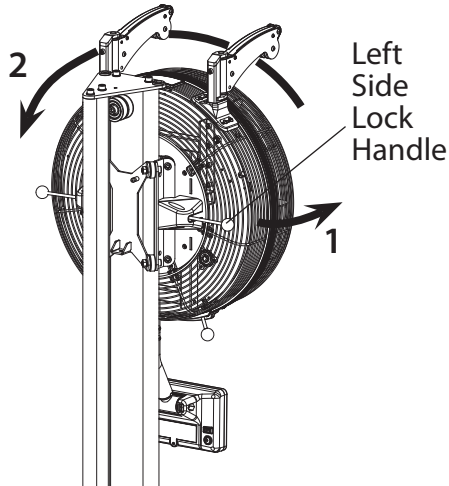
1. Push to lift the Air Mag M.W. slightly with both hands to remove the lock pin in position
2. Pull the right side lock handle with your right hand and adjust the Air Mag M.W. up or down on the track as wished.
3. Release the right side lock handle after the required position found.



Rotating the Air Mag. M.W. (702011 & 702021 models)

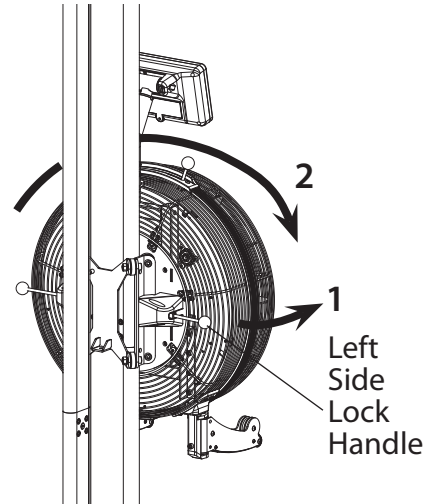
1. Upside down –

- Pull the left side lock handle with your left hand and rotate the Air Mag. M.W. clockwise carefully until the stop pin engaged in position securely.



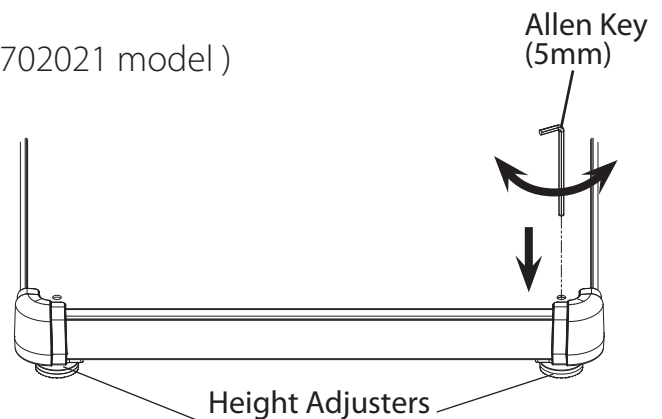
2. Back to Standard –

- Pull the left side lock handle with your left hand and rotate the Air Mag. M.W. anti-clockwise carefully until the stop pin engaged in position securely.



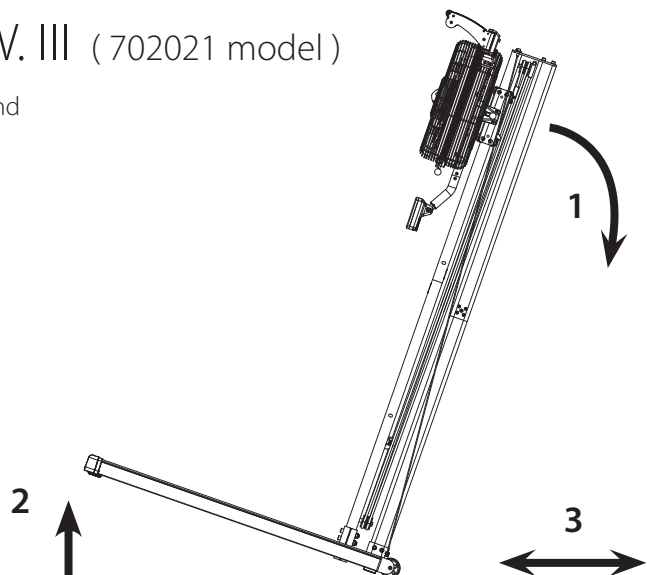
Levelling your Air Mag. M.W. III (702021 model)

1. To help you level the Air Mag. M.W.III on uneven surface, there are two height adjusters attached on the rear corners of the platform.
2. Simply turn the adjustable bolt with 5mm Allen Key – provided to adjust the height of your AirMag. M.W. III as required.



Transporting your Air Mag. M.W. III (702021 model)

1. Your Air Mag. M.W. has 2 transport wheels on the front end of the platform.
2. Stand yourself behind the Air Mag. M.W. III comfortably and hold the rear upright post with hands firmly.
3. Use your foot to stop the front end of platform while pull down the rear upright post to raise the platform and then push to move it around.



Computer Instructions

Quick Start

Use this mode if you just want a quick workout session and are not interested in setting up any personal data.

- Ski for a few seconds to power the console on.
- Press the " **START** " button.
- The values of **WATTS, CALORIES, TIME, TIME/ 500M, DISTANCE, STROKES, S/M, HEART RATE** (if heart rate signal is detected) will start displaying.
- The values of **WATTS, CALORIES, TIME, DISTANCE, STROKES** will start counting upwards.

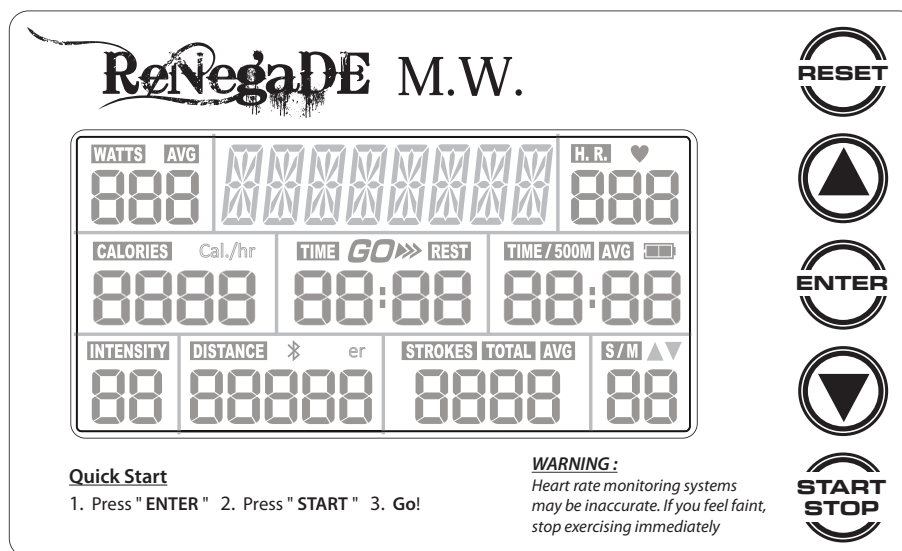
"You can change the resistance at any point during the workout by dial lever as wished."

To finish this quick workout session and view your workout summary –

- Stop skiing.
- Press " **STOP** " button.
- The values of **WATTS, CALORIES, TIME, TIME/ 500M, DISTANCE, STROKES, S/M, HEART RATE** (if heart rate signal is detected) will be displayed.

" If you stop skiing without pressing the " **STOP** " button, after 5 seconds the program will automatically pause. You can resume the program by skiing again. After 1 minute of inactivity the program will end."

Button Functions



RESET

- Press the " **RESET** " button, during the program setting mode, to return to " **START** " mode on display.
- Press the " **RESET** " button, in " **STOP** " / " **PAUSE** " mode , to reset all of the values on display to zero and return to " **START** " mode.

- ▲ To select the pre-set programs of **TIME, DISTANCE, CALORIES, STROKES, S/M, INT 20 /10, INT 20/30 & INT CUST** in the " **START** " mode.
- To increase values when setting the target of the program. Press and hold for rapid value change.

ENTER

- To confirm the target settings / program selection.

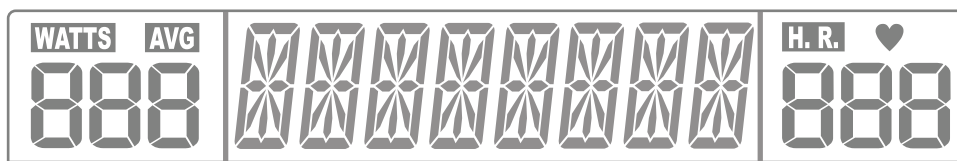


- To select the pre-set programs of **INT CUST, INT 20/30, INT 20 /10, S/M, STROKES, CALORIES, DISTANCE & TIME** in the " **START** " mode.
- To decrease values when setting the target of the program. Press and hold for rapid value change.

START/STOP

- To begin a workout or restart a paused program
- To finish or pause a workout.

Console Display and Feedback



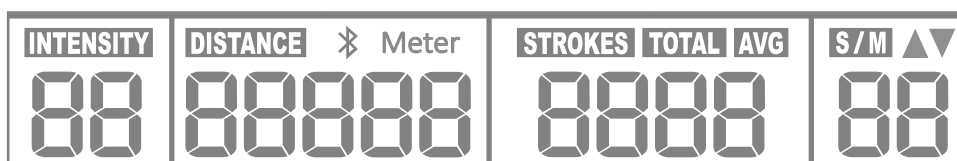
- Indicates the current energy (power) generated this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 999.
- Indicates the current program text message for reference.
- Indicates the current heart rate in beats per minute (bpm), which are detected by a wireless heart rate chest strap, displayed 30 ~ 220 bpm.

NOTE: To get your pulse reading throughout the exercise, which it gets from you by a 5.4 kHz Polar Telemetry Chest Strap.

! Heart Rate monitoring system may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !



- Indicates the approximate calories burned this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 9999 cal, but counts down if a target had been set (10 ~ 990).
- Indicates the time exercised this session, default counts up from 00:00 to 99:59 , but counts down if a target had been set (05:00 ~ 99:00).
- Indicates the time that is needed to achieve 500 meters distance travelled, which is automatically calculated, default counts up from 00:00 to 9:59.



- Indicates the resistance level loaded this session, 1= easy and 14= hard.
- Indicates the distance travelled this session, default counts up from 0 to 99999 meter , but counts down if a target had been set (100 ~ 9900).
- Indicates the cycles exercised this session, default counts up from 0 to 9999 , but counts down if a target had been set (10 ~ 990).
- Indicates the current Stroke Per Minute you are rowing at , default counts up from 0 to 99 , but counts down if a target had been set (10 ~ 99).
- This S / M readout is automatically calculated and displayed when your ski in use and should be used as a guide to pace in workout.

Using Workout Programs

TARGET Programs

This console features 5 target programs : **Target TIME**, **Target DISTANCE**, **Target CALORIES**, **Target STROKES** & **Target S/M**.

When you reach your target the console will sound a short alarm and end the workout by coming a stop.

Please input your **Personal Data** before any **TARGET Programs** selected.

1. Pull the handle for a few seconds or press any buttons to activate the console.
2. Use the "▼/▲" buttons to input user's weight.
3. Press "ENTER" to confirm your setting.
4. Use the "▼/▲" buttons to input user's gender.
5. Press "ENTER" to confirm your setting.
6. Use the "▼/▲" buttons to input user's age.
7. Press "ENTER" to confirm your setting.

WATTS	0	TIME		H.R.	♥	P
CALORIES	0	TIME	20:00	TIME/500M	00:00	🔋
INTENSITY	0	DISTANCE	Meter	0	STROKES	TOTAL
				0	AVG	S/M
				0		0

Target TIME

1. Make sure the console is switched on.
"SELECT PROGRAM OR QUICK START" scrolled on the top segment display.
2. Use the "▼/▲" buttons to select the program mode you want.
"TIME" flashed on the top segment display.
3. Press "ENTER" to confirm your selection.
4. The default value of "20:00" is flashed in the **TIME** window.
5. Use the "▼/▲" buttons to set your workout time (5:00 ~ 99:00 minutes).
6. Press "ENTER" to confirm your setting.
"START" is shown on the top segment display.
7. Press "START" to begin the workout and then start skiing.
The program will not start until you begin skiing.
NOTE: You can press "STOP" button to end the program at any time.
The workout summary will displayed on the screen.
NOTE: You can change the resistance level (1~14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

WATTS	0	METERS		H.R.	♥	P
CALORIES	0	TIME	00:00	TIME/500M	00:00	🔋
INTENSITY	0	DISTANCE	Meter	1000	STROKES	TOTAL
				0	AVG	S/M
				0		0

Target DISTANCE

1. Make sure the console is switched on.
"SELECT PROGRAM OR QUICK START" scrolled on the top segment display.
2. Use the "▼/▲" buttons to select the program mode you want.
"METERS" flashed on the top segment display.
3. Press "ENTER" to confirm your selection.
4. The default value of "1000" is flashed in the **DISTANCE** window.
5. Use the "▼/▲" buttons to set your target distance (100 ~ 9900 meters).
6. Press "ENTER" to confirm your setting.
"START" is shown on the top segment display.

- Press "**START**" to begin the workout and then start skiing.
The program will not start until you begin skiing.
NOTE : You can press "**STOP**" button to end the program at any time.
The workout summary will displayed on the screen.
NOTE : You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

WATTS	0 CALORIE		H.R.	♥	P
CALORIES	150	TIME	00:00	TIME/500M	00:00
INTENSITY	0	DISTANCE	Meter	0	STROKES
				TOTAL	0
				S/M	0

Target CALORIES

- Make sure the console is switched on.
"**SELECT PROGRAM OR QUICK START**" scrolled on the top segment display.
- Use the "**▼ / ▲**" buttons to select the program mode you want.
"**CALORIE**" flashed on the top segment display.
- Press "**ENTER**" to confirm your selection.
- The default value of "**150**" is flashed in the **CALORIES** window.
- Use the "**▼ / ▲**" buttons to set your target calories (10 ~ 990 calories).
- Press "**ENTER**" to confirm your setting.
"**START**" is shown on the top segment display.
- Press "**START**" to begin the workout and then start skiing.
The program will not start until you begin skiing.
NOTE : You can press "**STOP**" button to end the program at any time.
The workout summary will displayed on the screen.
NOTE : You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

WATTS	0 STROKES		H.R.	♥	P
CALORIES	0	TIME	00:00	TIME/500M	00:00
INTENSITY	0	DISTANCE	Meter	0	STROKES
				TOTAL	300
				S/M	0

Target STROKES

- Make sure the console is switched on.
"**SELECT PROGRAM OR QUICK START**" scrolled on the top segment display.
- Use the "**▼ / ▲**" buttons to select the program mode you want.
"**STROKES**" flashed on the top segment display.
- Press "**ENTER**" to confirm your selection.
- The default value of "**300**" is flashed in the **STROKES** window.
- Use the "**▼ / ▲**" buttons to set your target stroke (10 ~ 990).
- Press "**ENTER**" to confirm your setting.
"**START**" is shown on the top segment display.
- Press "**START**" to begin the workout and then start skiing.
The program will not start until you begin skiing.
NOTE : You can press "**STOP**" button to end the program at any time.
The workout summary will displayed on the screen.
NOTE : You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

WATTS	0	S/M	H.R.	P
CALORIES	0	TIME	00:00	TIME/500M
INTENSITY	0	DISTANCE	Meter	0
		STROKES	TOTAL	S/M
		0	0	0

WATTS	3	SLOWER	H.R.	123
CALORIES	132	TIME	1:03	TIME/500M
INTENSITY	1	DISTANCE	Meter	128
		STROKES	TOTAL	S/M
		42		38

WATTS	1	FASTER	H.R.	99
CALORIES	87	TIME	1:03	TIME/500M
INTENSITY	1	DISTANCE	Meter	56
		STROKES	TOTAL	S/M
		19		28

WATTS	2	GREAT	H.R.	108
CALORIES	102	TIME	1:03	TIME/500M
INTENSITY	1	DISTANCE	Meter	72
		STROKES	TOTAL	S/M
		25		30

Target S / M (Stroke Per Minute)

1. Make sure the console is switched on.
"SELECT PROGRAM OR QUICK START" scrolled on the top segment display.
2. Use the "▼ / ▲" buttons to select the program mode you want.
"S / M" flashed on the top segment display.
3. Press "ENTER" to confirm your selection.
4. The default value of "30" is flashed in the S / M window.
5. Use the "▼ / ▲" buttons to set your target PACE (10 ~ 99).
6. Press "ENTER" to confirm your setting.
"START" is shown on the top segment display.
7. Press "START" to begin the workout and then start skiing.

The program will not start until you begin skiing.

NOTE : There will be a "▼" arrow flashed on the S/M window to indicate your current S/M is faster than setting.
"SLOWER" will be scrolled on the top segment display.
There will be a "▲" arrow flashed on the S/M window to indicate your current S/M is slow than setting.
"FASTER" will be scrolled on the top segment display.
"GREAT" will be scrolled on the top segment display when you reach the same S/M as setting.

NOTE : You can press "STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly

INTERVAL Programs

This console features 3 interval programs : **INTERVAL 20/10**, **INTERVAL 20/30** & **INTERVAL CUSTOM**.

The **INTERVAL 20/10** & **INTERVAL 20/30** programs offer users a series of high-intensity workout intervals with preset time segments.

These High Intensity Interval Training (H.I.I.T) programs will automatically indicate the start of each **GO** & **REST** interval.

When you reach the last "REST" segment the console will send a short alarm and end the workout by coming to a stop.

Please input your **Personal Data** before any **INTERVAL Programs** selected.

1. Pull the handle for a few seconds or press any buttons to activate the console.
2. Use the "▼ / ▲" buttons to input user's weight.
3. Press "ENTER" to confirm your setting.
4. Use the "▼ / ▲" buttons to input user's gender.
5. Press "ENTER" to confirm your setting.
6. Use the "▼ / ▲" buttons to input user's age.
7. Press "ENTER" to confirm your setting.

WATTS	0 INT20/10		H.R.	♥ P
CALORIES	0	TIME	00:00	TIME / 500M
			00:00	
INTENSITY	DISTANCE	Meter	STROKES TOTAL	S/M
1		0	0	0

WATTS	0 CYCLE 10		H.R.	♥ P
CALORIES	0	TIME	00:00	TIME / 500M
			00:00	
INTENSITY	DISTANCE	Meter	STROKES TOTAL	S/M
1		0	0	0

INTERVAL 20 /10

1. Make sure the console is switched on.
"SELECT PROGRAM OR QUICK START" scrolled on the top segment display.
2. Use the "▼/▲" buttons to select the program mode you want.
"INT 20 /10" flashed on the top segment display.
3. Press "ENTER" to confirm your selection.
4. The default interval number "CYCLE 10" flashed on the top segment display.
5. Use the "▼/▲" buttons to set the total interval numbers (1 ~ 99).
6. Press "ENTER" to confirm your setting.
7. Use the "▼/▲" buttons to set your target distance (100 ~ 9900 meters).
8. Press "ENTER" to confirm your setting.
"START" is shown on the top segment display.
9. Press "START" to begin the workout and then start skiing.

The program will not start until you begin skiing.

NOTE: You can press "STOP" button to end the program at any time.

The workout summary will displayed on the screen.

NOTE: You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

WATTS	0 INT20/30		H.R.	♥ P
CALORIES	0	TIME	00:00	TIME / 500M
			00:00	
INTENSITY	DISTANCE	Meter	STROKES TOTAL	S/M
1		0	0	0

WATTS	0 CYCLE 10		H.R.	♥ P
CALORIES	0	TIME	00:00	TIME / 500M
			00:00	
INTENSITY	DISTANCE	Meter	STROKES TOTAL	S/M
1		0	0	0

INTERVAL 20 /30

1. Make sure the console is switched on.
"SELECT PROGRAM OR QUICK START" scrolled on the top segment display.
2. Use the "▼/▲" buttons to select the program mode you want.
"INT 20 /30" flashed on the top segment display.
3. Press "ENTER" to confirm your selection.
4. The default interval number "CYCLE 10" flashed on the top segment display.
5. Use the "▼/▲" buttons to set the total interval numbers (1 ~ 99).
6. Press "ENTER" to confirm your setting.
7. Use the "▼/▲" buttons to set your target distance (100 ~ 9900 meters).
8. Press "ENTER" to confirm your setting.
"START" is shown on the top segment display.
9. Press "START" to begin the workout and then start skiing.

The program will not start until you begin skiing.

NOTE: You can press "STOP" button to end the program at any time.

The workout summary will displayed on the screen.

NOTE: You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

WATTS	INT CUST			H. R.	P
CALORIES	0	TIME	00:00	TIME / 500M	00:00
INTENSITY	1	DISTANCE	Meter 0	STROKES	TOTAL 0
				S/M	0

WATTS	WORK 20			H. R.	P
CALORIES	0	TIME	00:00	TIME / 500M	00:00
INTENSITY	1	DISTANCE	Meter 0	STROKES	TOTAL 0
				S/M	0

WATTS	REST 10			H. R.	P
CALORIES	0	TIME	00:00	TIME / 500M	00:00
INTENSITY	1	DISTANCE	Meter 0	STROKES	TOTAL 0
				S/M	0

WATTS	CYCLE 10			H. R.	P
CALORIES	0	TIME	00:00	TIME / 500M	00:00
INTENSITY	1	DISTANCE	Meter 0	STROKES	TOTAL 0
				S/M	0

INTERVAL CUSTOM

1. Make sure the console is switched on.
"SELECT PROGRAM OR QUICK START" scrolled on the top segment display.
2. Use the "▼/▲" buttons to select the program mode you want.
"INT CUST" flashed on the top segment display.
3. Press "ENTER" to confirm your selection.
4. The default work segment time "WORK 20" flashed on the top segment display.
5. Use the "▼/▲" buttons to set the work segment time (5 ~ 599 sec.).
6. Press "ENTER" to confirm your setting.
7. The default rest segment time "REST 10" flashed on the top segment display.
8. Use the "▼/▲" buttons to set the rest segment time (5 ~ 599 sec.).
9. Press "ENTER" to confirm your setting.
10. The default interval number "CYCLE 10" flashed on the top segment display.
11. Use the "▼/▲" buttons to set the total interval numbers (1 ~ 99).
12. Press "ENTER" to confirm your setting.
13. Use the "▼/▲" buttons to set your target distance (100 ~ 9900 meters).
14. Press "ENTER" to confirm your setting.
"START" is shown on the top segment display.
15. Press "START" to begin the workout and then start skiing.
The program will not start until you begin skiing.

NOTE: You can press "STOP" button to end the program at any time.
The workout summary will displayed on the screen.

NOTE: You can change the resistance level (1~ 14) at any point during the workout by dial lever as wished and relatively readouts on display will be adjusted accordingly.

How to Take Care of Your Air Mag. M.W

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Cleaning & Maintenance

Your Air Mag M.W. is designed for indoor skiing used only and should not be used or stored in damp area. Ensure you regularly check components for wear and make sure all the nuts & bolts are tightened before each exercise session.

Pulling Cords – Clean daily before use.

- Check for nicks or cuts and fraying that may weaken the pulling cords' integrity even though it is made of superior quality Tetoron webbing fabric to make it extremely strong.
- Also check the bushing at the handle end is intact. Use a warm, damp cloth to clean the whole surface of the pulling cords after every exercise if possible.

Check and Replace the Console AA Battery – Approximately every 200 hours if equipped.

Check for loose Console Arm – Approximately every month.

Clean for Dusts on Fan Wheel Assembly – Approximately every month.

Rear Carriage Rollers – Clean daily before use.

- These rollers (bearings) smooth moving will be affected by dust & dirt, so should be check and clean regularly before use if possible.
- Use a warm, damp cloth to clean the roller contact area with mild detergent if required.
- Please lubricate the roller contact surface by applying slight of the " multi-purpose grease " if necessary.

Upright Post – Clean & check daily after use.

- Use a warm, damp cloth or non-abrasive pad to clean the surface with mild detergent if required.
- Pay special attention on the both outside areas – remove any spots or dirt on it.
- Please lubricate the rollers' contact surface by applying slight of the " multi-purpose grease " if necessary.

! Never remove the protective casing.

! Discontinue use immediately and contact your dealer for replacement if any of the symptoms are found.

Troubleshooting

! If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

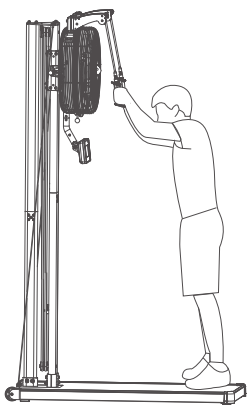
If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local distributor using the details found in the Customer Support section on page 4.

Exercising with Your Air Mag. M.W.

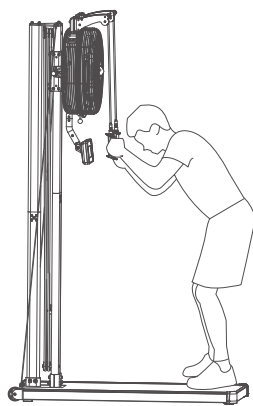
Before Exercising Check:

- You have to find an adequate space ie. at least 2ft (60cm) clearance on each side.
- Check all bolts and locking pins are secured and protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.
- Always use your Air Mag. M.W. on a flat level solid surface.
- Always work within your exercise level, do not work to exhaustion.
- If you feel pain or unwell **STOP YOUR WORKOUT IMMEDIATELY.**
- Injuries may result from incorrect or excessive training.
- Please make sure you have read the safety guideline.
- Consult your physician to be sure it is not dangerous for you to undertake a strenuous exercise program.
- Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.
- Always pull with both handles at the same time. But you can also pull with one handle for alternating arms - classic skiing technique as well.
- Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them.
- The wall-mounted Air Mag. M.W. must be securely fixed to the wall at the top and bottom brackets. Be sure that your mounting bolts are going into a solid material such as wood or concrete, and that you are using the proper hardware for the wall material.
- Perform regular inspection and maintenance as recommended.
- Skiing is an extremely effective form of exercise. It strengthens the heart, improves metabolism, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.
- This M.W. machine offers terrific exercise for the entire body. Each pull engages the legs, arms, shoulders and core in a downwards "crunch" using body weight to help accelerate the handles. Each pull finishes by extending the arms down along the hips with knees partly bent.
- This M.W. machine enables you to train using the motion that is essential to all techniques of skate and classic skiing.
- Check your **Proper Skiing Techniques** as below:



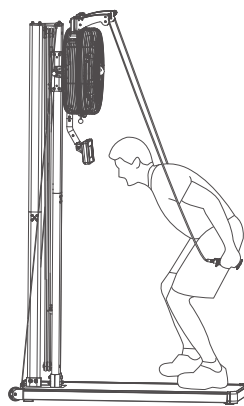
START

Begin with your hands and shoulder-width apart slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.



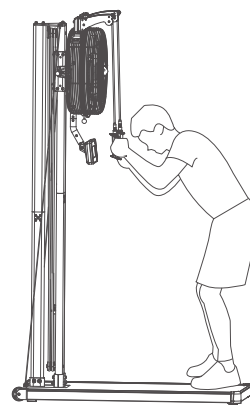
PULLING

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



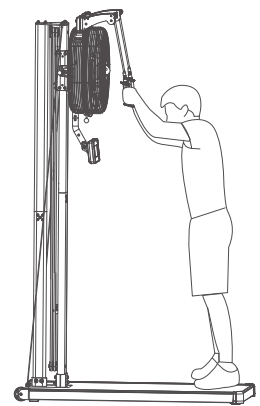
FINISH

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



RETURN

Bring your arms back up and straighten your legs.



REPEAT

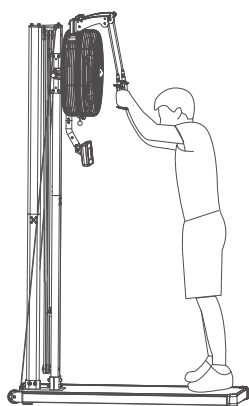
Extend your arms upward and straighten your body to return to the start position.

NOTE:

- Have someone watching you to help you matching your body positions as the pictures shown above.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any points in the stroke.
- Your handle grip should be grasped and comfortable and your wrist should be free during the skiing.

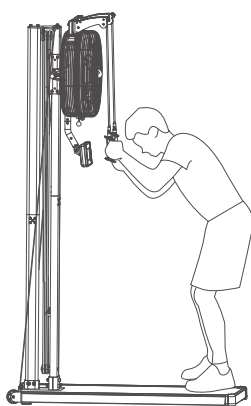
Start Your First SkiErg Workout:

1. Begin with a minute or two of easy skiing to learn the technique.
2. Follow the technique steps and keep the stroke rate between 25 and 30 spm.(or slower if you prefer).
3. Ski steadily and easily for 3 minutes at a stroke rate between 30 and 35 spm. Continue to practice good technique while also settling into a comfortable rhythm. Watch the console, which will show you how hard you are pulling on each stroke, how many meters (or watts or calories) you have skied, how long you have been skiing, your cadence, and your heart rate if you are connected via a HR monitor.
4. Rest for several minutes and review the console instructions, walk or stretch.
5. Ski easily again for 3-5 minutes. Depending on your comfort, your cadence may be anywhere between 30 and 45 spm.
6. Rest again for 1-2 minutes.
7. Repeat Step 5 for two or three times.



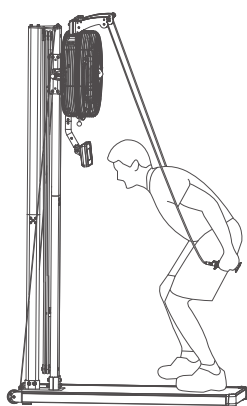
START

Begin with your hands and shoulder-width apart slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.



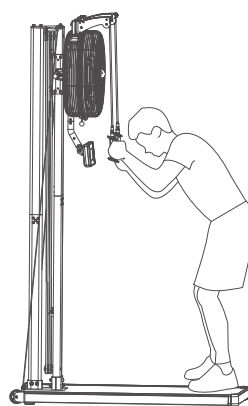
PULLING

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



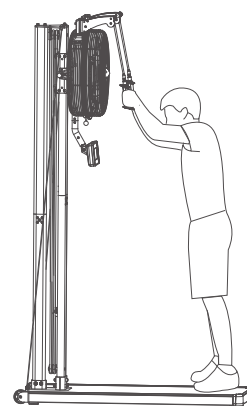
FINISH

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



RETURN

Bring your arms back up and straighten your legs.



REPEAT

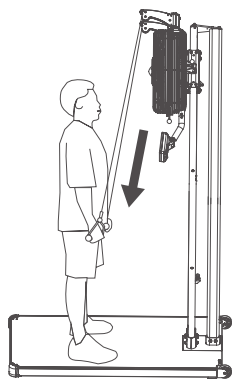
Extend your arms upward and straighten your body to return to the start position.

NOTE:

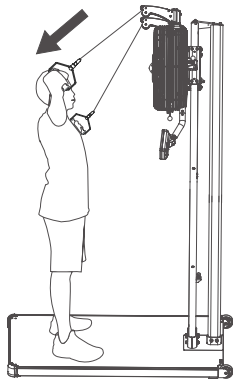
- Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching without bouncing gently.
- Gradually increase your skiing time and intensity over the first two weeks.
- Do not ski at full power until you are comfortable with the technique and have skied for at least a week. If you have not skied in over a week, take it easy for your first ski.
- Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- Don't expect to be able to jump right on where you left off and don't try to do intense interval work. Start with a steady ski at a comfortable pace and try building the intensity gradually through several intervals of 3-5 minutes in length from next ski.
- Lower intensity levels feel like skiing in faster snow condition, on flat terrain and downhill.
- Higher intensity levels feel more like skiing in slow condition or uphill.
- Use an intensity level setting on 8. The best, all-purpose intensity setting for a great cardiovascular workout is in the setting range of 6-10.
- Skiing with the intensity setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury.
- The lower intensity setting requires you to be a little faster in applying your power which, in the end, gives you a better workout.
- Aim for a stroke rate / SPM of between 30-40 spm for general fitness.
- Your SPM can probably be lower for long steady workouts, and higher for short intense work intervals. You may vary your SPM to match your poling tempo for the range of conditions that occur on snow.
- Allow a little extra time for warm-up and start very easily.
- It is important to give your body a rest every so often, even though skiing makes you feel great and you want to do it every day. We recommend taking at least one day off per week from skiing and it will make you more eager and have a better workout next day.

This Air Mag. M.W. is not only for sking workout but also designed for other great various functions while different positions located as shown below.

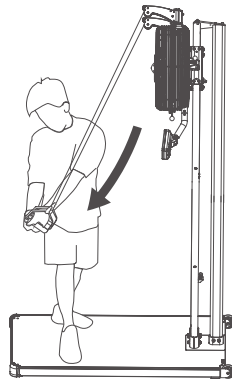
High Position Located w/ Cross Grip Handles



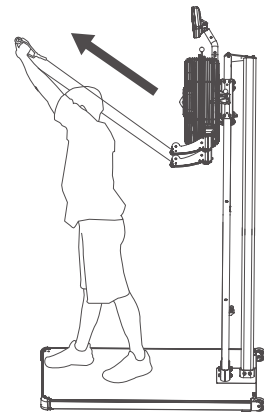
Standing Lat Pushdown



Reverse Crossover

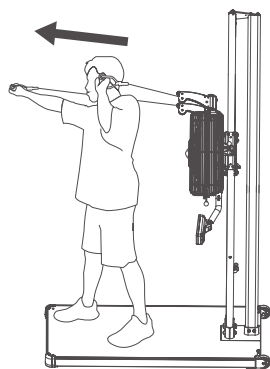


Wood Chop

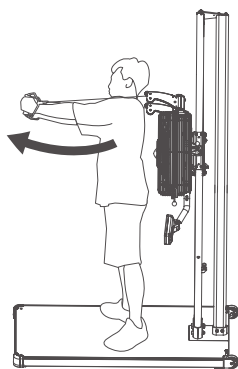


Tricep Extension (Overhead)

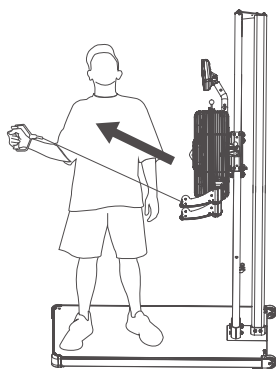
Middle Position Located w/ Cross Grip Handles



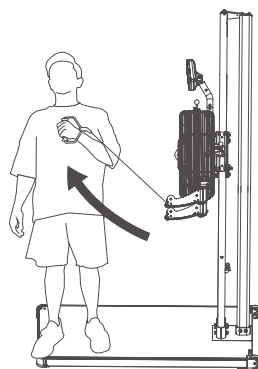
Boxing Cardio



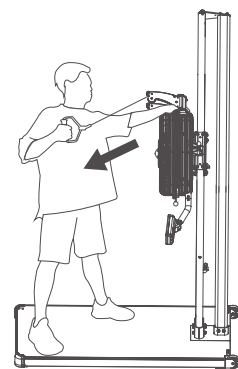
Cable Crossover



External Rotation

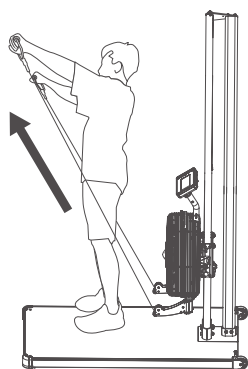


Internal Rotation

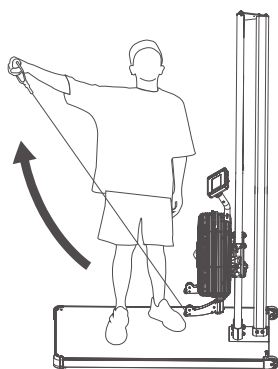


Cable Row

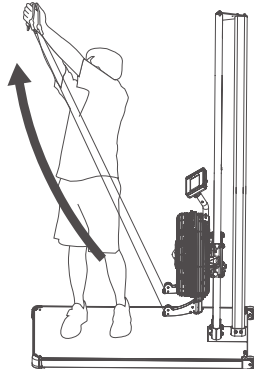
Low Position Located w/ Cross Grip Handles



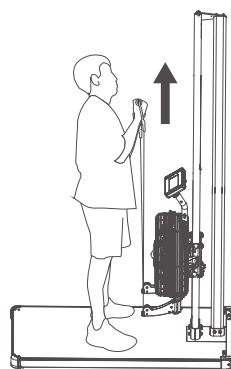
Front Delt Raise



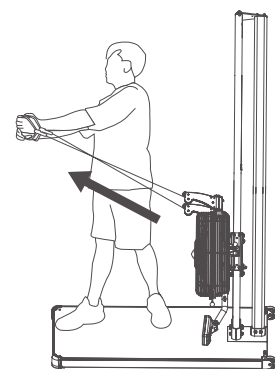
Mid Delt Raise



Reverse Wood Chop



Bicep Curl



Torso Twist

Fitness

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscle use this oxygen to provide enough energy for daily activity. This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently. This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart. This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life. When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

How to improve your fitness

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.

You can measure your heart rate by taking a pulse reading.

Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.

To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.

The area between these 2 levels is called the **target zone**.

It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.

Ideally you should aim to exercise (within zone) for at least 15-20 minute continuously, 3-4 times per week.

Caution

Do not try to do too much to quickly start gradually and build up.

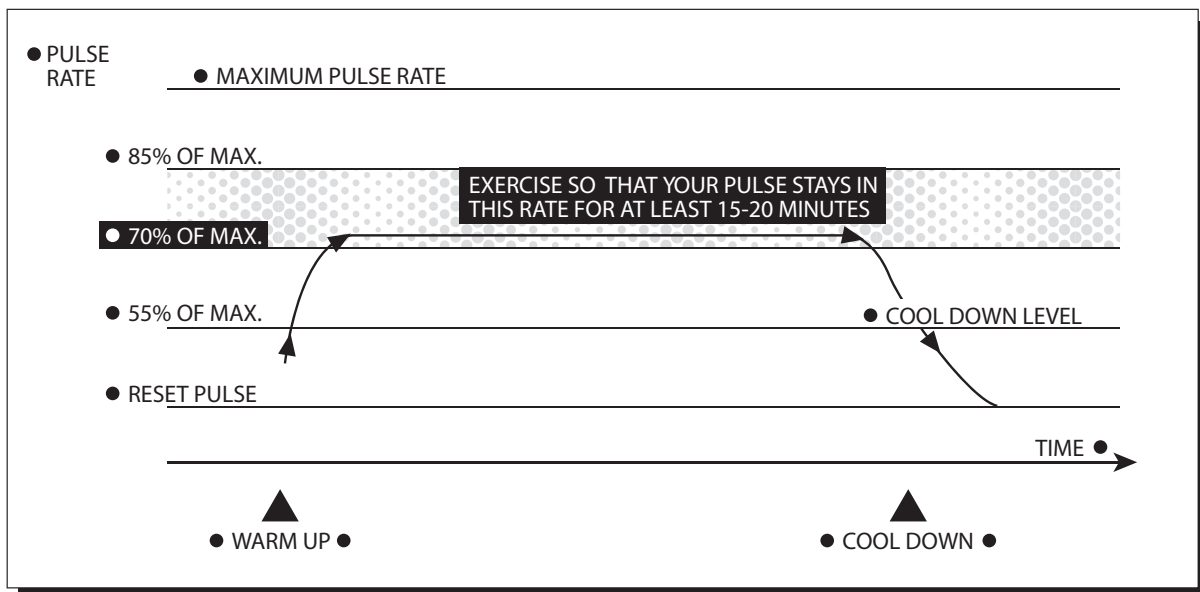
If you become ill, if you are under doctor care, or over 35-40 and not currently taking regular exercise then we would advise you not to start to exercise without consulting your doctor.

Class A test parameters

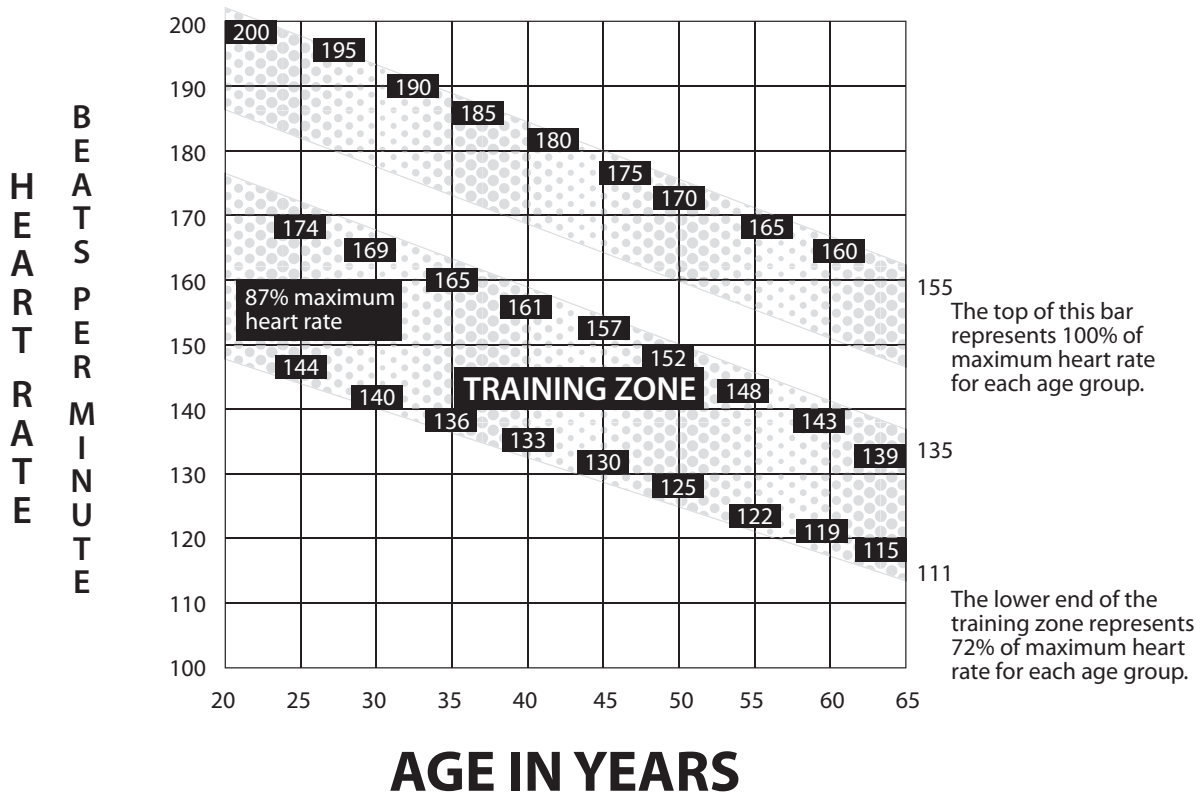
Spm	Level	Watt
25	1	24
25	7	25
25	8	26
25	14	36
35	14	68

Stroke=0.792m

Target Zone



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.



FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.



Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting and finishing your workout

Begin and end each workout with a Warm Up / Cool Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct skiing form

- Begin with your hands shoulder-width apart and slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.
- Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.
- Finish the drive with knees slightly bent, and arms extended down alongside your thighs.
- Bring your arms back up and straighten your legs.
- Extend your arms upward and straighten your body to return to the start position.

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minute (bpm)}$$

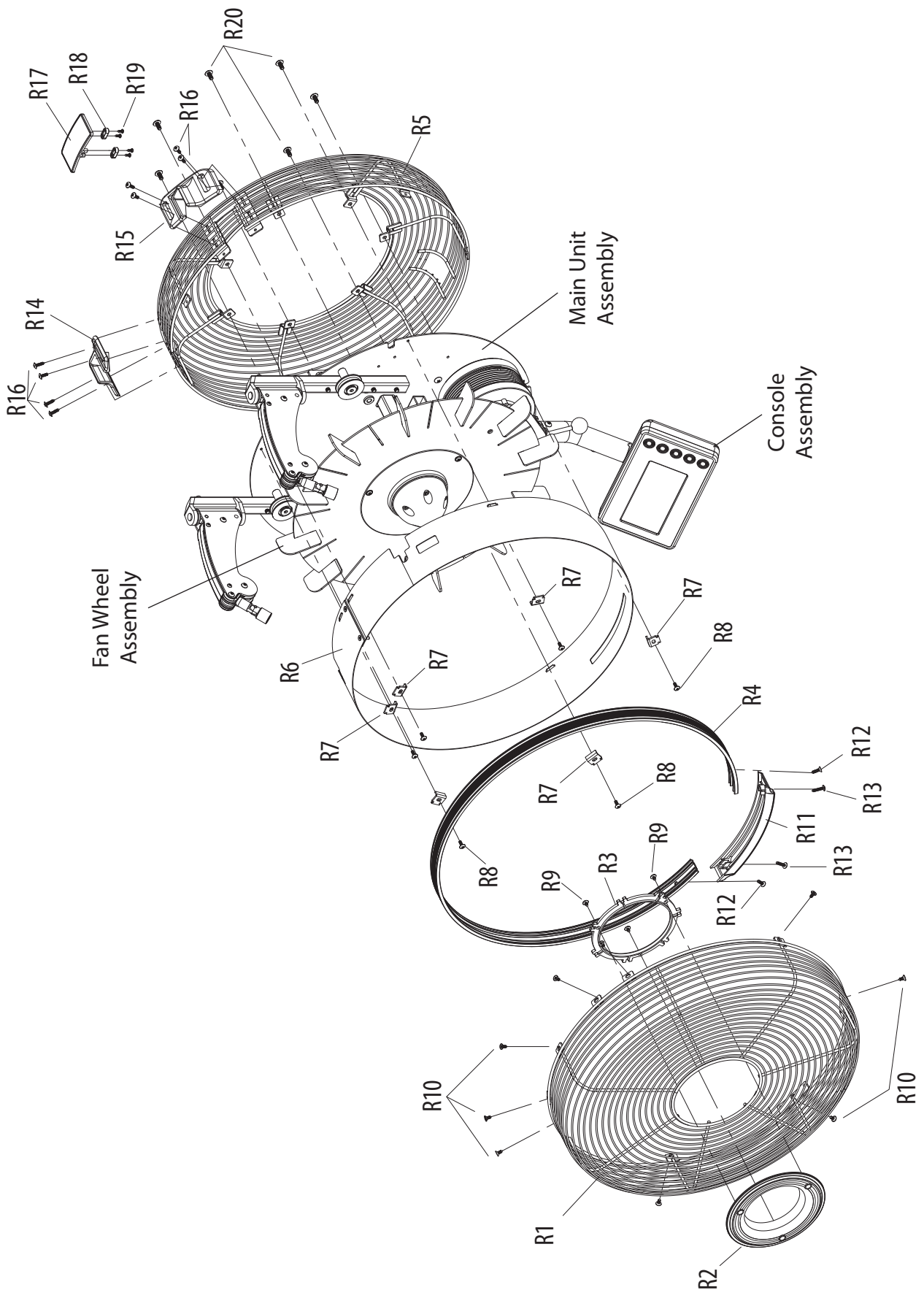
Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better health:

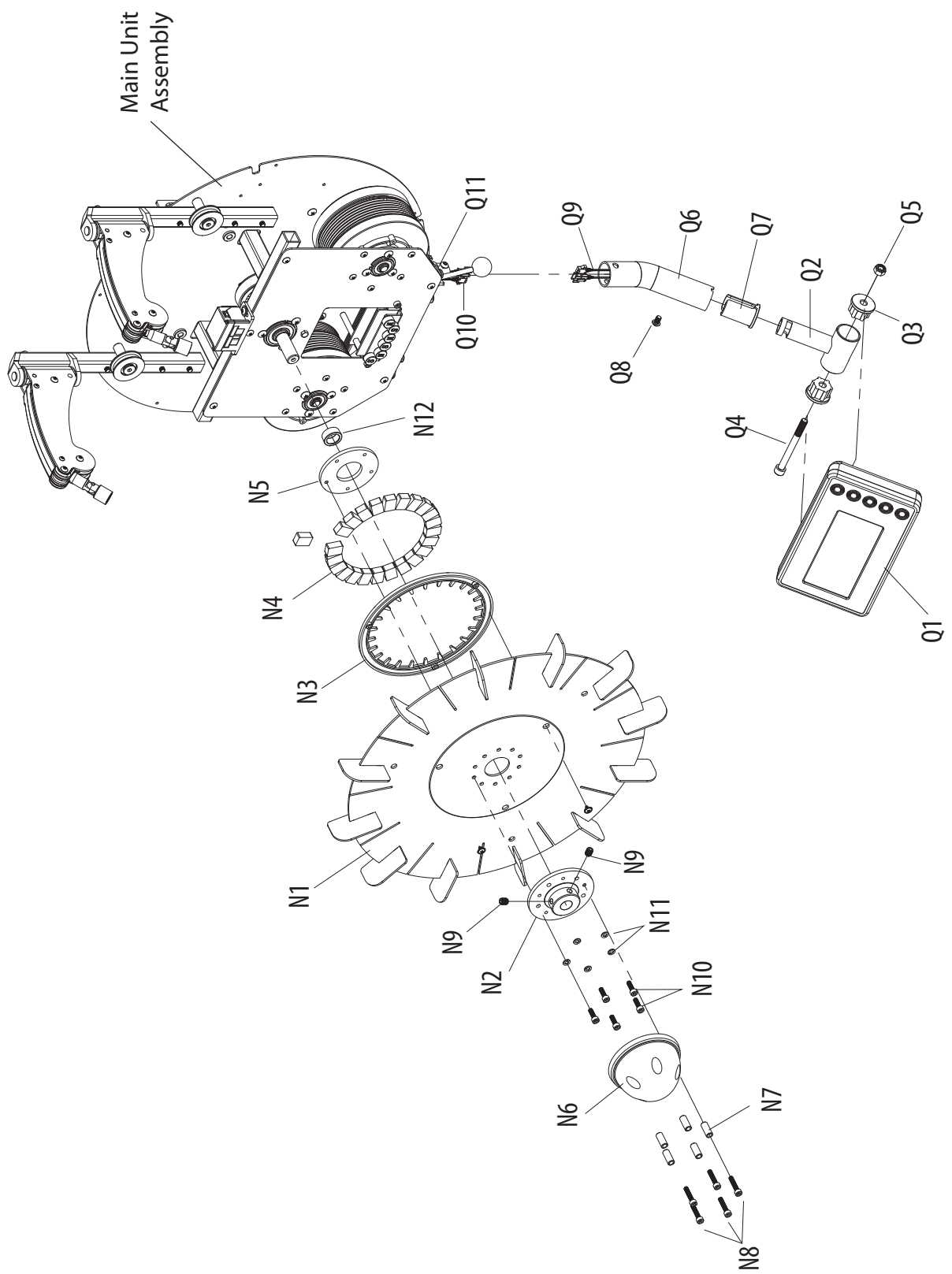
$$185 \times 60\% = 111 \text{ bpm}$$

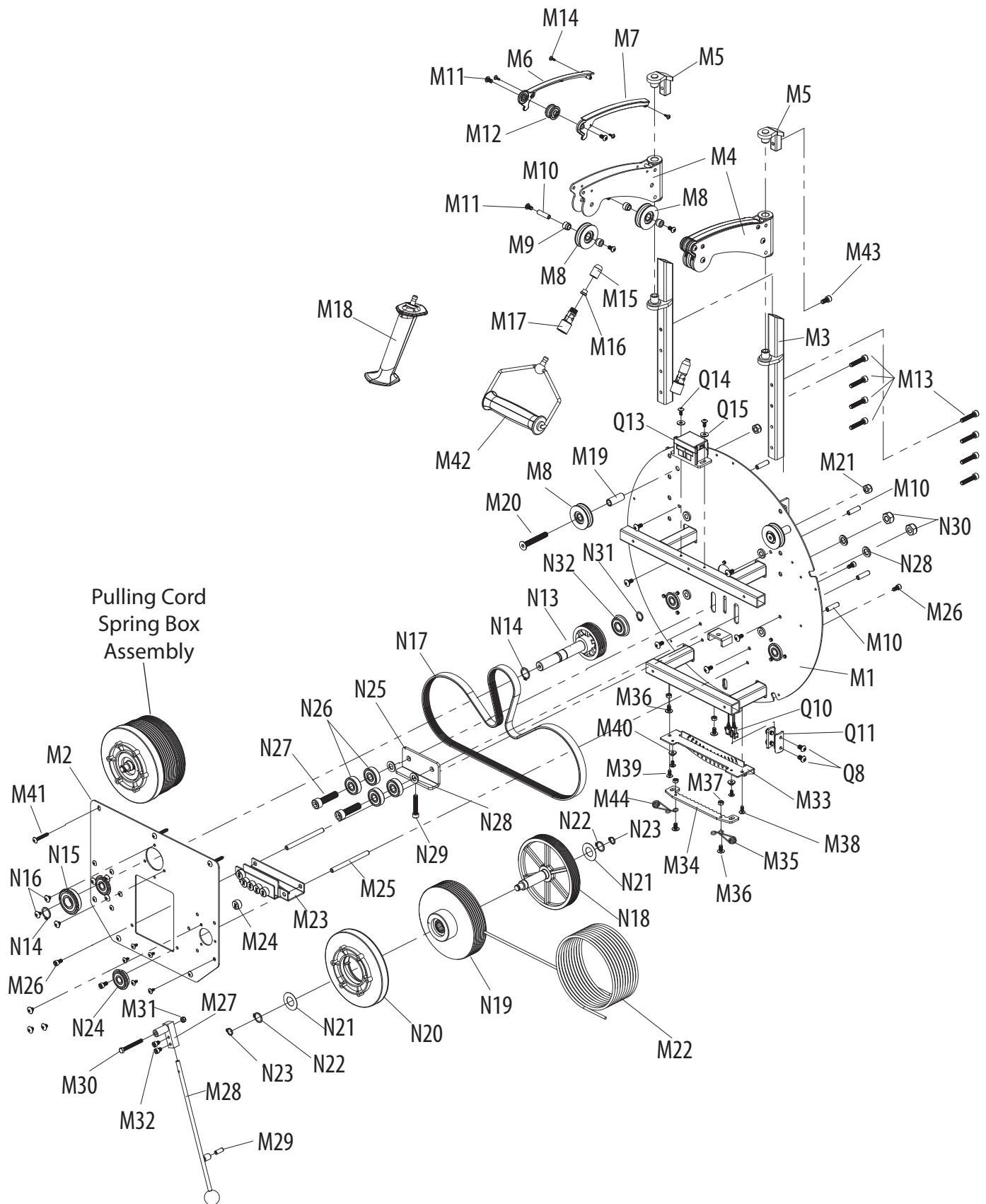
NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor.

Exploded Diagram





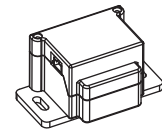
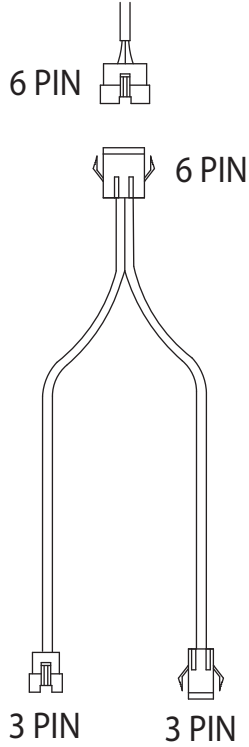
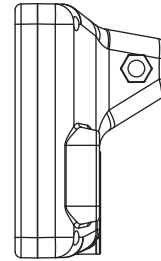
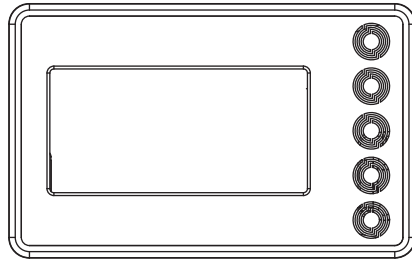


Parts List

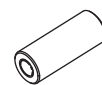
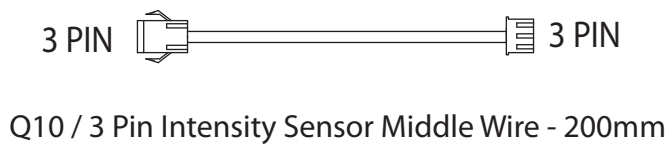
P / N	DESCRIPTION	Q"TY	P / N	DESCRIPTION	Q"TY
702000-M1	Main Frame Weldment	1	702000-N13	Main Axle w/ Ribbed Belt Pulley Inserted	1
702000-M2	Front Support Plate	1	702000-N14	Metal C-Clip - S17	2
702000-M3	Pulling Cord Upright Support	2	702000-N15	6203ZZ Ball Bearing W/Fixing Groove	1
702000-M4	Pulling Cord Arm	2	702000-N16	M5 x 6mm Phillip Head Machine Screw	18
702000-M5	Pulling Cord Pivot End - Metal	2	702000-N17	Ribbed Belt - 460 J6 - 1143mm	1
702000-M6	Pulling Cord Arm Top Cover - Left	2	702000-N18	Ribbed Belt Pulley Wheel Assembly	2
702000-M7	Pulling Cord Arm Top Cover - Right	2	702000-N19	Pulling Cord Pulley Wheel Assembly	2
702000-M8	OD42mm Pulling Cord Pulley Wheel w/ Bearing Inserted	6	702000-N20	Recoiled Spring Box Assembly	2
702000-M9	OD12 x ID7 x 9.5mm Bearing Spacer - Plastic	8	702000-N21	OD31.2 x ID16 x 0.5mm Steel Washer	4
702000-M10	OD7 x ID4.2 x 25mm Pivot Shaft	10	702000-N22	Metal C-Clip - S15	4
702000-M11	M5 x 10mm Allen Head Bolt	12	702000-N23	Metal C-Clip - S10	4
702000-M12	OD23 Top Pulling Cord Pulley Wheel w/ Bearing Inserted	2	702000-N24	6200ZZ Ball Bearing w/ Fixing Groove	4
702000-M13	M6 x 30mm Hex Socket Head Bolt	8	702000-N25	L Shape Idle Wheels Bracket	1
702000-M14	M3 x 10mm Phillip Head Self Tapping Screw	8	702000-N26	6200ZZ Ball Bearing - Idle Wheel	4
702000-M15	Pulling Cord Metal End	2	702000-N27	M10 x 40mm Hex Socket Head Bolt	2
702000-M16	Pulling Cord End Insert - Polyethylene (PE)	2	702000-N28	OD18 x ID12 x 2mm Flat Washer	4
702000-M17	Grip Handle Socket End	2	702000-N29	M6 x 35mm Hex Socket Bolt - Idle Wheel Adjustment	1
702000-M18	Vertical Pulling Grip Handle	2	702000-N30	M10 Hex Head Locknut	2
702000-M19	OD12 x ID 8.1 X 31mm Metal Sleeve - Pulley Wheel	2	702000-N31	Metal C-Clip - S12	1
702000-M20	M8 X 55mm Hex Flat Head Countersunk Screw	2	702000-N32	6201ZZ Ball Bearing W/Fixing Groove	1
702000-M21	M8 Hex Head Locknut	2	702000-Q1	Console Assembly	1
702000-M22	Pulling Cord - OD4 x 2500mm	2	702000-Q2	Console Pivot Post	1
702000-M23	Magnet Holder Bracket	1	702000-Q3	Plastic Pivot Bushing	2
702000-M24	OD15 x 8mm Round Magnet	6	702000-Q4	M8 x 85mm Hex Socket Head Bolt	1
702000-M25	OD7 x 85mm Metal Sleeve	2	702000-Q5	M8 Hex Head Locknut	1
702000-M26	M5 x 10mm Hex Socket Head Bolt	4	702000-Q6	Console Middle Post	1
702000-M27	Intensity Adjustable Pivot Bracket	1	702000-Q7	Plastic Insert Bushing	1
702000-M28	Intensity Adjustable Handle	1	702000-Q8	M6 x 10mm Allen Head Bolt	5
702000-M29	OD3 x 15mm Magnet	1	702000-Q9	3 Pin / 3 Socket Console Wire - 250mm	1
702000-M30	M5 x 45mm Hex Head Bolt	1	702000-Q10	3 Pin Intensity Sensor Middle Wire - 200mm	1
702000-M31	M5 Hex Head Locknut	1	702000-Q11	Console Post Fixing Bracket -Metal	2
702000-M32	M5 x 8mm Hex Socket Head Bolt	2	702000-Q12	3 Socket Chock Connected Wire - 850mm	1
702000-M33	Intensity Adjustable Bracket Base	1	702000-Q13	Chock	1
702000-M34	Intensity Adjustable Bracket Plate	1	702000-Q14	M4 x 10mm Phillip Head Machine Screw	2
702000-M35	Torsion Spring (Clockwies)	2	702000-Q15	OD13x ID5 x 1.5mm Flat Washer	2
702000-M36	M5 X 10mm Phillip Head Machine Screw	4	702000-R1	Metal Fan Wheel Cover - Front	1
702000-M37	M5 Hex Head Nut	4	702000-R2	Front Fan Wheel Cover - End Cap	1
702000-M38	M5 x 12mm Phillip Head Self Tapping Screw	2	702000-R3	Front End Cap Insert	1
702000-M39	M4 x 8mm Phillip Head Machine Screw	2	702000-R4	Aluminum Fan Wheel Cover Ring	1
702000-M40	OD6 x ID4 Bushing	2	702000-R5	Metal Fan Wheel Cover - Rear	1
702000-M41	M5 x 32mm Phillip Head Self Tapping Screw	5	702000-R6	Metal Fan Wheel Barrier	1
702000-M42	Cross Grip Pulling Handle	2	702000-R7	L Shape Fixing Bracket	6
702000-M43	M6 x 12mm Hex Socket Head Bolt	2	702000-R8	M4 x 12mm Phillip Head Self Tapping Screw	6
702000-M44	Torsion Spring (Counterclockwies)	1	702000-R9	M4 x 8mm Phillip Head Machine Screw	3
702000-N1	Metal Fan Wheel	1	702000-R10	M4 x 10mm Flat Cross Head Countersunk Screw	9
702000-N2	Front Fan Wheel Bushing - Metal	1	702000-R11	Intensity Adjustment Plastic Cover	1
702000-N3	Plastic Magnets Spacer	1	702000-R12	M4 x 15mm Flat Cross Head Countersunk Screw	2
702000-N4	20mm x 15mm x 9mm Magnet	24	702000-R13	M4 x 19mm Phillip Head Self Tapping Screw	2
702000-N5	Rear Fan Wheel Fixing Plate	1	702000-R14	Pulling Cord Post Cover - Left Side	1
702000-N6	Front Fan Wheel Cap - Plastic	1	702000-R15	Pulling Cord Post Cover - Right Side	1
702000-N7	OD 8.5 x ID5.5 x 20mm Insert Sleeve - Plastic	5	702000-R16	M4 x 15mm Phillip Head Self Tapping Screw	8
702000-N8	M5 x 25mm Hex Socket Head Bolt	5	702000-R17	Serial Number Panel - Plastic	1
702000-N9	M8 x 10mm Hex Socket Set Screw	2	702000-R18	Plastic Fixing Bush	2
702000-N10	M5 x 16mm Hex Socket Head Bolt	5	702000-R19	M3 x 8mm Round Cross Head Self Tapping Screw	4
702000-N11	M5 Spring Washer - Metal	5	702000-R20	M5 x 12mm Phillip Head Machine Screw	7
702000-N12	OD24 x ID17 X 10.5mm Spacer - Plastic	1			

Console Assembly

Q1 / Console Assembly



Q13 / Chock



M29 / Magnet

Your Warranty

This product is supplied with a 1 year warranty as follows:

This product is warranted for use in a commercial environment

This warranty excludes damage to the finish of the machine, damage sustained as a result form neglect, abuse, or failure to follow the suggested maintenance requirements (see Maintenance), shipping charges and if applicable, labor for the installation of any parts shipped to the owner under this warranty.

Please Note: Warranty details may vary from one market area to another

Warranty Terms

We warrants that the Product you have purchased from an authorised reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by us or sold by us by modification of the product; (d) as a result of service by anyone else other than us or an authorised warranty service provider.

During the warranty period we will at no additional charge provide replacement part(s) or repair the product (at our option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, we may replace defective parts or at the option of ours, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of ours. We reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to us in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon our receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

To obtain warranty service you must and provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

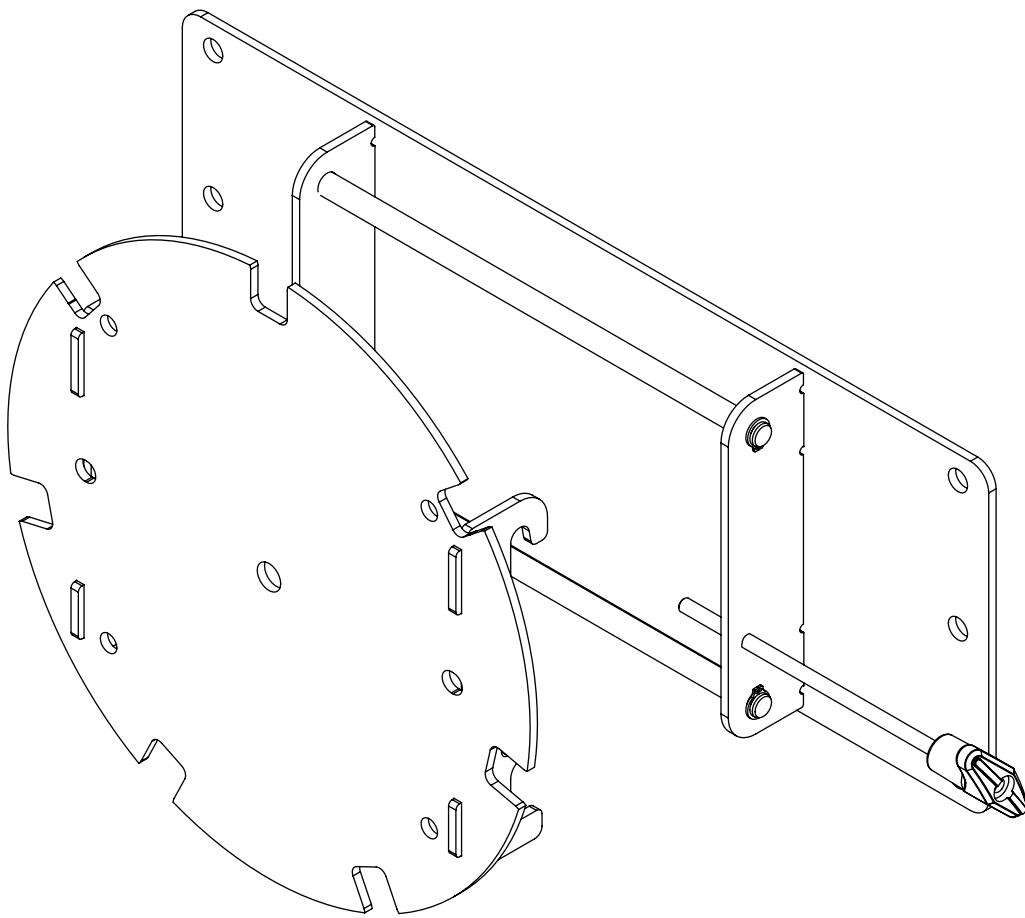
Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

ReNegaDE

DESCRIPTION: ReNegaDE Air Mag. M.W. Compact
CODE: 702001
VERSION: 20211001

ReNegaDE M.W. COMPACT



**PLEASE READ THIS INSTRUCTION MANUAL
BEFORE YOU BEGIN ASSEMBLY**

INSTRUCTION MANUAL

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Safety Information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface, ensure that the product is stable before use.
- Try to ensure that your back is straight while exercising, especially for long periods
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear
- Keep hands away from moving parts.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Special attention should be taken to inspect the components, such as pulleys, bearings, straps, rollers are always more susceptible to wear before use.
- Never leave any adjustment devices projecting from the product.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this ski is 180kg / 400lbs.
- Don't rock this equipment from side to side
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- This product has an intergrated resistance system without a constant power mode that is governed by magnetic resistance.
- Losing grip or suddenly releasing the handle could result in an uncontrolled return, ensure there is free space around the product.
- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.
- To prevent shock, keep all electical components, such as the console, motor, cord and switch away from water.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do **NOT** work to exhaustion.
- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.**

Injuries to health may result from incorrect or excessive training.

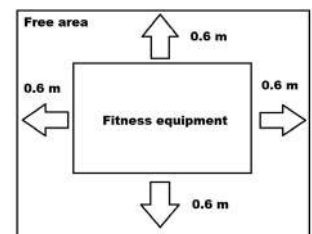
Heart Rate Monitoring System may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !

Be aware of the edges on the platform when in use or move it around.

The safety maximum length of the pulling handle motion on this product is 200cm, please be awared to avoid any exercise that over this motion range limit.

The max. operating force allowed is 18 kg.

It is your responsibility to contact us for further advices, when you found any damages which impact the original design and potential issue caused on the product after carton opened.



Safety Standards

This Air Mag. M.W. meets the requirements of the EN ISO 20957-1: 2013, Class SA

This product is not suitable for therapeutic purposes.

It is important that you keep these instructions for future reference.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any straps, pulleys, nuts, bolts, moving parts, bushes, cords, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.



Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are to be removed from the appliance before being charged.
- Different types of batteries or new and used batteries are not to be mixed.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the appliance and safely disposed of
- If the appliance is to be stored unused for a long period, the batteries should be removed.
- The supply terminals are not to be short-circuited.
- This Air Mag. M.W. Compact comes up with dimensions of 49 x 37 x 209cm and 27.5 kg (60.6 lbs) weight.

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. **Serial no.** - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.

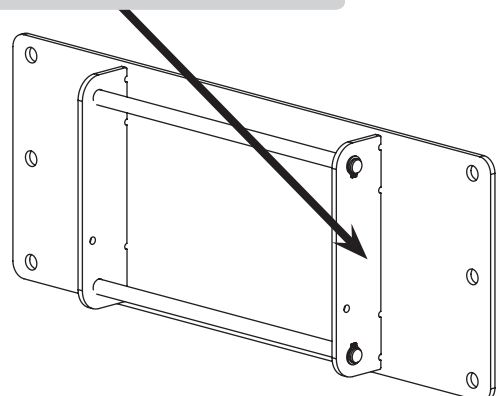
Batch NO.:

702001/21/10

MADE IN TAIWAN

2. **Original purchase date**
3. **Place of purchase**
4. **Information about the place and conditions of use**
5. **Precise description of the issue/defect**

Your Serial No. is:

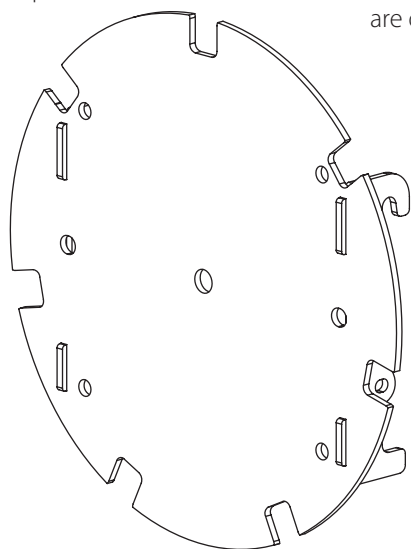


Contact Us

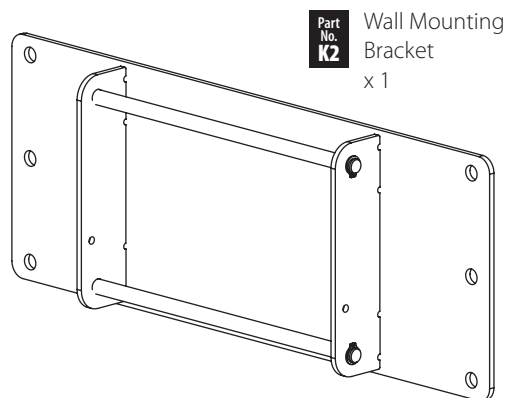
Assembly Instruction

Before you start

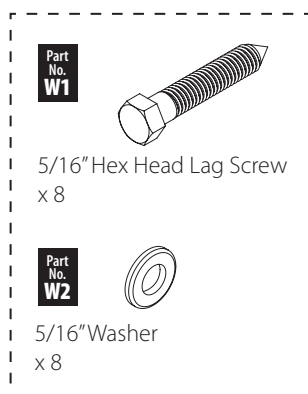
- 1. Prepare your work area -**
It is important for you to assemble the product at a clean and uncluttered space.
- 2. Work with a friend -**
we recommend you to have someone assisting you with the assembly as some of the components are quite heavy.
- 3. Open the carton -**
checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton**
Make sure you have the following parts:



Part No. K1 Rear Fixing Bracket Plate x 1



Part No. K2 Wall Mounting Bracket x 1

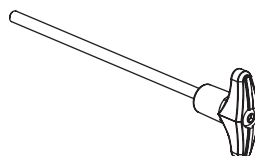


Part No. W1

5/16" Hex Head Lag Screw x 8

Part No. W2

5/16" Washer x 8



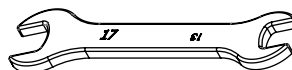
Part No. K4 Fixing Pin x 1

Fixings

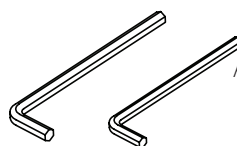


Part No. S7 M8 x 25mm Hex Socket Head Bolt x 4

Tools and Consumables



Wrench (13/17mm)



Allen Key (6mm and 4mm)



This Air Mag. M.W. Compact takes up a floor space of 110cm x 60cm for use, and weighs 27.5kg

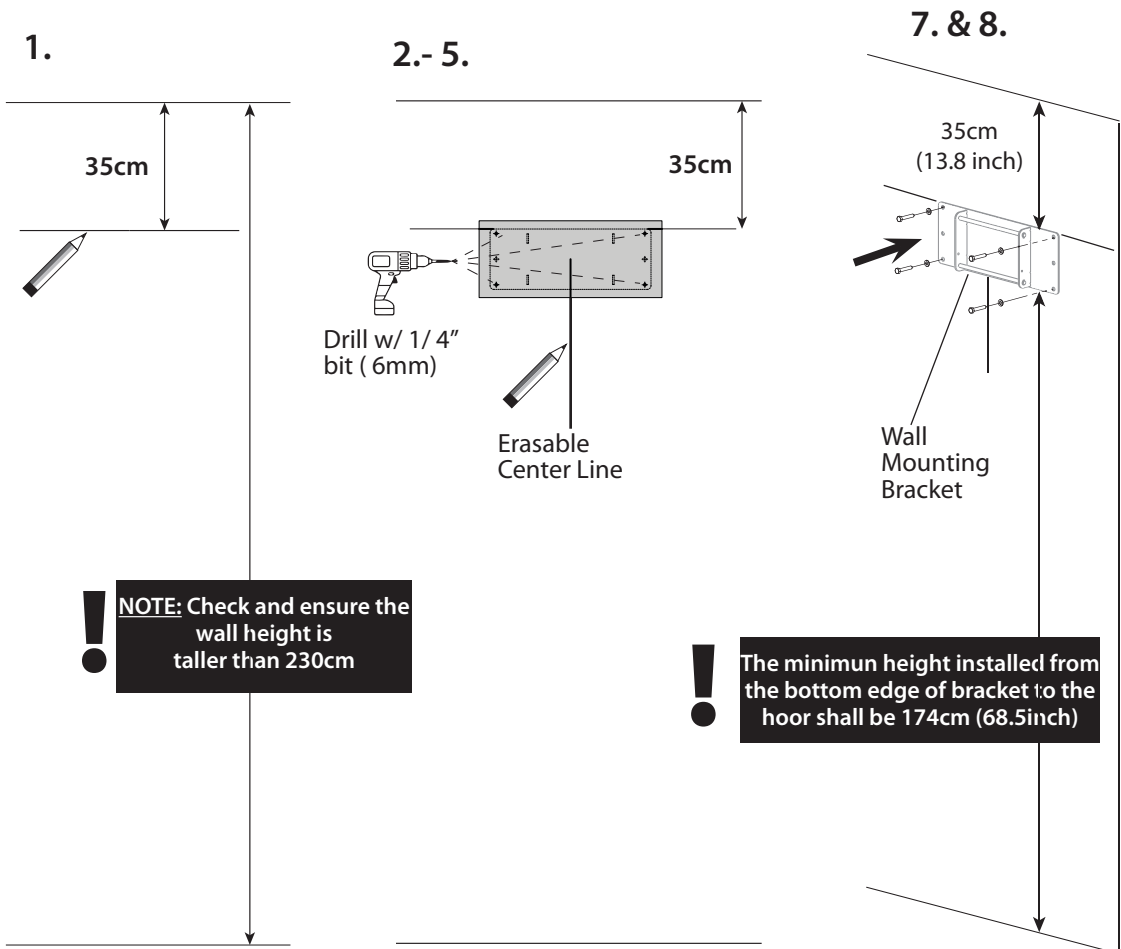


If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 4 for contact details.

1. Attach the Wall Mounting Bracket

- Follow the installations of " **How To Attach the Mounting Bracket Onto The Wall Securely**" for the next assembly on page 9.

! The minimum force supported shall be 202 kg.



Hardware Kit - Provided

5/16" Hex Head Lag Screw
x 8

5/16" Washer
x 8

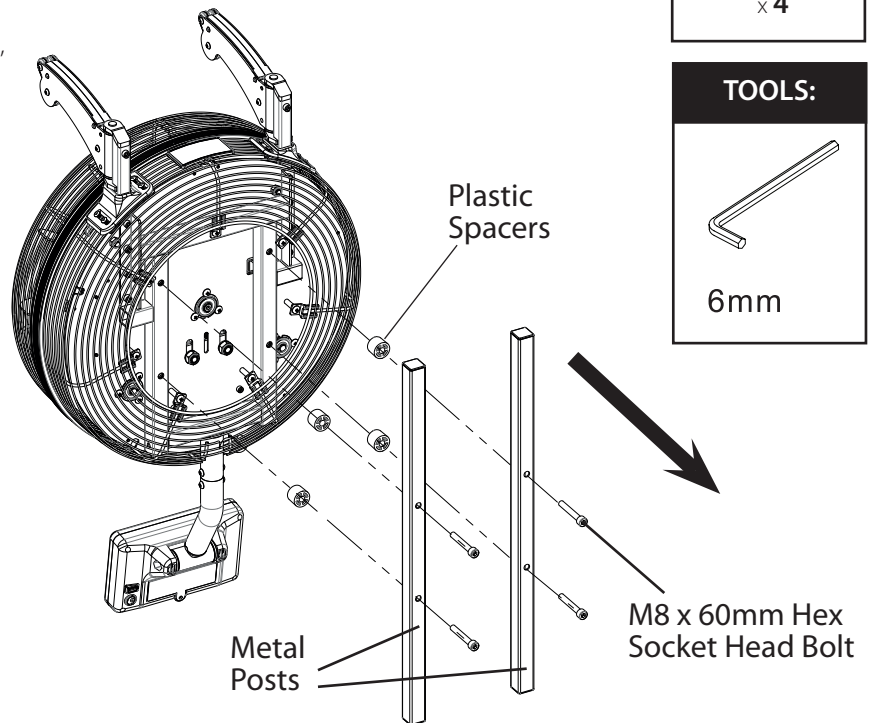
Wrench (13/17mm)

2. Attach the Air Mag M.W. Compact

2-1. Remove the metal posts from the back of the Air Mag. M.W. Compact

- Loosen the four **M8 x 60mm Hex Socket Head Bolts** from the two metal posts as shown.

Note: The four Hex Socket Head Bolts, four Plastic Spacers and the two Metal Posts are used for packaging protection purpose, which won't be used again during the assembly.

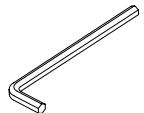


FIXINGS:



x 4

TOOLS:



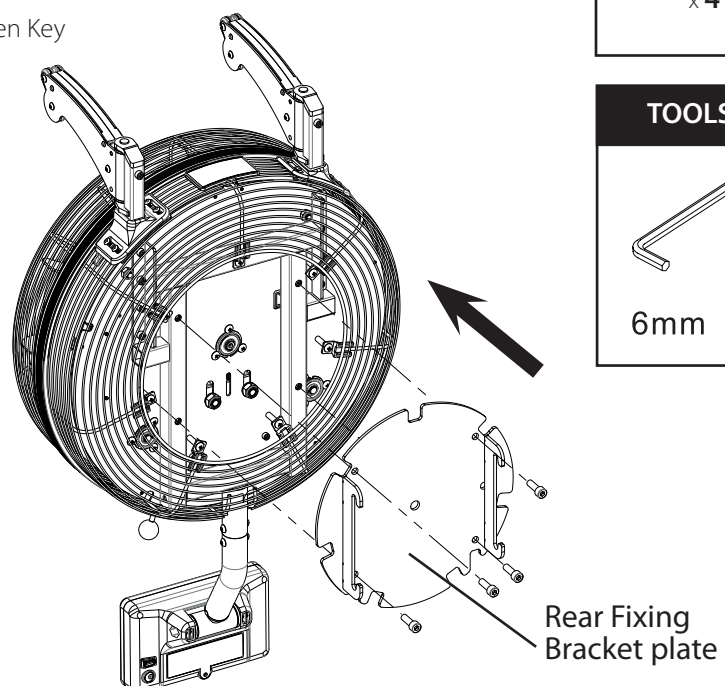
6mm

2-2. Attach the Air Mag. M.W. Compact Fixing Plate

- Have someone to assist you to hold the Air Mag M.W. evenly and attach it to the **Rear Fixing Bracket Plate (K1)** of the selected attachment with four **M8 X 25mm Hex Head Socket Bolts (S7)** as shown.
- Tighten the bolts securely with the 6mm Allen Key - provided.

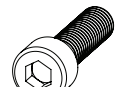
! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the bolts are fully tightened with the allen key.



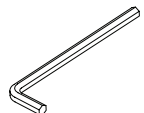
FIXINGS:

Part No. S7



x 4

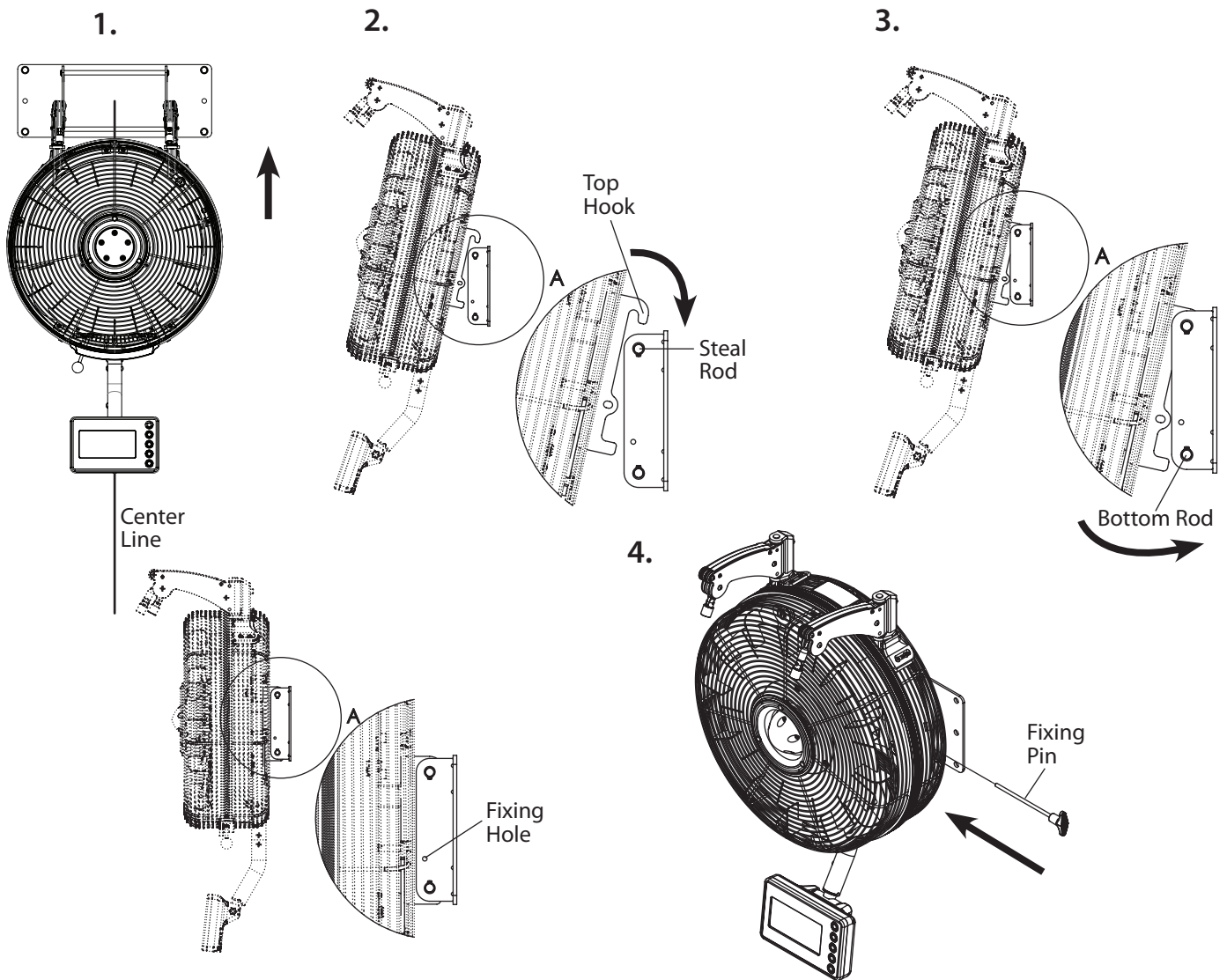
TOOLS:



6mm

3. Attach the Air Mag. M.W. Compact to the Mounting Bracket

1. Ask someone to assist you to align and attach the **Main Unit** onto the **Wall Mounting Bracket** properly.
2. Hold the **Main Unit** with two hands from sides, align the console post to the center line marked on wall , and attach the **Top Hooks** on the back of the main unit to the top **Steel Rod** of the wall bracket firstly.
3. Release the bottom part of the **Main Unit** toward the **Bottom Rod** on the bracket carefully.
4. Secure the main unit on the bracket with **Fixing Pin** by tighten the threads on the pin carefully.



! Be sure the fixing holes on both brackets are in alignment.

Final Checks

Your Air Mag M.W. is now assembled. Please make the following checks before you use it for the first time.

- Make sure all screws, bolts & nuts are tighten securely.
- The Air Mag. M.W. Compact must be securely and reliably fastened to a solid wall.

How To Attach the Mounting Bracket Onto The Wall Securely

The Air Mag M.W. Compact comes with pre-drilled holes bracket for a standard 16" on center stud wall construction and the hardware is included for the attachment . For mounting to other types of wall construction (metal , concrete etc.), **please consult with a building professional for safe and secure installation.**

Installation Recommendations.

Dimensions: 50cm x 45cm x 210 cm

Training area : 60cm x 110cm x 215cm

Total Weight: 27.5 kg (61lbs)

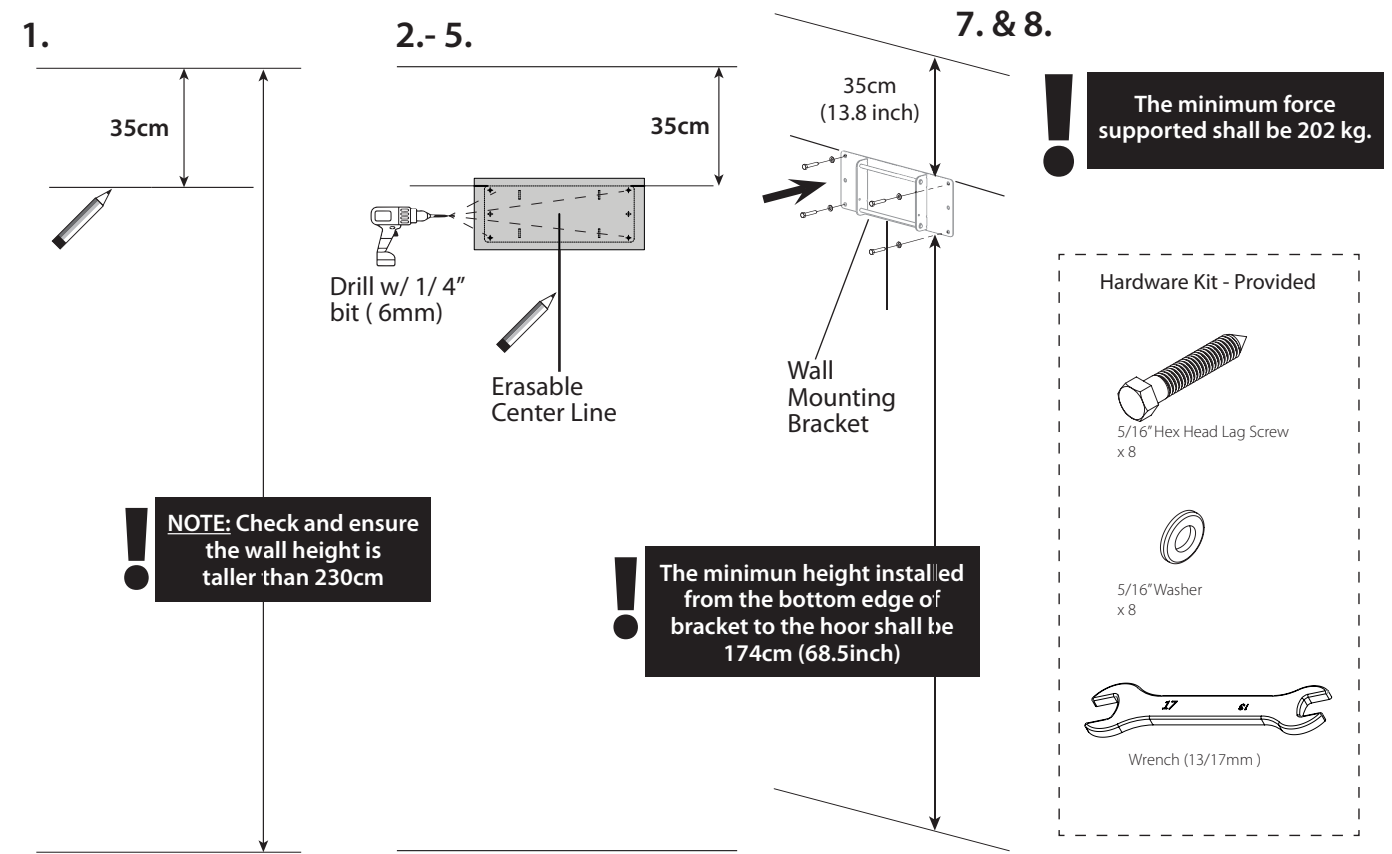
Installation Tools Needed :

1. 1/2" (13mm) Wrench - Provided
2. Drill w/ 1/ 4" bit (6mm)
3. 5/16" Hex Head Lag Screw x 4 - Provided
4. 5/16" washer x 4 - Provided

! YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!
The Air Mag M.W. Compact must be securely and reliably fastened to a solid wall.
The minimum force supported shall be 202kg (445 lbs).

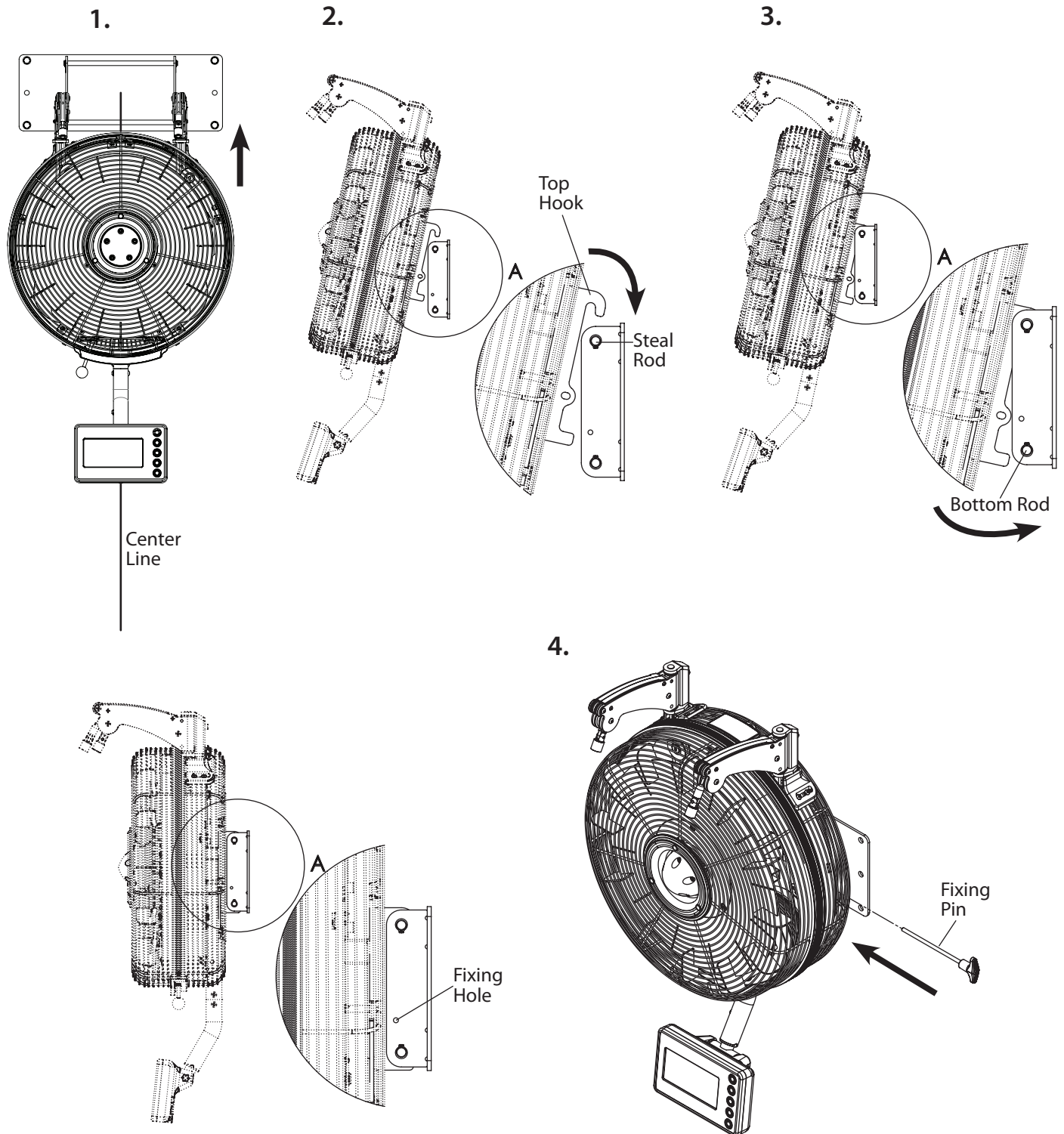
1. Ask someone to assist you to find the ideal locations of the four fixing holes correctly as below.
 - Ensure the total wall height under the ceiling is taller than 230cm (91 inches).
 - Mark a line with 50cm width and 35 cm below the ceiling.
2. Open & flat the drilling holes drawing properly.
3. Glue the back of the drawing and align the marked lines to stick on wall accurately.
4. Extend the center line 50cm downward from the drawing to the wall with erasable mark carefully. (This center line will help you to align the main unit while attach onto the wall mounted bracket.)
5. Drill a 1/4" diameter hole 2" deep at each mark on the drawing to the wall carefully.
6. Remove the drawing from the wall carefully.
7. Attach the wall mounted bracket assembly & against to the wall and align four holes on the bracket to holes on wall carefully.
8. Fit the bracket to the wall with four 5/16" Hex Head Lag Screws & washers and tight with 13/17 wrench -provided.
9. When mounted properly the lag screws & washers will with stand 202kg (445lbs) of force.

! Be sure you are drilling into solid material and that the Air Mag M.W. Compact is firmly attached to the wall
... Insufficient attachment may lead to injury.



How To Attach the Air Mag M.W. Compact to the Mounting Bracket

1. Ask someone to assist you to align and attach the **Main Unit** onto the **Wall Mounting Bracket** properly.
2. Hold the **Main Unit** with two hands from sides, align the console post to the center line marked on wall , and attach the **Top Hooks** on the back of the main unit to the top **Steel Rod** of the wall bracket firstly.
3. Release the bottom part of the **Main Unit** toward the **Bottom Rod** on the bracket carefully.
4. Secure the main unit on the bracket with **Fixing Pin** by tighten the threads on the pin carefully.

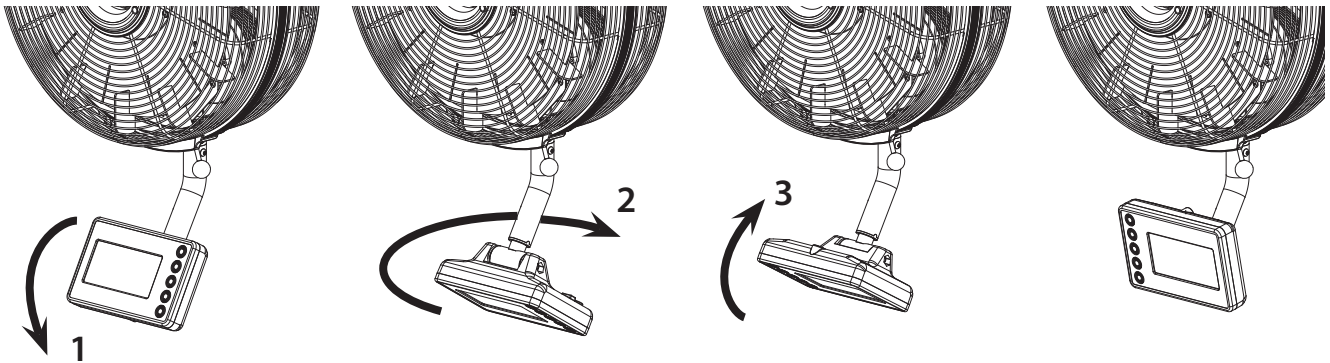
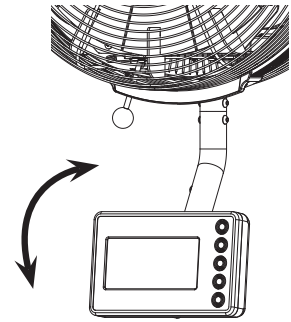


! Be sure the fixing holes on both brackets are in alignment.

Air Mag. M.W. Compact Features Explained

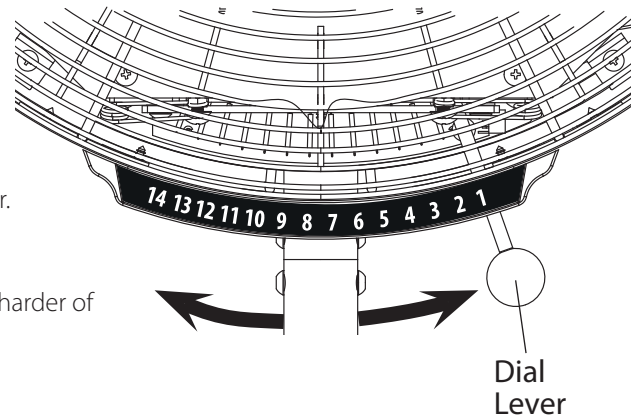
Adjusting the Console

1. Adjust the console display to suitable angle for easy viewing by rotating the console itself with both hands evenly as shown.
2. You can also change the console up side down for easy viewing when needed by rotating the console with both hands evenly as shown .
 - Fold down or upward the displayed screen slowly.
 - Rotate the console clockwise (or anti-clockwise) carefully.
 - Fold up or downward the displayed screen slowly as required.



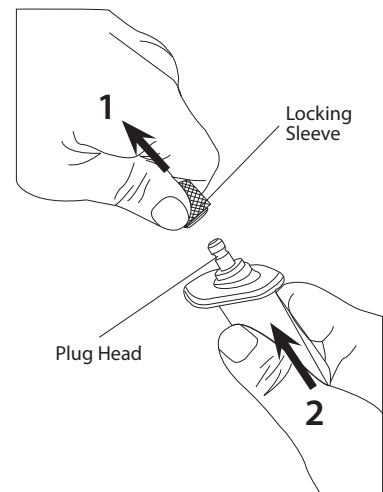
Adjusting the Resistance

1. This Air Mag M.W. features a speed independent (14 levels adjustable) system.
2. The harder you pull, the more resistance you will feel. As you put more efforts into your pulling, you will go faster, produce more watts and burn more calories. But it is more important to ski for a longer time than to ski harder.
3. The resistance is controlled by a magnet mechanism, which is moved closer or further away from the air fan wheel assembly – the closer the magnet is to the fan wheel the harder of resistance occurred.
4. The magnet is controlled manually, by moving the dial lever.
5. The resistance levels goes from 1 = easy to 14 = hard.



Exchanging the Grip Handle

1. Use your thumb & index finger of one hand to grasp & pull the locking sleeve as shown.
2. Attach the plug head of selected handle into the locking socket and release to secure the handle attachment properly.
3. Repeat the other side handle with same procedures



How to Take Care of Your Air Mag. M.W. Compact

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Cleaning & Maintenance

Your Air Mag M.W. is designed for indoor skiing used only and should not be used or stored in damp area. Ensure you regularly check components for wear and make sure all the nuts & bolts are tightened before each exercise session.

Pulling Cords – Clean daily before use.

- Check for nicks or cuts and fraying that may weaken the pulling cords' integrity even though it is made of superior quality Teton webbing fabric to make it extremely strong.
- Also check if the bushing at the handle end is intact. Use a warm, damp cloth to clean the whole surface of the pulling cords after every exercise if possible.

Check and Replace the Console AA Battery – Approximately every 200 hours if equipped.

Check for loose Console Arm – Approximately every month.

Clean for Dusts on Fan Wheel Assembly – Approximately every month.



Never remove the protective casing.



Discontinue use immediately and contact your dealer for replacement if any of the symptoms are found.

Troubleshooting



If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

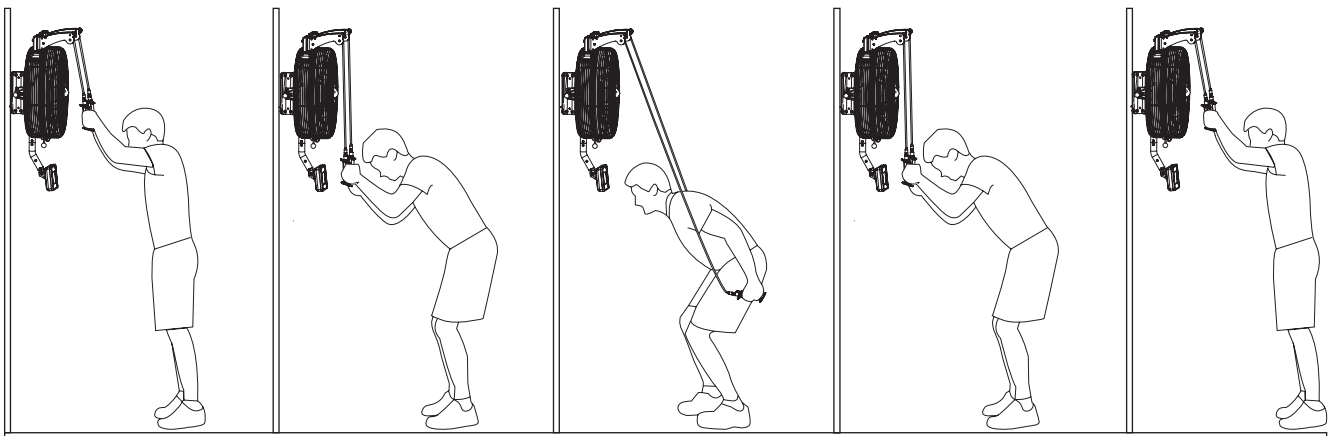
If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local distributor using the details found in the Customer Support section on page 4.

Exercising with Your Air Mag. M.W. Compact

Before Exercising Check:

- You have to find an adequate space ie. at least 2ft (60cm) clearance on each side.
- Check all bolts and locking pins are secured and protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.
- Always use your Air Mag. M.W. on a flat level solid surface.
- Always work within your exercise level, do not work to exhaustion.
- If you feel pain or unwell **STOP YOUR WORKOUT IMMEDIATELY.**
- Injuries may result from incorrect or excessive training.
- Please make sure you have read the safety guideline.
- Consult your physician to be sure it is not dangerous for you to undertake a strenuous exercise program.
- Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.
- Always pull with both handles at the same time. But you can also pull with one handle for alternating arms - classic skiing technique as well.
- Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them.
- The wall-mounted Air Mag. M.W. must be securely fixed to the wall at the top and bottom brackets. Be sure that your mounting bolts are going into a solid material such as wood or concrete, and that you are using the proper hardware for the wall material.
- Perform regular inspection and maintenance as recommended.
- Skiing is an extremely effective form of exercise. It strengthens the heart, improves metabolism, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.
- This M.W. machine offers terrific exercise for the entire body. Each pull engages the legs, arms, shoulders and core in a downwards "crunch" using body weight to help accelerate the handles. Each pull finishes by extending the arms down along the hips with knees partly bent.
- This M.W. machine enables you to train using the motion that is essential to all techniques of skate and classic skiing.
- Check your **Proper Skiing Techniques** as below:



START

Begin with your hands and shoulder-width apart slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.

PULLING

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

FINISH

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

RETURN

Bring your arms back up and straighten your legs.

REPEAT

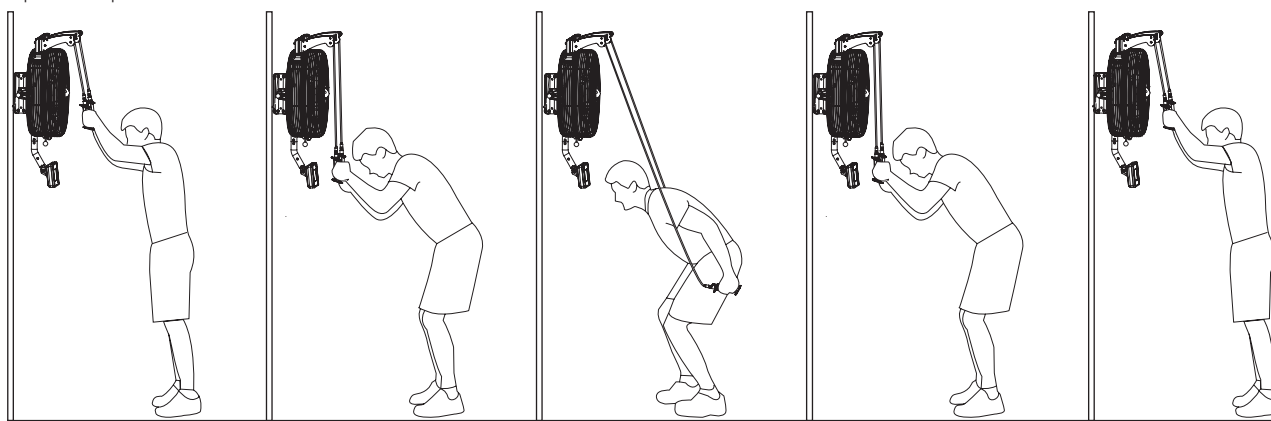
Extend your arms upward and straighten your body to return to the start position.

NOTE:

- Have someone watching you to help you matching your body positions as the pictures shown above.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any points in the stroke.
- Your handle grip should be grasped and comfortable and your wrist should be free during the skiing.

Start Your First SkiErg Workout:

1. Begin with a minute or two of easy skiing to learn the technique.
2. Follow the technique steps and keep the stroke rate between 25 and 30 spm.(or slower if you prefer).
3. Ski steadily and easily for 3 minutes at a stroke rate between 30 and 35 spm. Continue to practice good technique while also settling into a comfortable rhythm. Watch the console, which will show you how hard you are pulling on each stroke, how many meters (or watts or calories) you have skied, how long you have been skiing, your cadence, and your heart rate if you are connected via a HR monitor.
4. Rest for several minutes and review the console instructions, walk or stretch.
5. Ski easily again for 3-5 minutes. Depending on your comfort, your cadence may be anywhere between 30 and 45 spm.
6. Rest again for 1-2 minutes.
7. Repeat Step 5 for two or three times.



START

Begin with your hands and shoulder-width apart slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.

PULLING

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

FINISH

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

RETURN

Bring your arms back up and straighten your legs.

REPEAT

Extend your arms upward and straighten your body to return to the start position.

NOTE:

- Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching without bouncing gently.
- Gradually increase your skiing time and intensity over the first two weeks.
- Do not ski at full power until you are comfortable with the technique and have skied for at least a week. If you have not skied in over a week, take it easy for your first ski.
- Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- Don't expect to be able to jump right on where you left off and don't try to do intense interval work. Start with a steady ski at a comfortable pace and try building the intensity gradually through several interval of 3-5 minutes in length from next ski.
- Lower intensity levels feel like skiing in faster snow condition, on flat terrain and downhill.
- Higher intensity levels feel more like skiing in slow condition or uphill.
- Use a intensity level setting on 8. The best, all-purpose intensity setting for a great cardiovascular workout is in the setting range of 6-10.
- Skiing with the intensity setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury.
- The lower intensity setting requires you to be a little faster in applying your power which, in the end, gives you a better workout.
- Aim for a stroke rate / SPM of between 30-40 spm for general fitness.
- Your SPM can probably be lower for long steady workouts, and higher for short intense work intervals. You may vary your SPM to match your poling tempo for the range of conditions that occur on snow
- Allow a little extra time for warm-up and start very easily.
- It is important to give your body a rest every so often, even though skiing makes you feel great and you want to do it every day. We recommend taking at least one day off per week from skiing and it will make you more eager and have a better workout next day.

Fitness

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscle use this oxygen to provide enough energy for daily activity. This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently. This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart. This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life. When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

How to improve your fitness

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.

You can measure your heart rate by taking a pulse reading.

Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.

To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.

The area between these 2 levels is called the **target zone**.

It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.

Ideally you should aim to exercise (within zone) for at least 15-20 minute continuously, 3-4 times per week.

Caution

Do not try to do too much to quickly start gradually and build up.

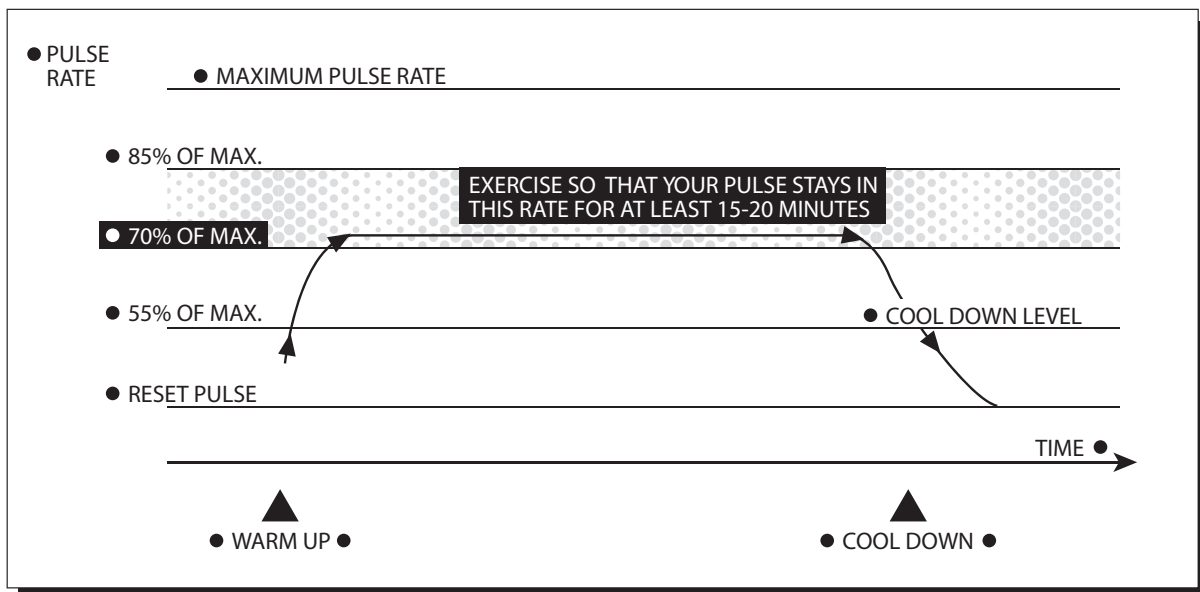
If you become ill, if you are under doctor care, or over 35-40 and not currently taking regular exercise then we would advise you not to start to exercise without consulting your doctor.

Class A test parameters

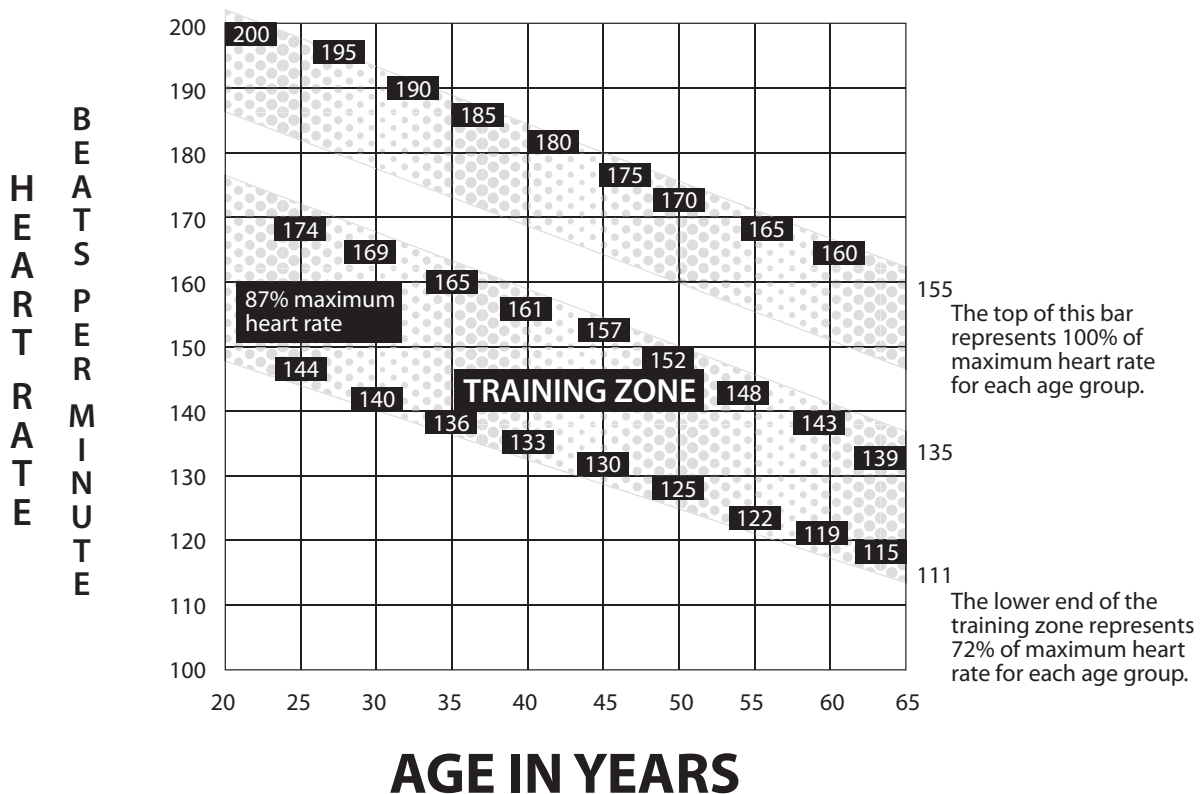
Spm	Level	Watt
25	1	24
25	7	25
25	8	26
25	14	36
35	14	68

Stroke=0.792m

Target Zone



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.



FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.



Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting and finishing your workout

Begin and end each workout with a Warm Up / Cool Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct skiing form

- Begin with your hands shoulder-width apart and slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.
- Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.
- Finish the drive with knees slightly bent, and arms extended down alongside your thighs.
- Bring your arms back up and straighten your legs.
- Extend your arms upward and straighten your body to return to the start position.

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minute (bpm)}$$

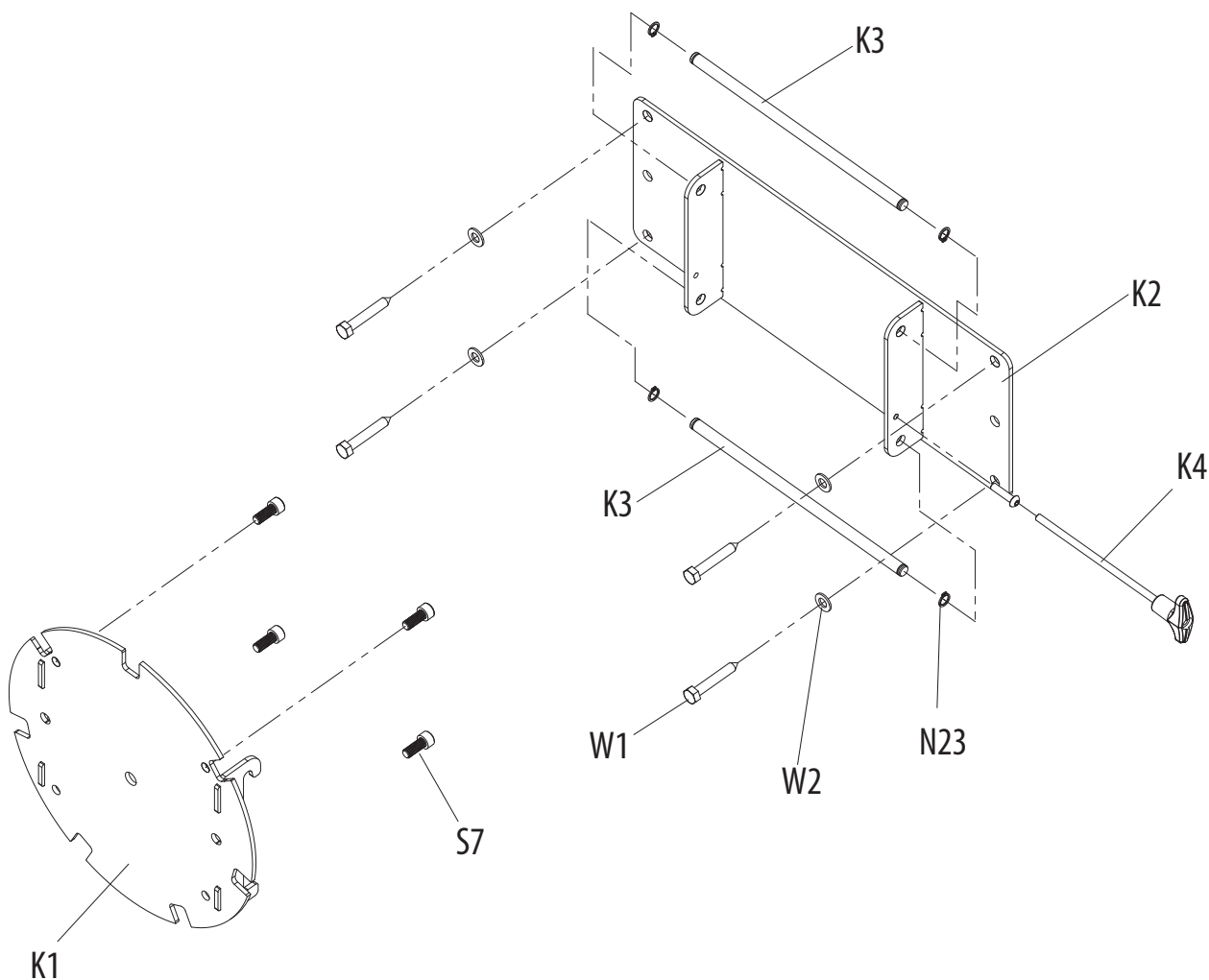
Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better health:

$$185 \times 60\% = 111 \text{ bpm}$$

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor.

Exploded Diagram and Parts List



P / N	DESCRIPTION	Q"TY
702001-K1	Rear Fixing Bracket Plate	1
702001-K2	Wall Mounting Bracket	1
702001-K3	OD10 x 246mm steel rod	2
702001-K4	OD6 x 150mm Fixing Pin w/ 30mm threads	1
702001-N23	Metal C-Clip- S10	4
702001-S7	M8 x 25mm Hex Socket Head Bolt	4
702001-W1	5/16" Hex Head Lag Screw	4
702001-W2	5/16" Washer	4

Your Warranty

This product is supplied with a 1 year warranty as follows:

This product is warranted for use in a commercial environment

This warranty excludes damage to the finish of the machine, damage sustained as a result form neglect, abuse, or failure to follow the suggested maintenance requirements (see Maintenance), shipping charges and if applicable, labor for the installation of any parts shipped to the owner under this warranty.

Please Note: Warranty details may vary from one market area to another

Warranty Terms

We warrants that the Product you have purchased from an authorised reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by us or sold by us by modification of the product; (d) as a result of service by anyone else other than us or an authorised warranty service provider.

During the warranty period we will at no additional charge provide replacement part(s) or repair the product (at our option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, we may replace defective parts or at the option of ours, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of ours. We reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to us in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon our receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

To obtain warranty service you must and provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

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