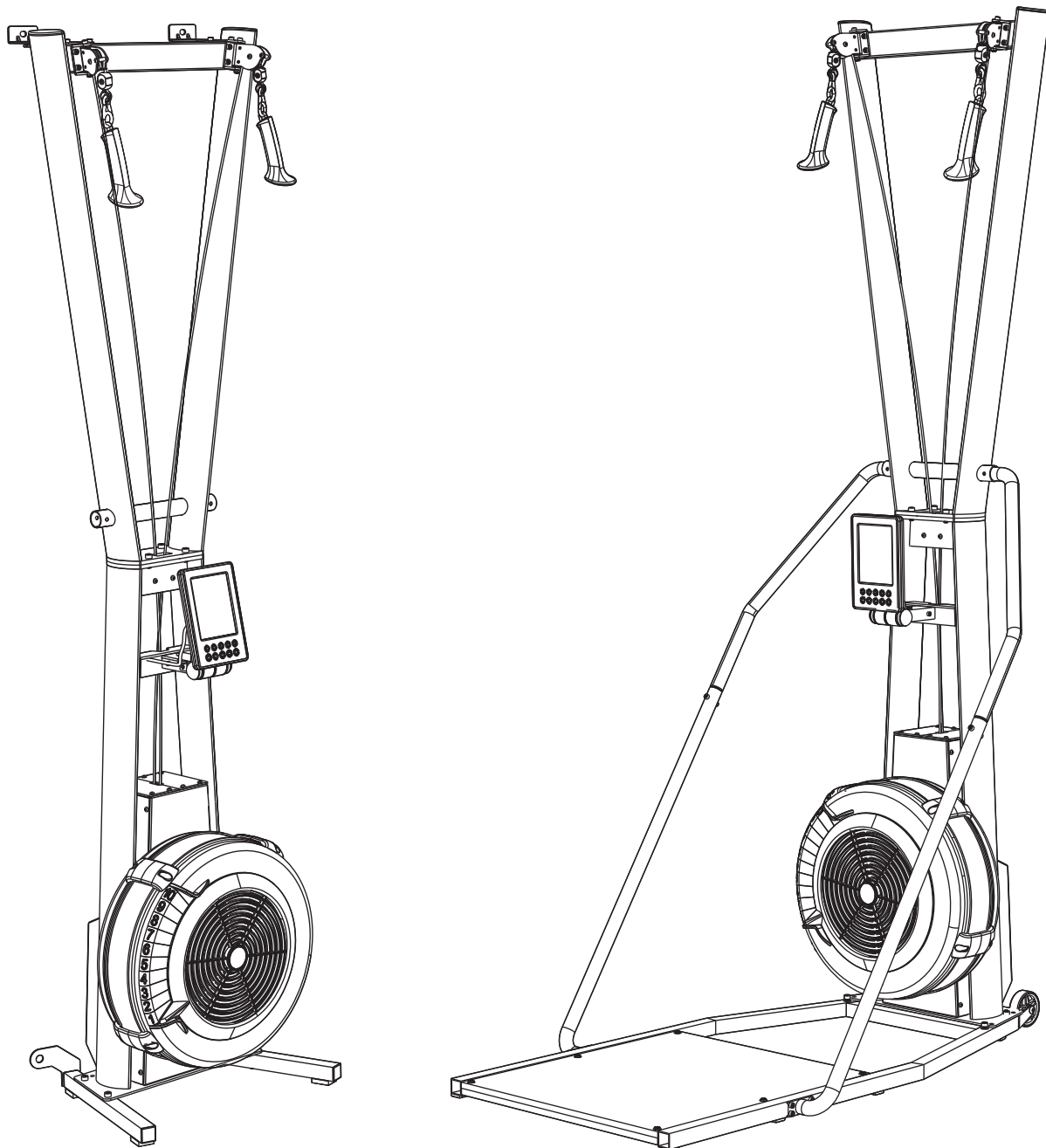




ASKI-100

ASSEMBLY INSTRUCTIONS / OWNER'S MANUAL

IMPORTANT :

READ ALL ASSEMBLY INSTRUCTIONS AND SAFETY PRECAUTIONS BEFORE USING THIS PRODUCT. REFERENCE ALL SAFETY GUIDELINES AND WARNING LABELS. RETAIN PRODUCT LITERATURE FOR FUTURE REFERENCE.

SAFETY :

PROPERLY WARM UP AND STRETCH BEFORE EXERCISING. IF YOU FEEL PAIN OR DIZZINESS AT ANY TIME WHILE EXERCISING, STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

ASSEMBLY PREPARATION

To ensure ease of product assembly, please take time to verify the size and quantities of all required assembly hardware. Use the itemized parts listing and hardware chart for reference.

The product assembly process has been documented in easy to follow steps. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

Perform product assembly in a 4-ft. x 10-ft. flat area. Note: After assembly is completed, allow a minimal 2-3 feet of space on each side of rower for user access and dismounting.

Do not dispose of any packaging materials until assembly of the product is completed.

Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

IMPORTANT PRECAUTIONS

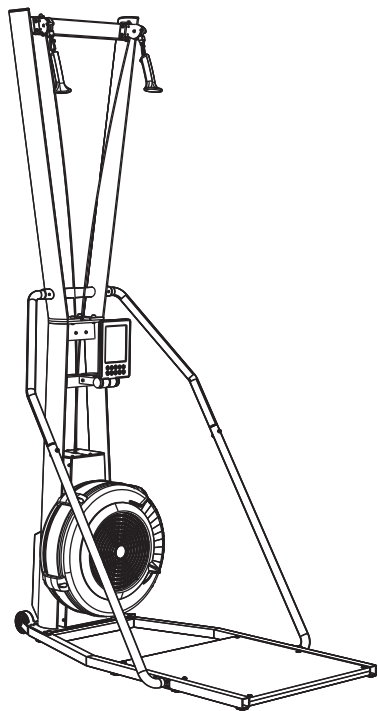
WARNING:

To reduce the risk of injury, please read the following precautions before assembling or using your new product.

- It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
- Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
- Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.
- It's recommended to place an exercise mat beneath the equipment for added protection of floors or carpets.
- Keep children and pets away from equipment at all times.
- Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts.
- This equipment is intended for indoor use only. Use in non-recommended environment can lead to serious injury and will void all related warranties and liabilities.
- Recommended user weight should not exceed 350 pounds.
- Keep equipment clean and properly maintained.
- Observe and adhere to all warning labels posted on equipment.
- Properly warm up and stretch before starting any strength training or cardio exercise routine.
- If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

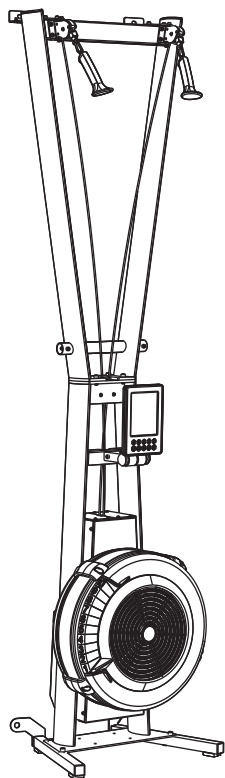
SAFETY WARNING:

Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms and conditions are listed in the back of this manual or enclosed owner's manual. Colors and specifications subject to change without notice.



ASKI-100-FS ASSEMBLY

Page 1

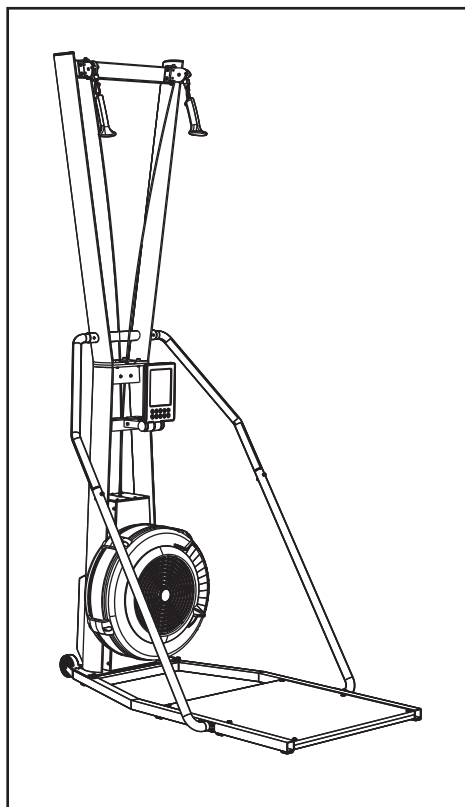


ASKI-100-WM ASSEMBLY

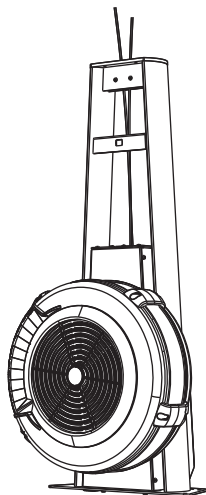
Page 9

ASKI-100-FS ASSEMBLY

PART LIST



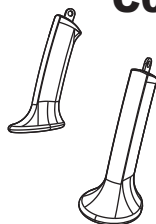
A01



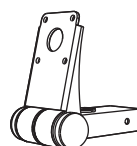
B01



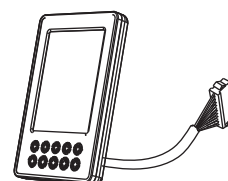
C01



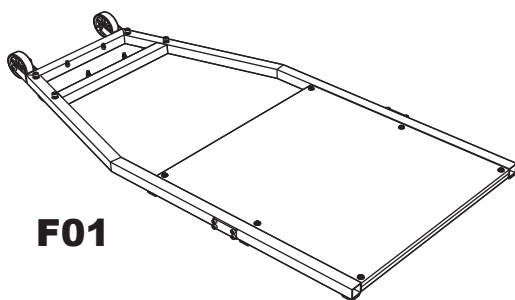
D01



E01-E



F01



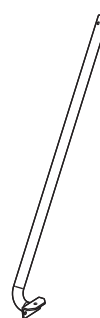
G01



G02



H01



H02



B03 x4

M8X16mm



D08 x3

M6X16mm



E02 x4

M5x 10mm

(Pre-installed on E01-HBA)



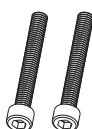
F06 x4

M8X35mm



G03 x2

M6x45mm



G04 x2



H03 x8

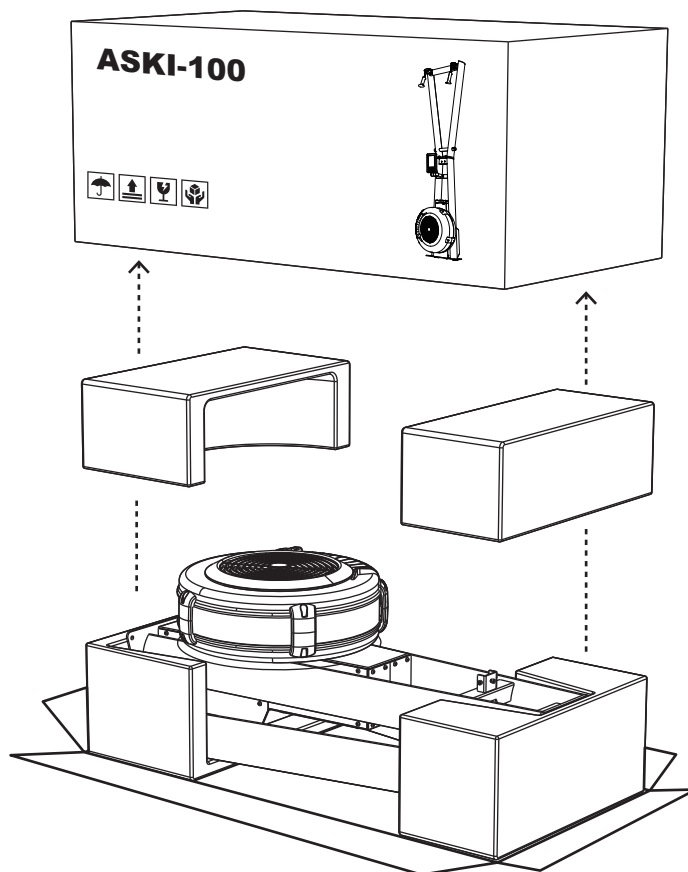
M6x16mm



Follow these steps if you are installing ski trainer to floor stand.

Step 1:

1. Remove top cover of carton
2. Remove top half of styrofoam from ski trainer main frame
3. Remove staples from bottom half of carton and lay flaps of carton flat

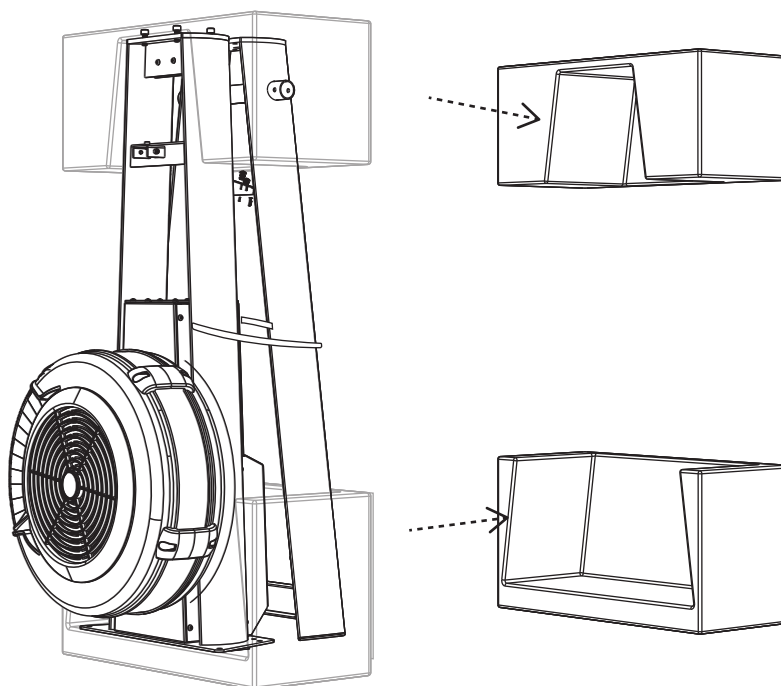


Step 2:

1. Stand ski trainer main frame upright
2. Remove bottom half of styrofoam from ski trainer main frame

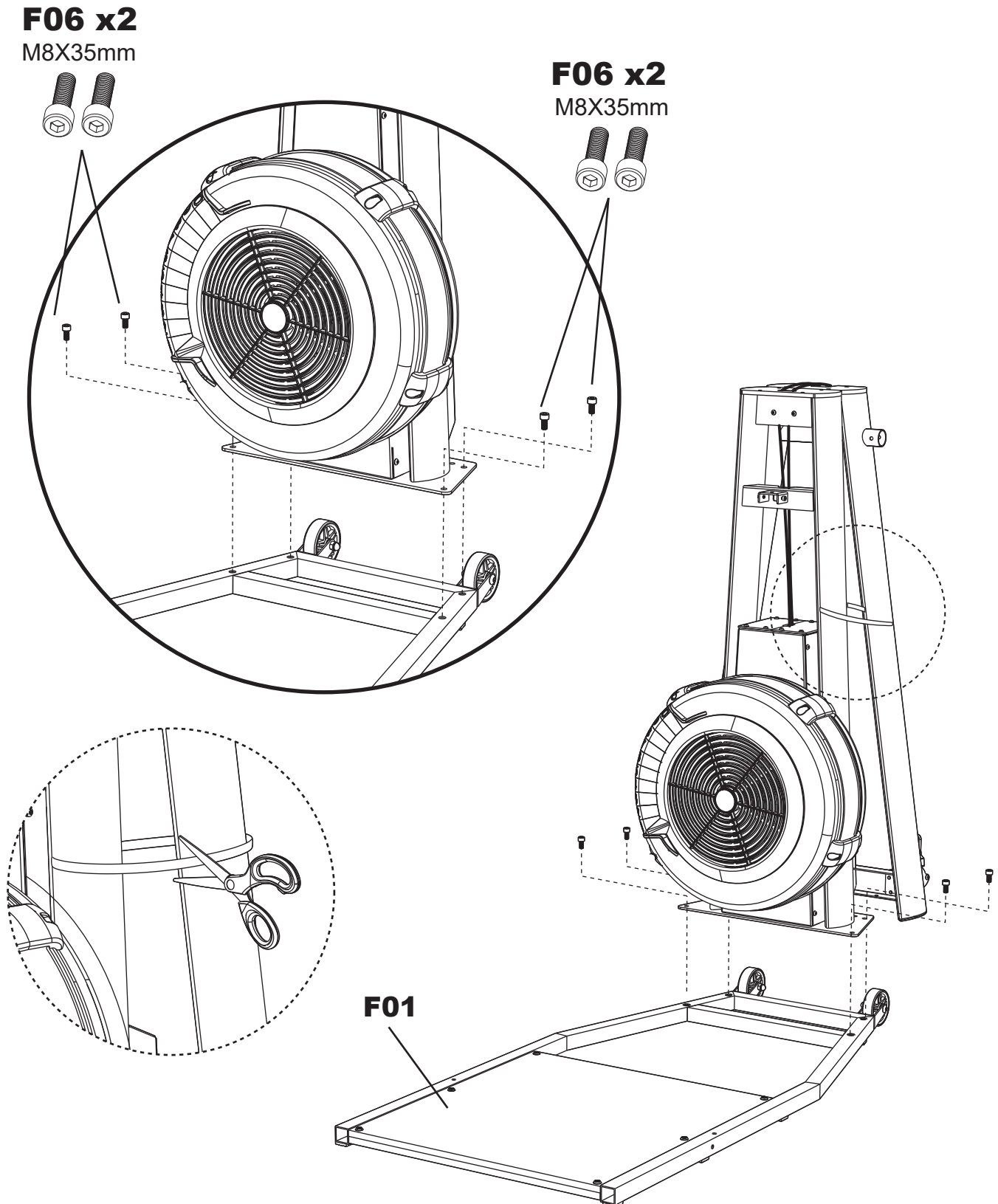
IMPORTANT :

**Careful not to damage
or cut the rope**



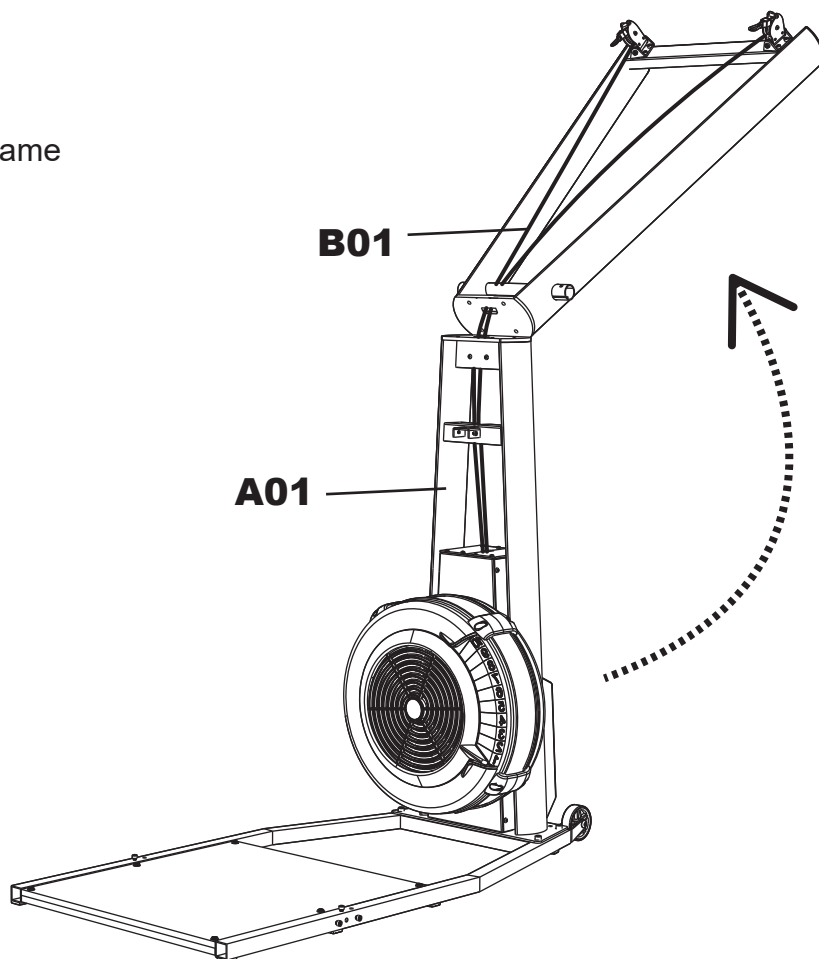
Step 3:

1. Install (F01) Base Frame and secure (F06) Socket Screw
2. Cut bottom 2x white-colored zip-ties near logo shown in picture



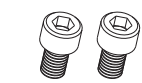
Step 4:

1. Upright the (B01) main frame

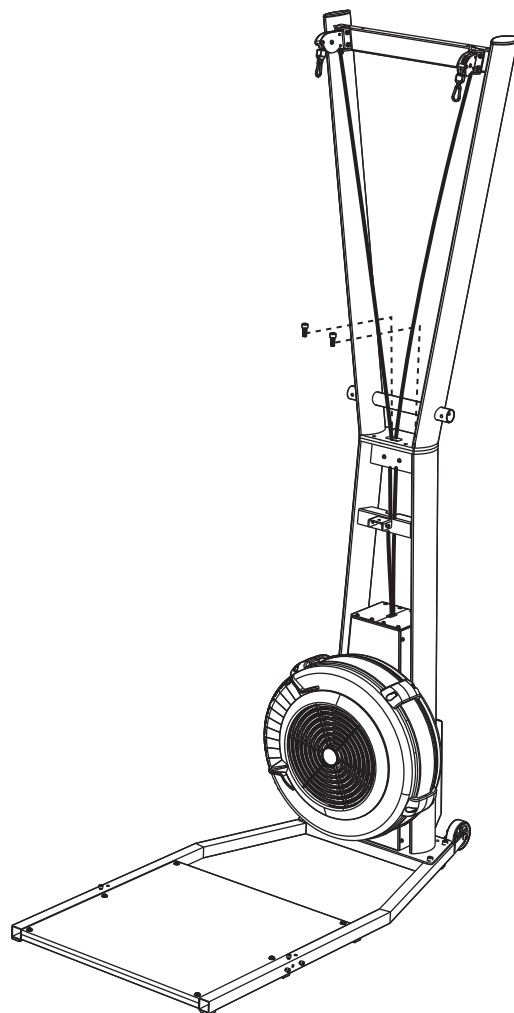
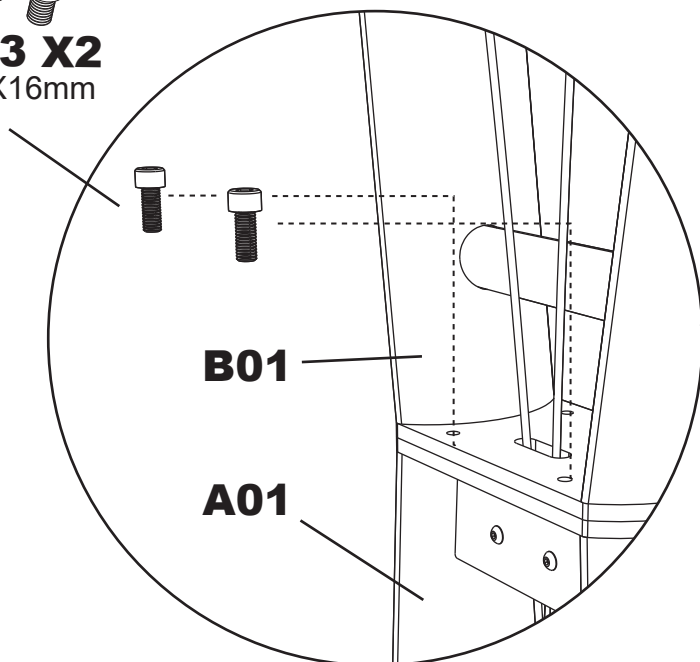


Step 5: FRONT

1. Use 2x (B03) Socket Screw to secure (B01) Support Frame to (A01) main frame

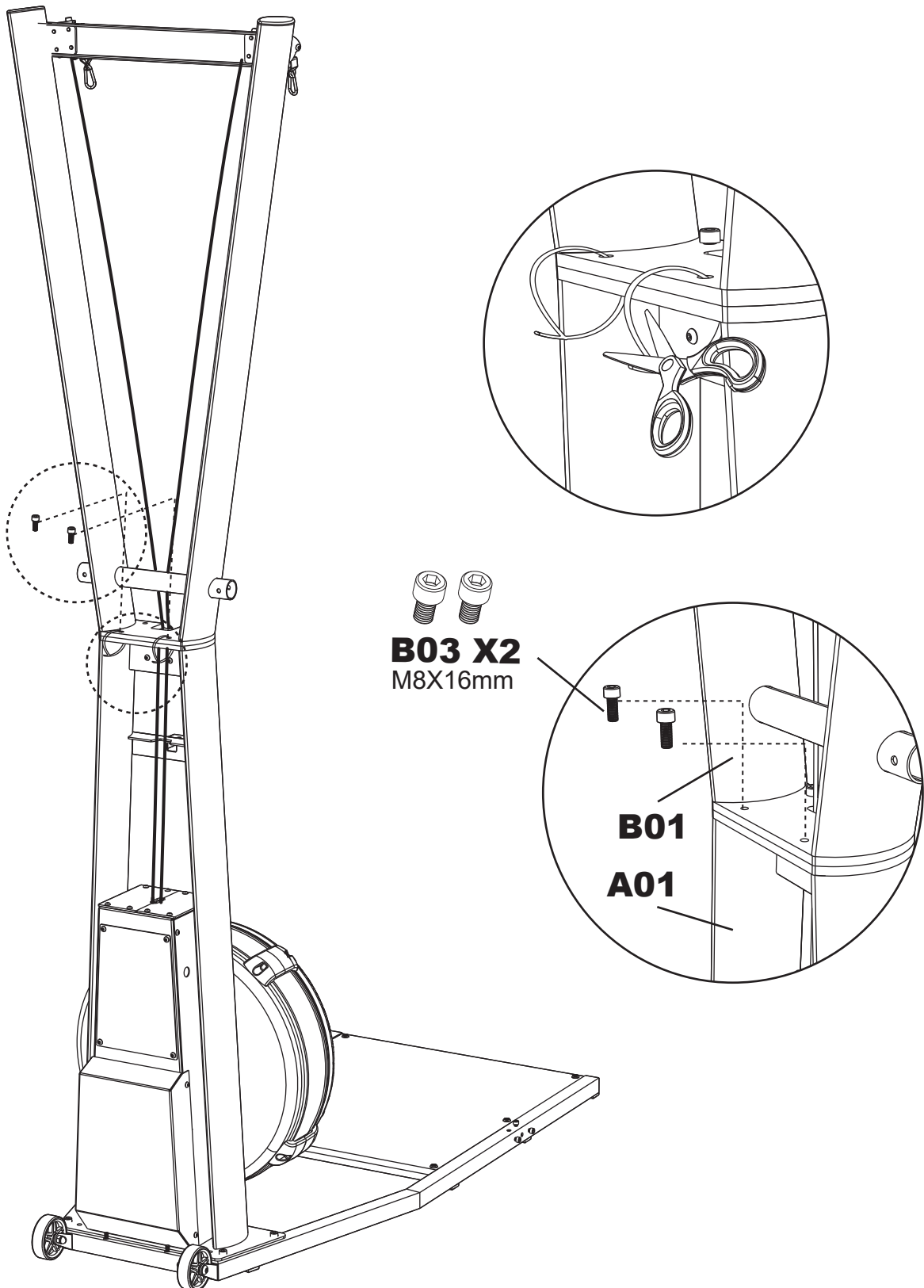


B03 X2
M8X16mm



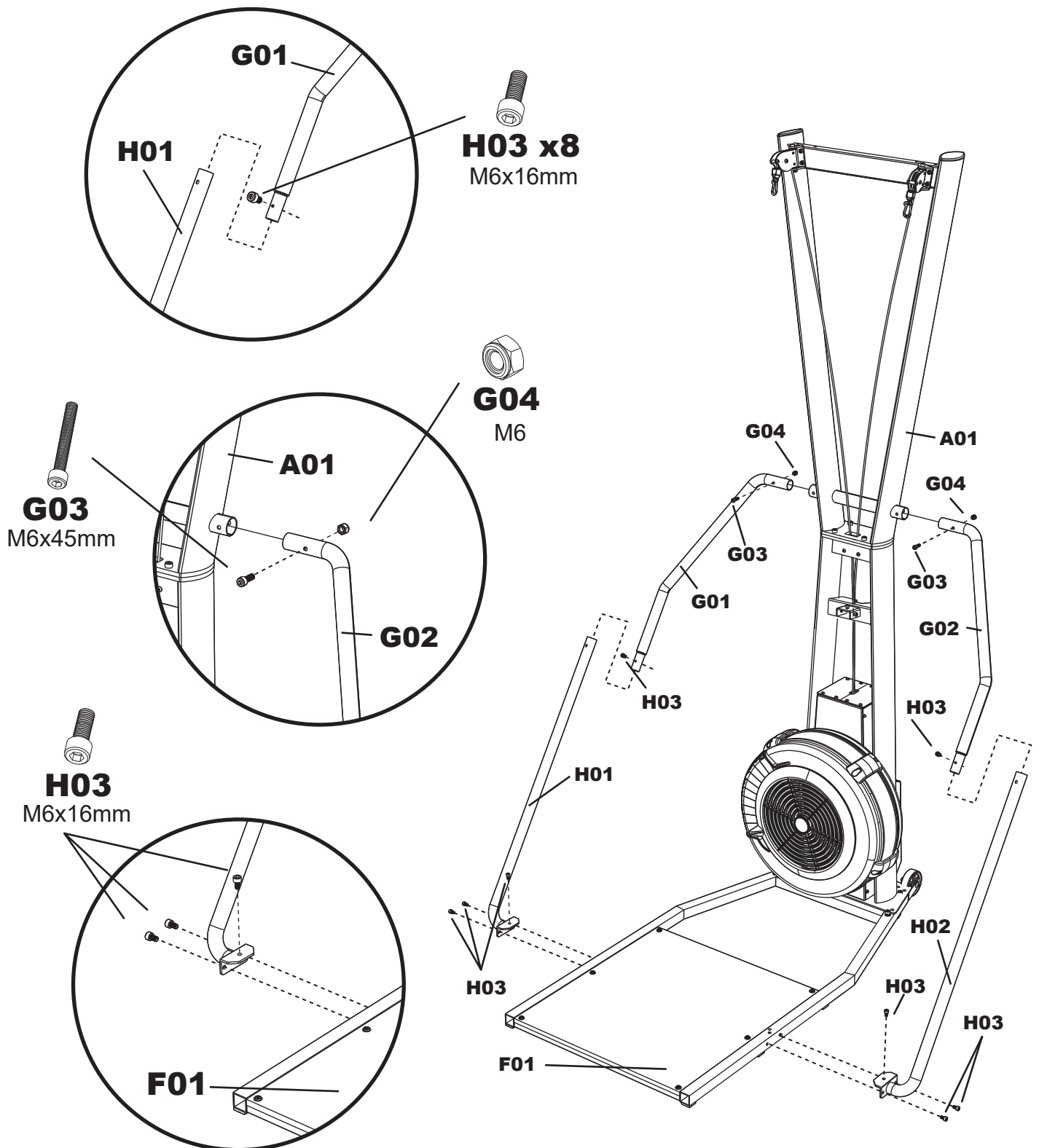
Step 6: BACK

1. Cut the 2x white-colored zip-ties shown in picture
(Careful not to damage or cut the rope)
2. Use 2x (B03) Socket Screw to secure (B01) Support Frame to (A01) main frame



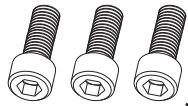
Step 7:

1. Secure (H01) L_Lower Handrail Tube and (G01) L_Upper Handrail Tube with (H03) Socket Screw
2. Secure (H02) R_Lower Handrail Tube and (G02) R_Upper Handrail Tube with (H03) Socket Screw
3. Secure R & L_Handrail and (A01) Mainframe with (G03) Socket Screw and (G04) Nylon Nut
4. Secure R & L_Handrail and (F01) Base Frame with (H03) Socket Screw

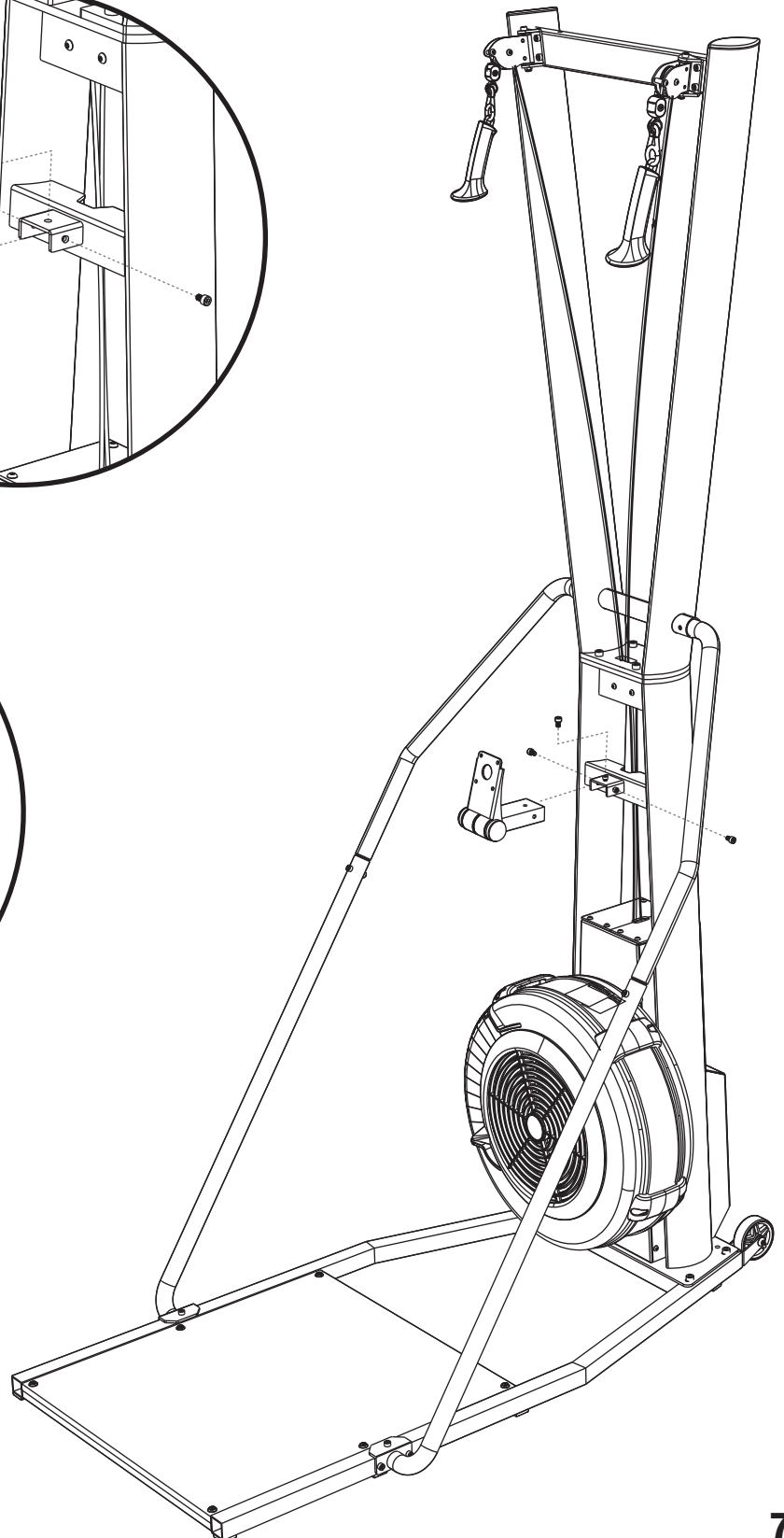
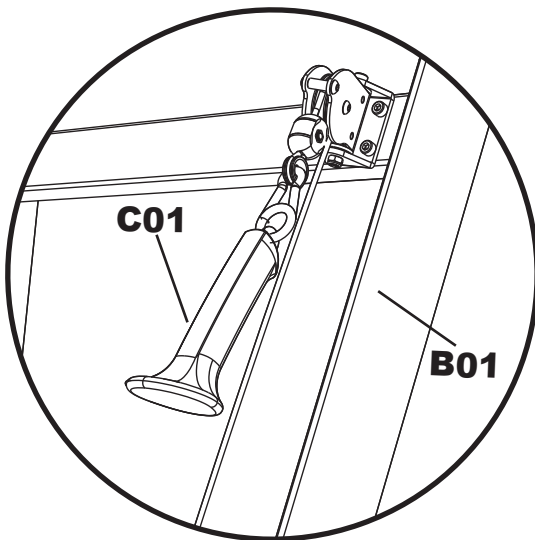
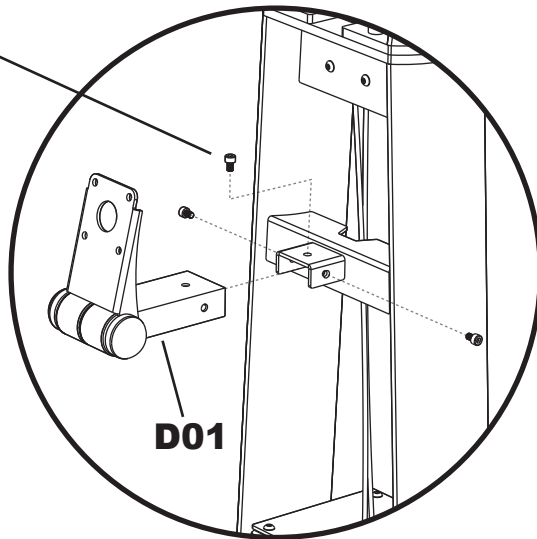


Step 8:

1. Secure (D01) Console Holder with (D08) M6X16mm - Socket Screw
2. Install (C01) Handle Bar on (B01) Support Frame



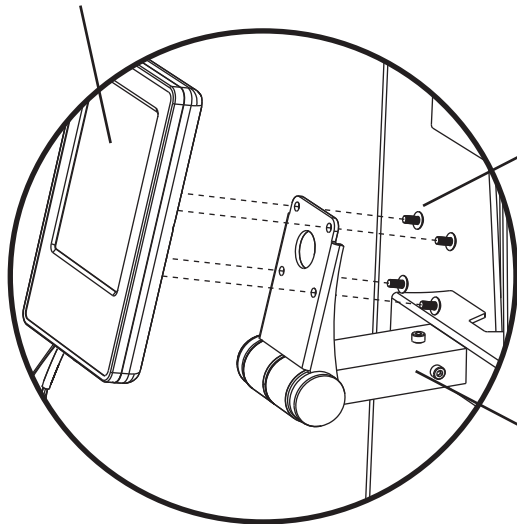
D08 x3
M6X16mm

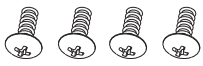


Step 9:

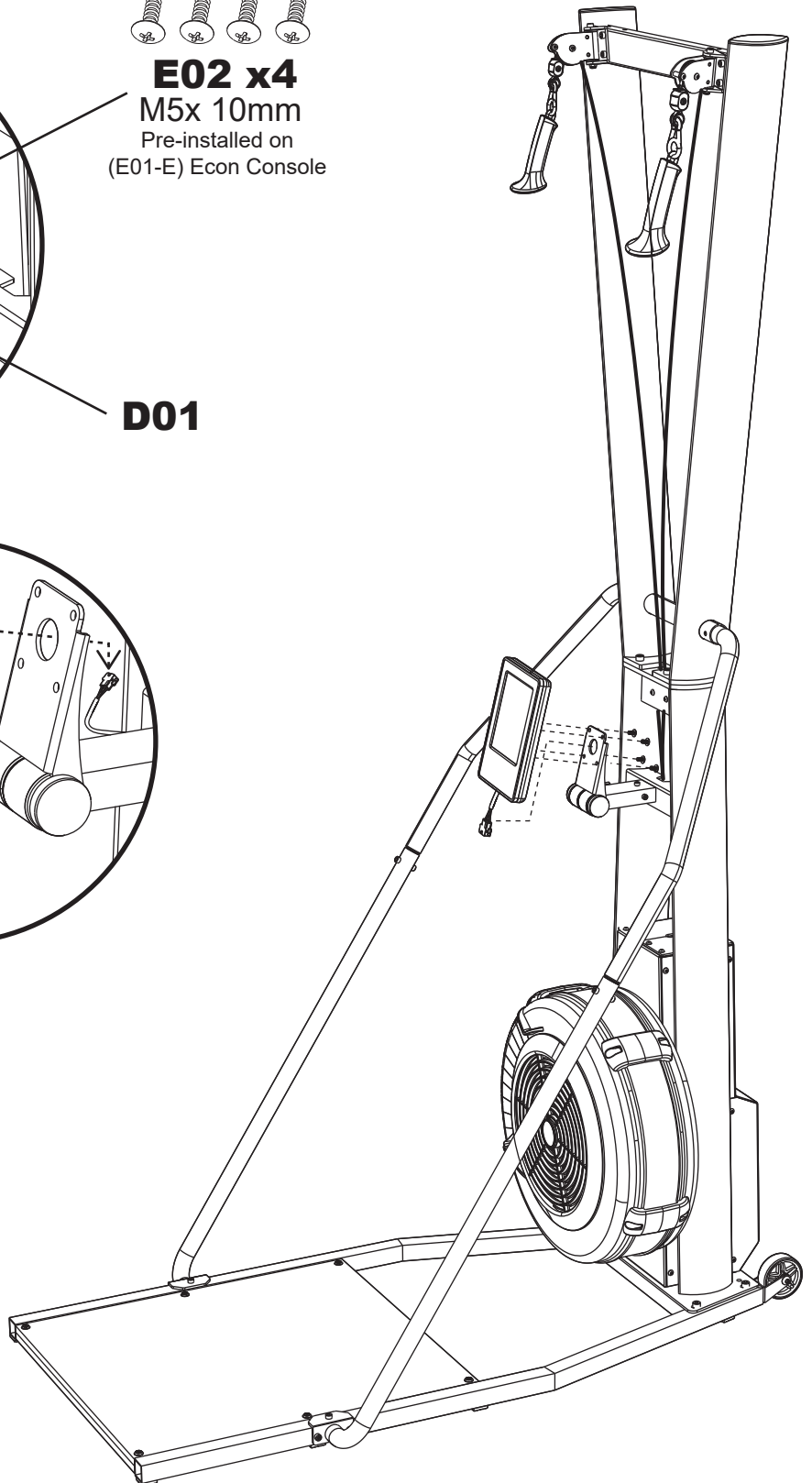
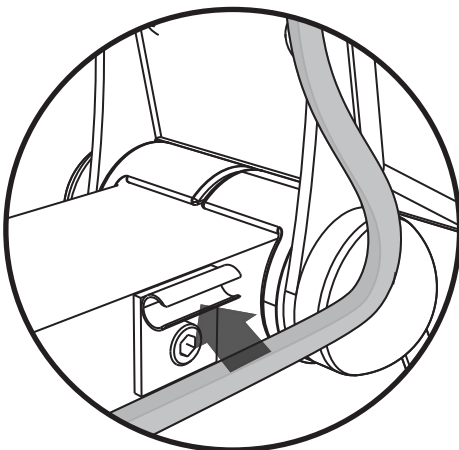
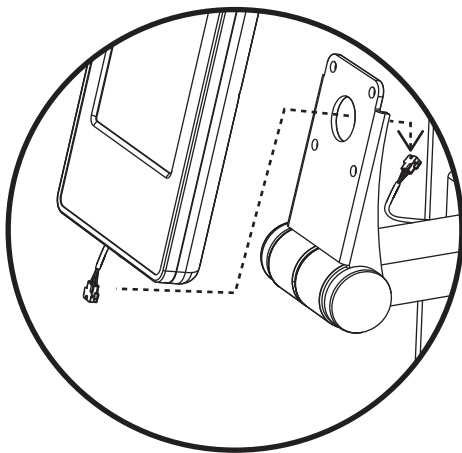
1.Remove the Pre-installed (E02) Truss head Screw from (E01-E) Econ Console ,
and use them to install (E01-E) Econ Console Smart Connect onto (D01) Console Holder

E01-E



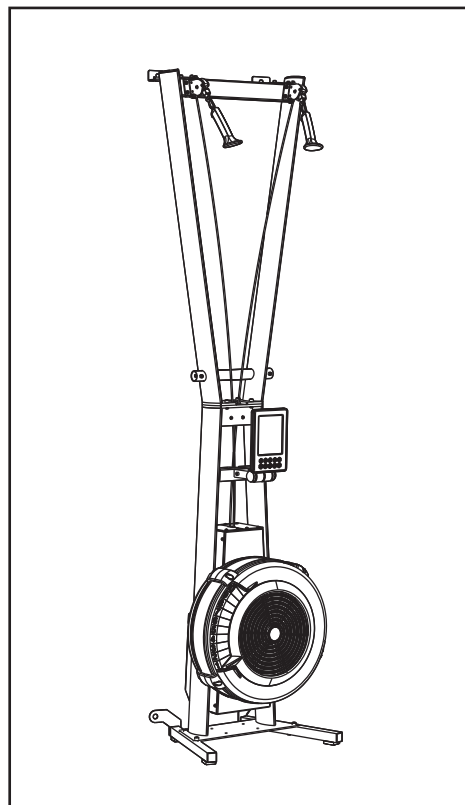

E02 x4
M5x 10mm
Pre-installed on
(E01-E) Econ Console

D01

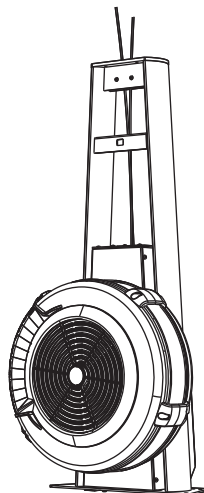


ASKI-100-WM ASSEMBLY

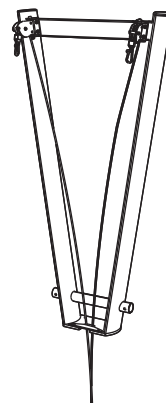
PART LIST



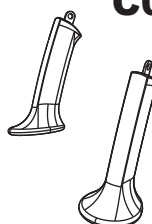
A01



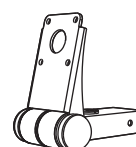
B01



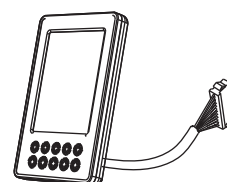
C01



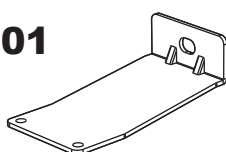
D01



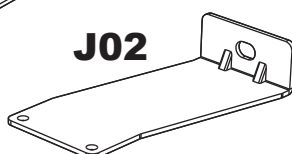
E01-E



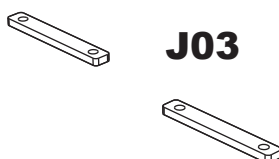
J01



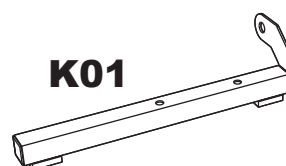
J02



J03



K01



K02



B03 x4
M8X16mm



D08 x3
M6X16mm



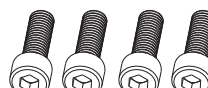
E02 x4
M5x 10mm
(Pre-installed on E01-HBA)



J04 x4
M6x16mm



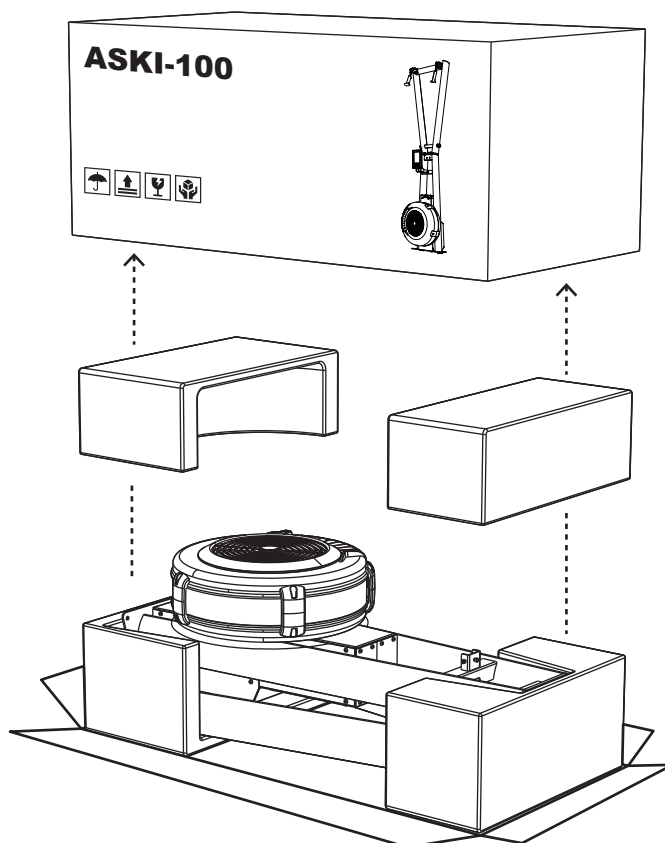
K03 x4
M8X35mm



Follow these steps if you are installing ski trainer to wall-mount bracket.

Step 1:

1. Remove top cover of carton
2. Remove top half of styrofoam from ski trainer main frame
3. Remove staples from bottom half of carton and lay flaps of carton flat

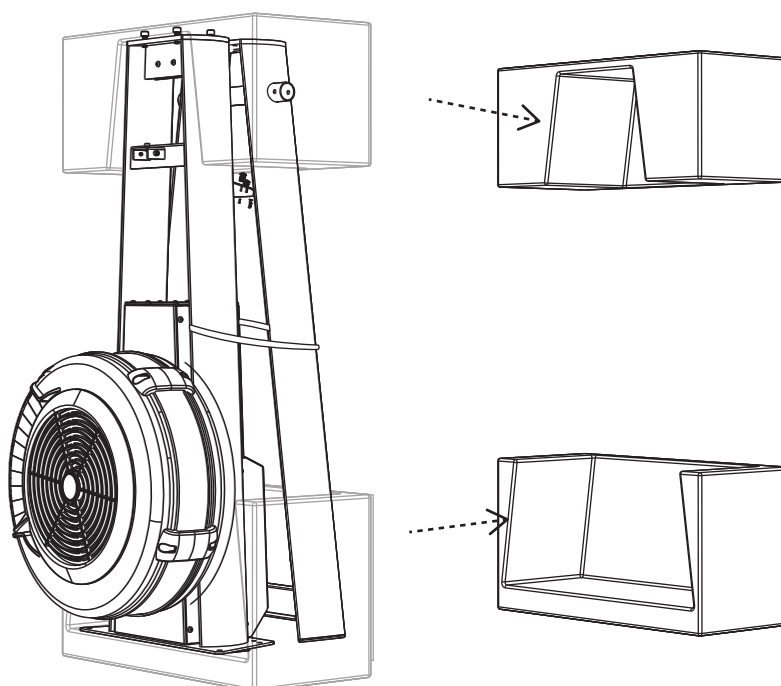


Step 2:

1. Stand ski trainer main frame upright
2. Remove bottom half of styrofoam from ski trainer main frame

IMPORTANT :

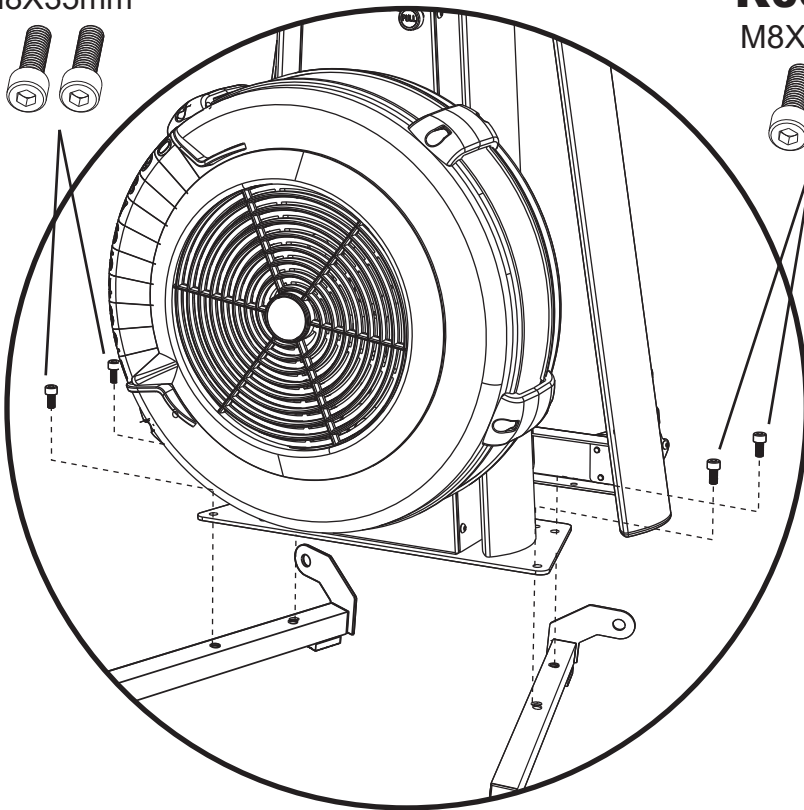
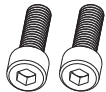
Do not remove red plastic at this step



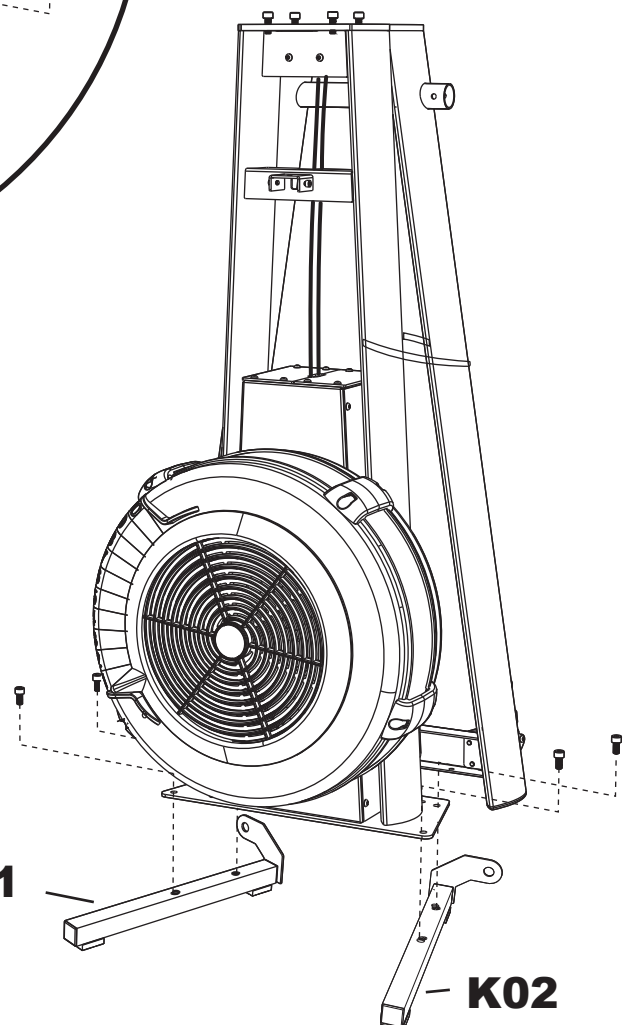
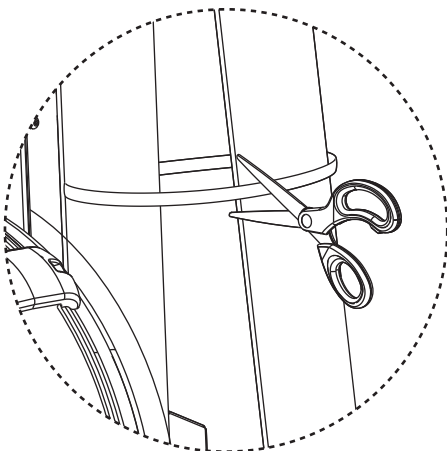
Step 3:

1. Secure (K01) L_Bottom Tube and (K02) R_Bottom Tube with (K03) Socket Screw
2. Cut bottom 2x white-colored zip-ties near logo shown in picture

K03 x2
M8X35mm

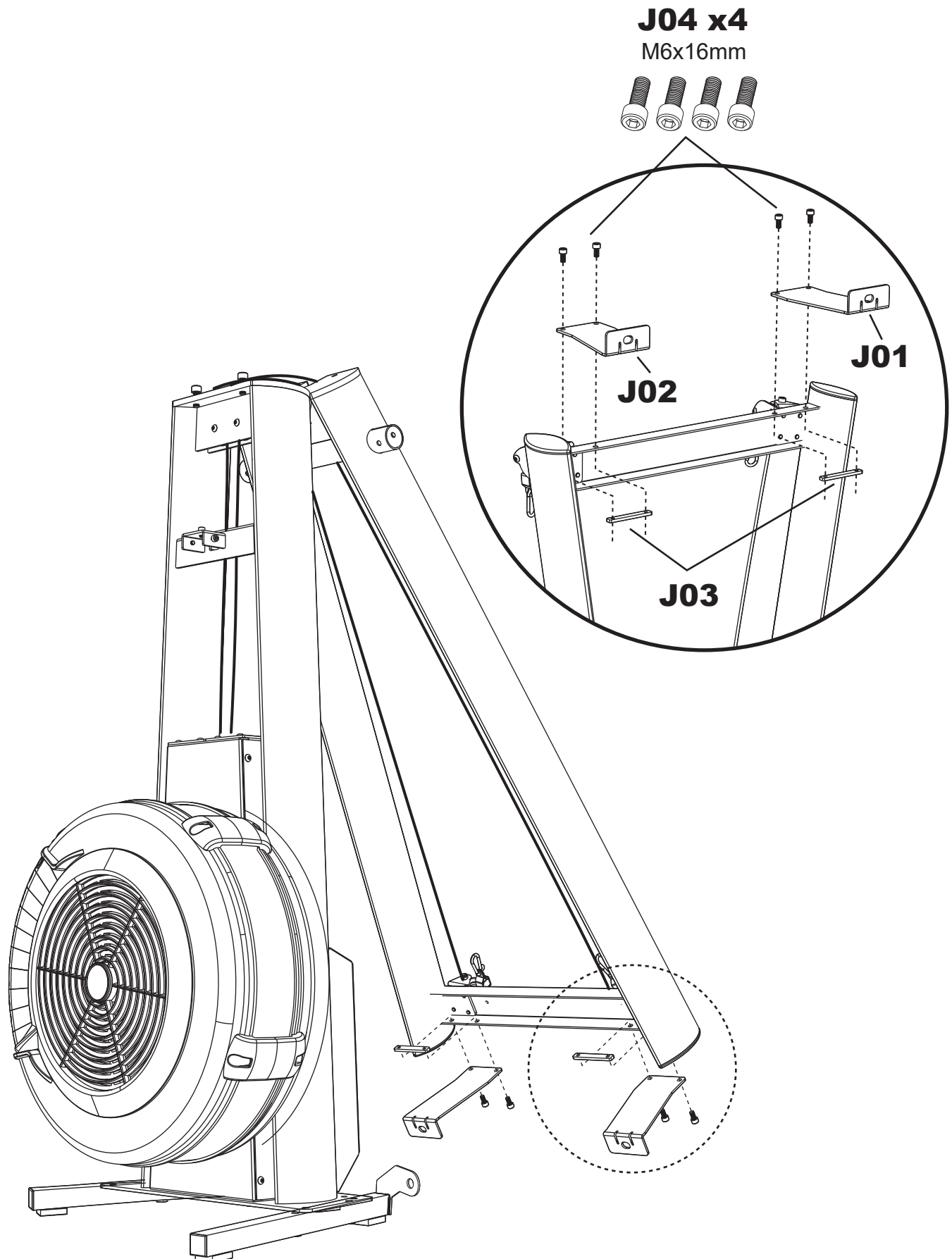


K03 x2
M8X35mm



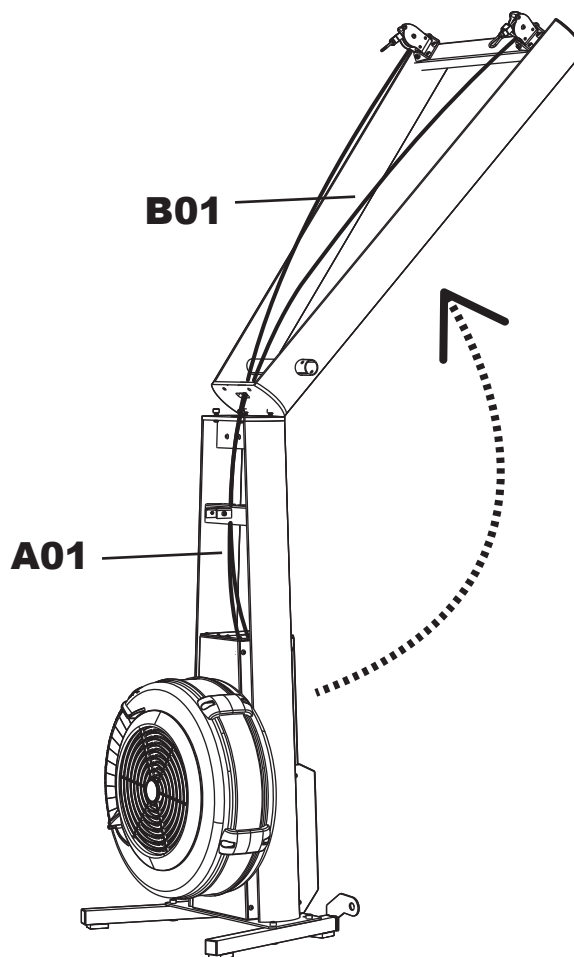
Step 4:

1. Secure (J01) L_Top wall-mount Plate ,(J02) R_Top wall-mount Plate and (J03) Fixed Plate with (J04) Socket Screw



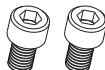
Step 5:

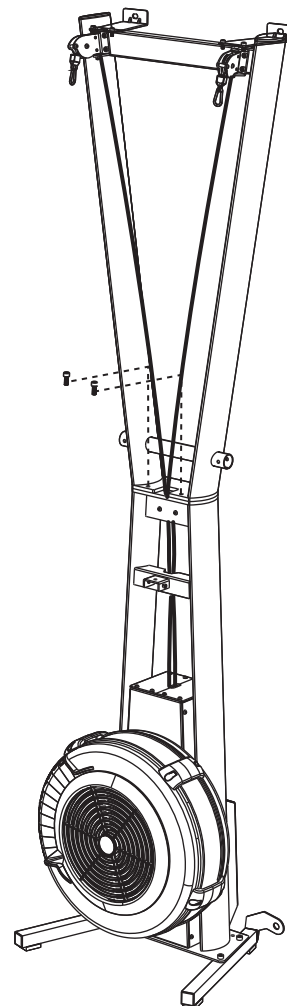
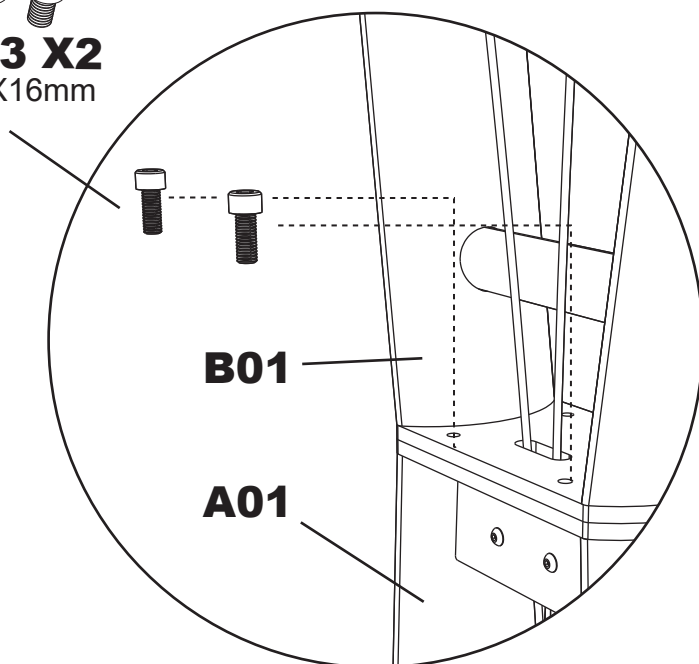
1. Upright the (B01) main frame



Step 6: FRONT

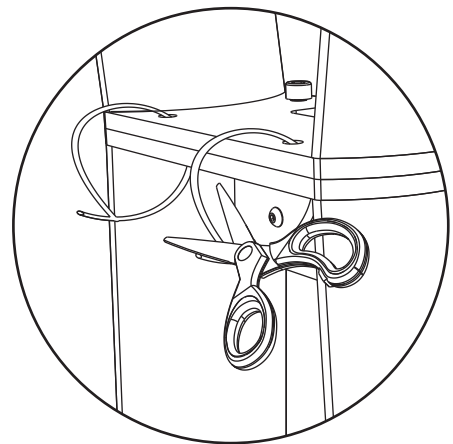
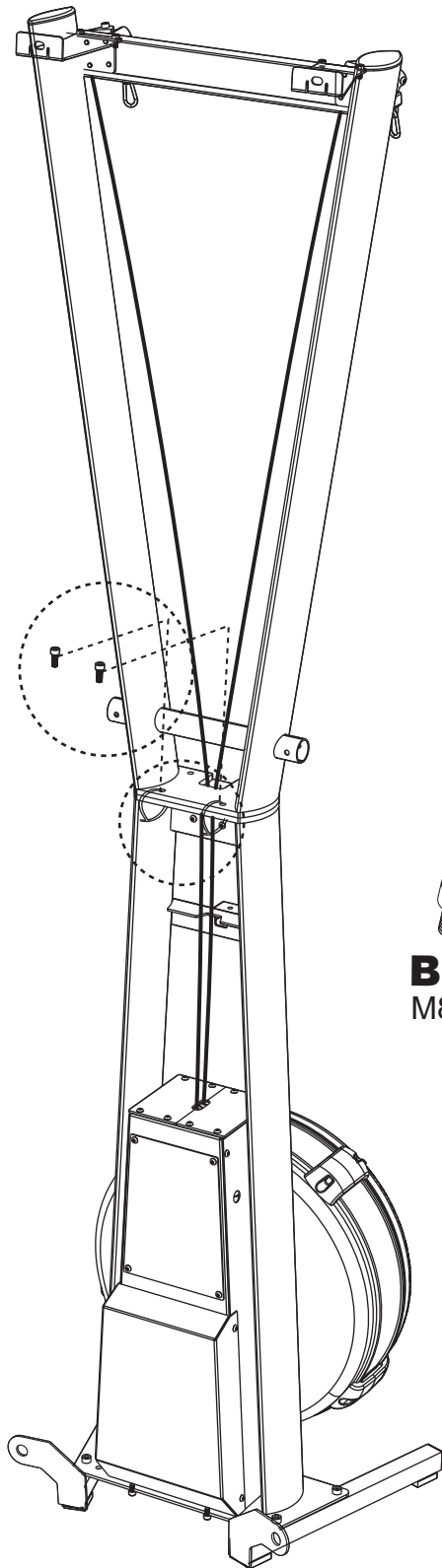
1. Use 2x (B03) Socket Screw to secure (B01) Support Frame to (A01) main frame

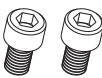

B03 X2
M8X16mm

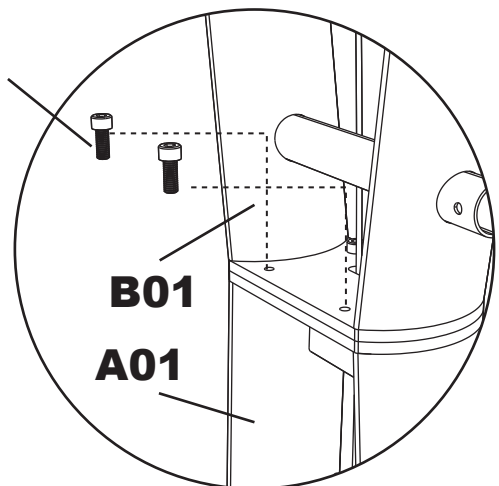


Step 7: BACK

1. Cut the 2x white-colored zip-ties shown in picture
2. Use 2x (B03) Socket Screw to secure (B01) Support Frame to (A01) main frame

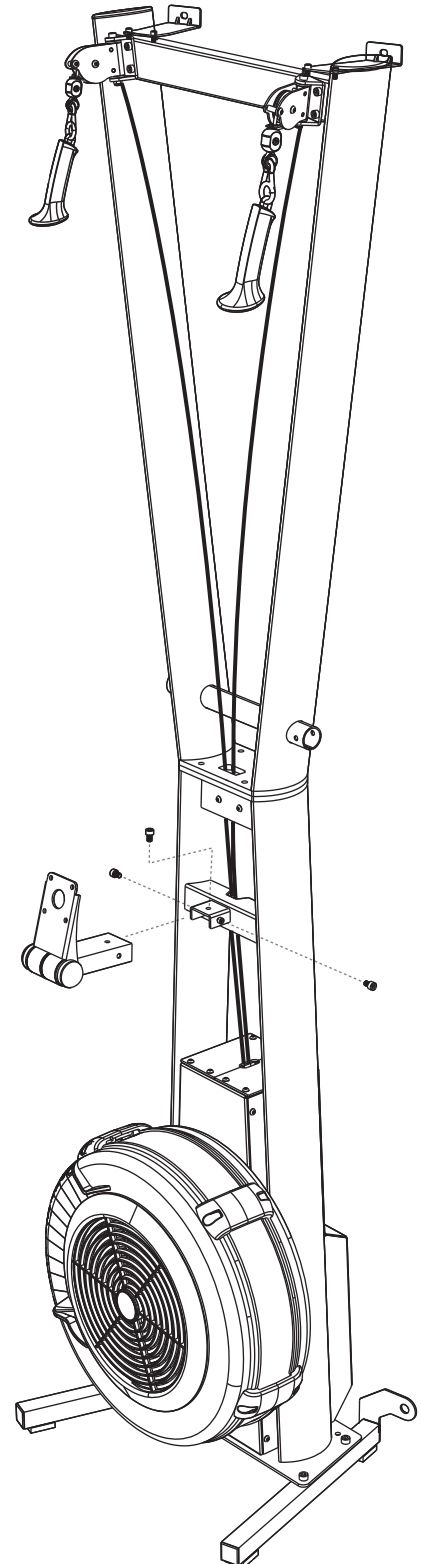
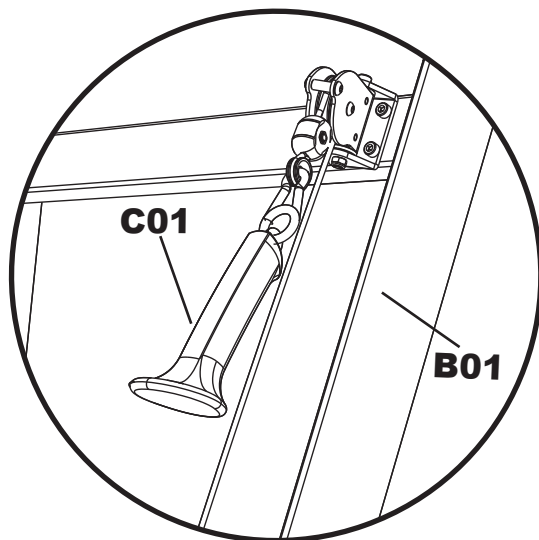
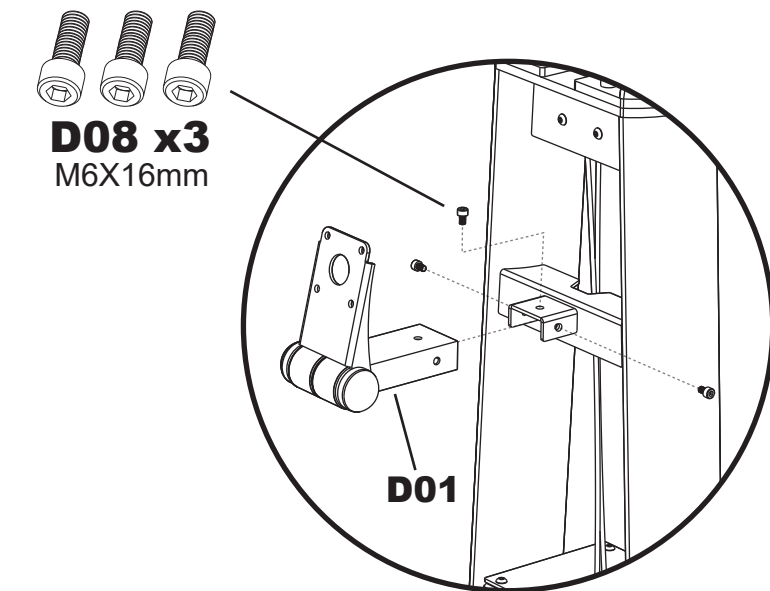



B03 X2
M8X16mm



Step 8:

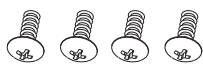
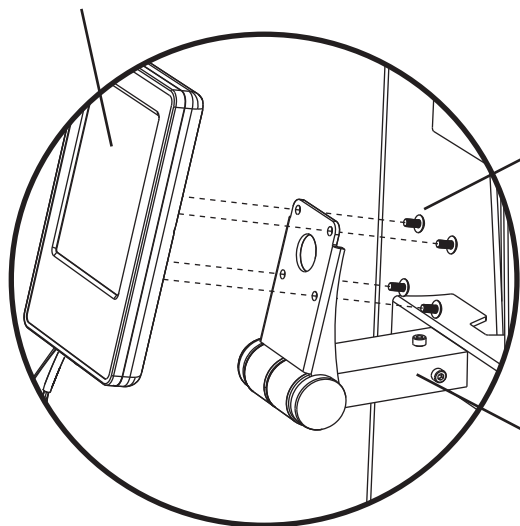
1. Untangle the Red Plastic Rope Buckle from the rope (Careful not to damage or cut the rope)
2. Secure (D01) Console Holder with (D08) M6X16mm - Socket Screw
3. Install (C01) Handle Bar on (B01) Support Frame



Step 9:

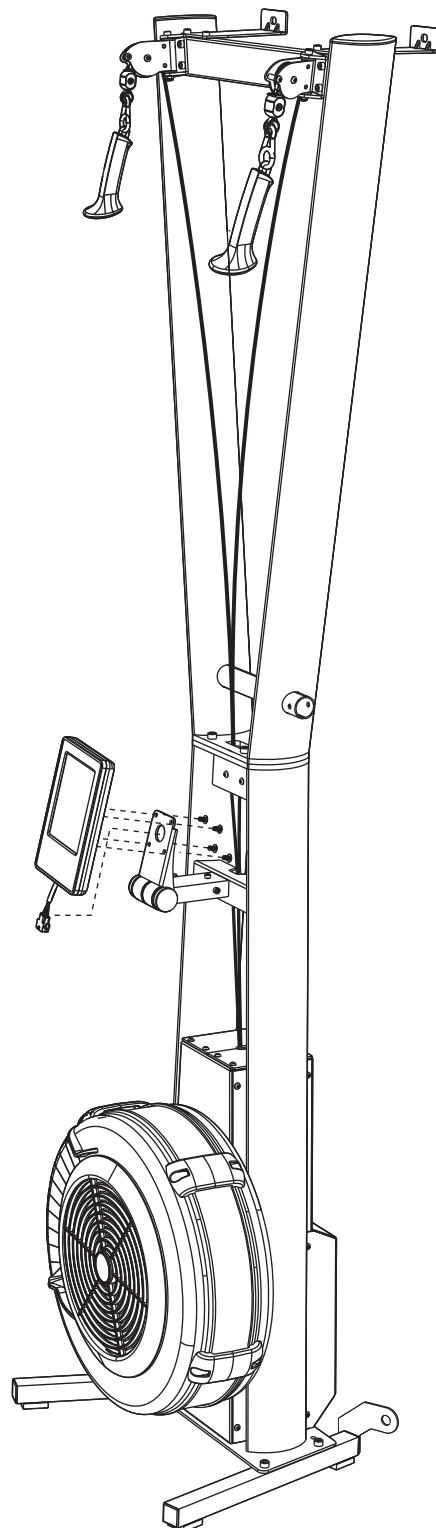
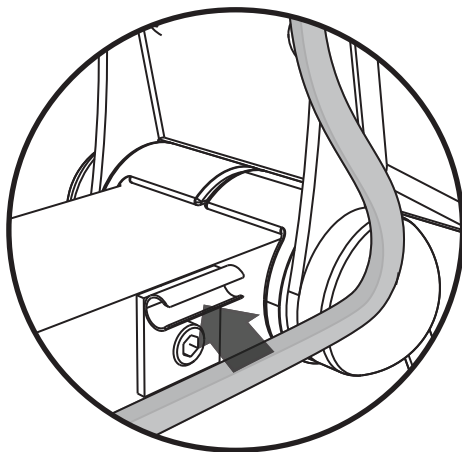
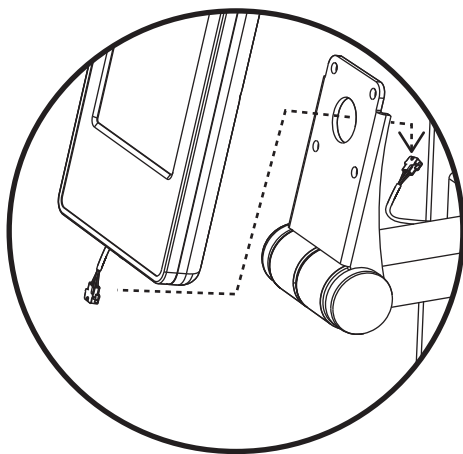
1. Remove the Pre-installed (E02) Truss head Screw from (E01-E) Econ Console, and use them to install (E01-E) Econ Console Smart Connect onto (D01) Console Holder

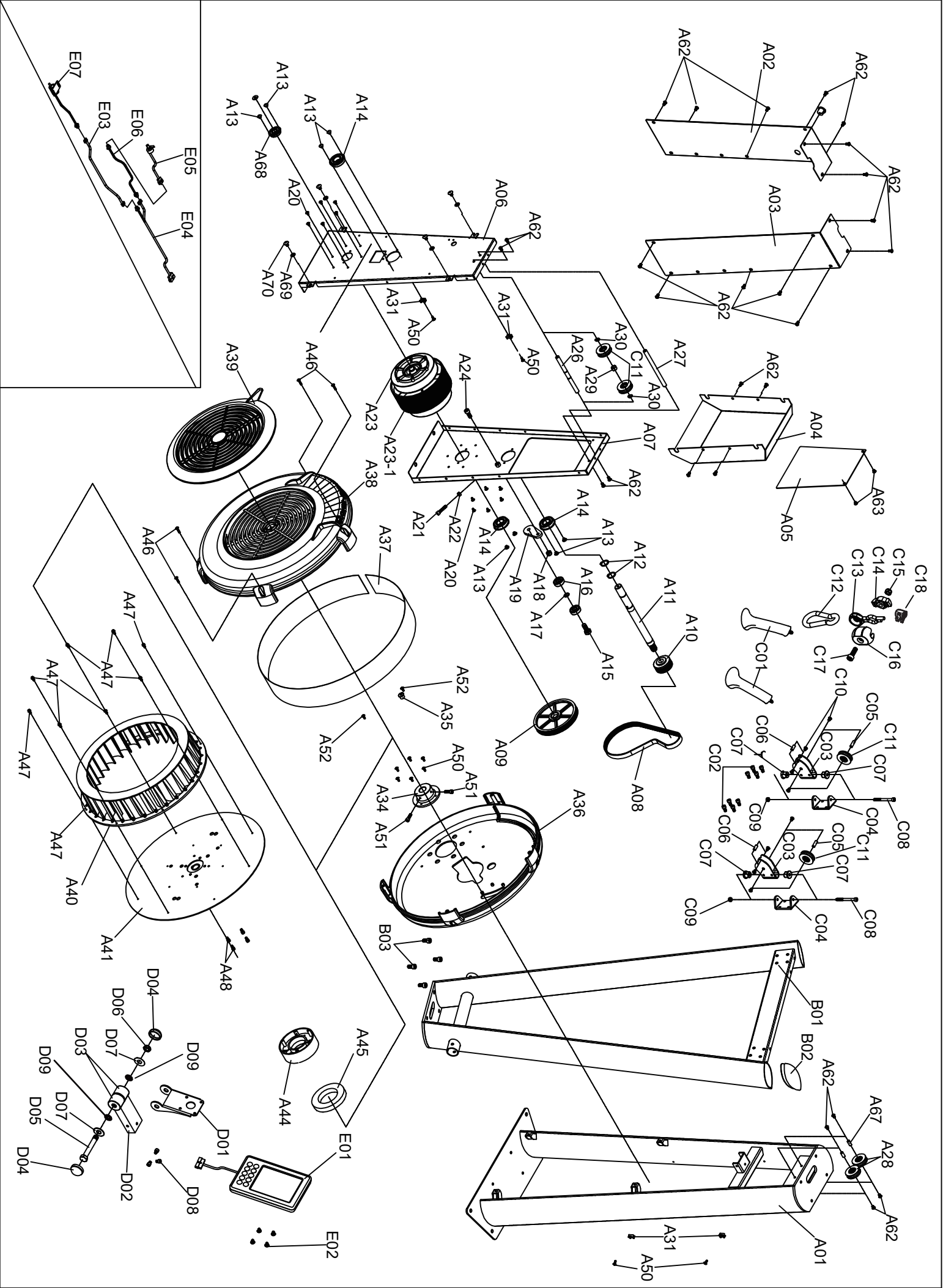
E01-E

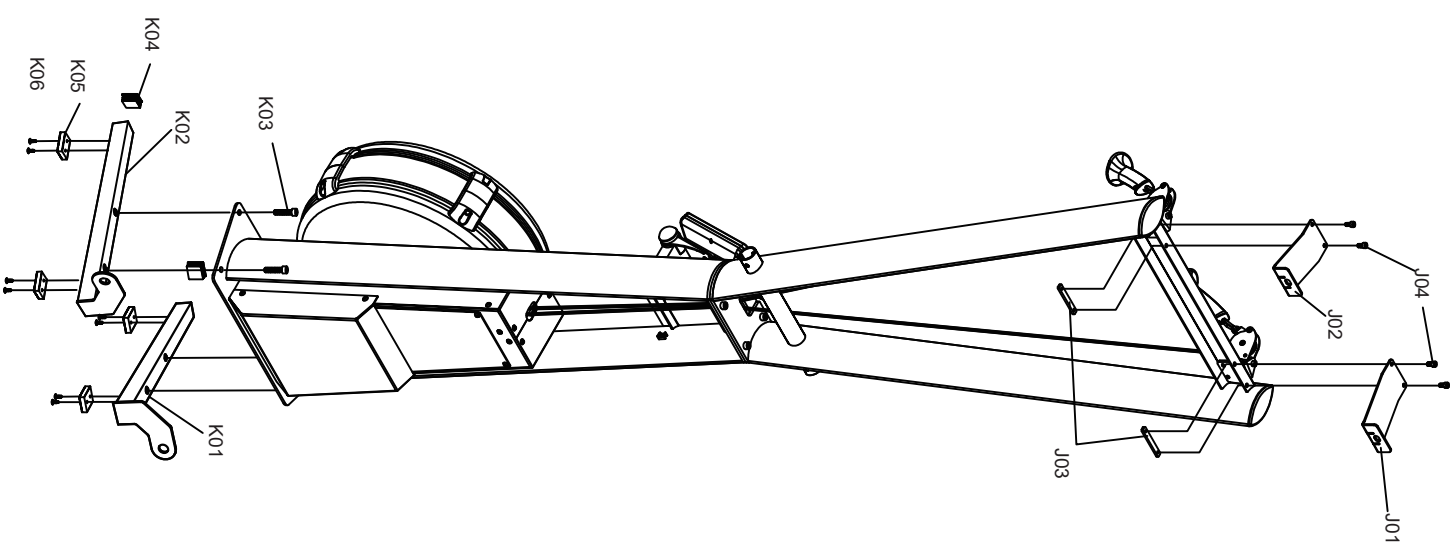
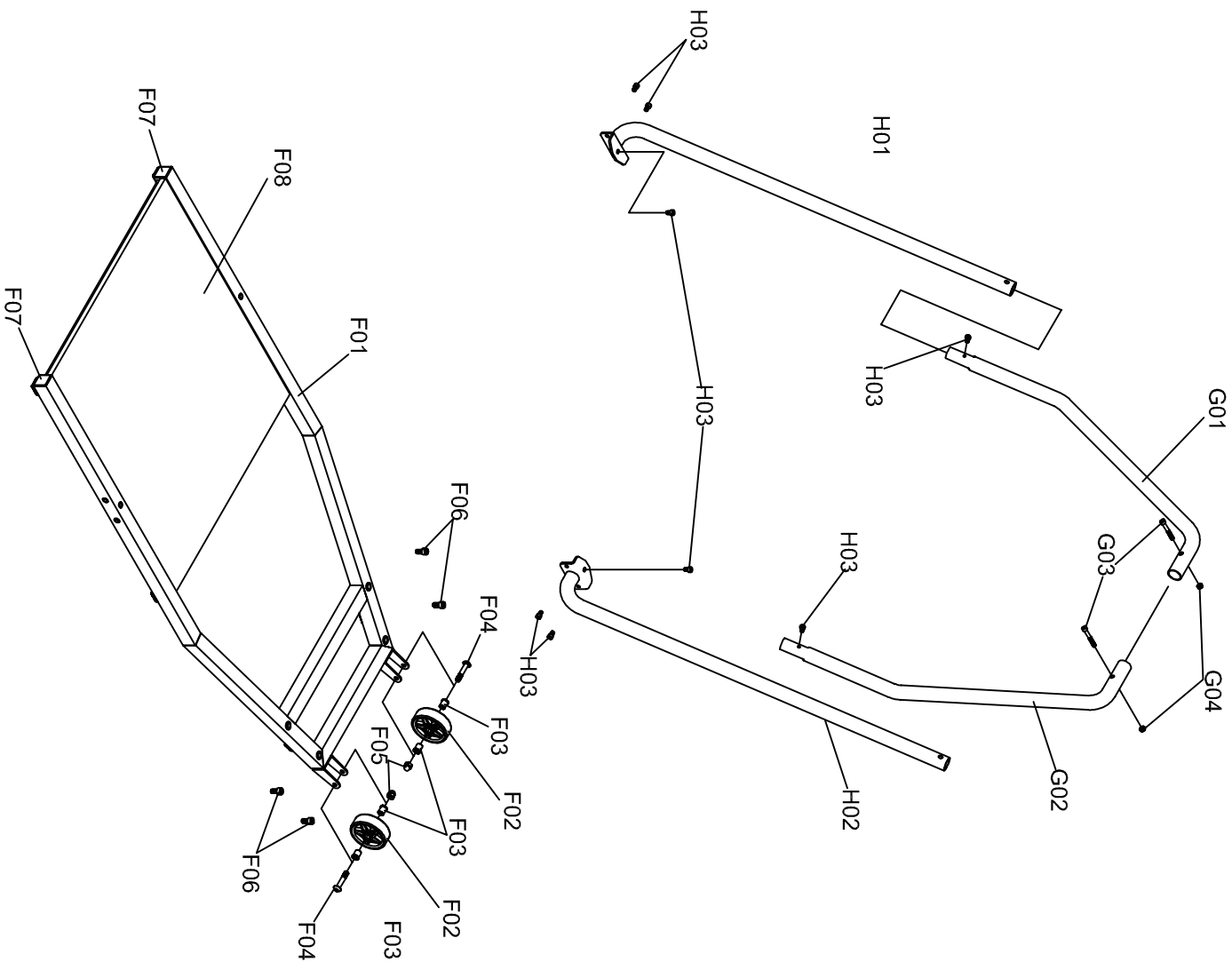


E02 x4
M5x 10mm
Pre-installed on
(E01-E) Econ Console

D01







NO.	NAME	Q'TY	NO.	NAME	Q'TY
A01	Main Frame	1	A52	M3X8mm - Truss head Self-Tapping Screw	2
A02	L_Cover Plate	1	A53	M3X15mm - Pan Head Screw	2
A03	R_Cover Plate	1	A54	M3 - Hex nut	2
A04	Maintenance Hole Cover	1	A62	M5X10mm - Button Head Socket Screw	24
A05	Rear Housing	1	A63	M5X6mm - Button Head Socket Screw	2
A06	Front Cover	1	A67	φ7X15.8mm - Pulley Axle	2
A07	Rear Cover	1	A68	Bearing6201	1
A08	Drive Belt(250-J6)	1	A69	M6X1TX13mm - Flat Washer	4
A09	φ133 - Drive Belt Bracket	1	A70	M6X10mm - Truss head Screw	4
A10	φ50 - Drive Belt Bracket	1	B01	Support Frame	1
A11	Fan Axle	1	B02	Tube Cap	2
A12	S20 - Retaining Rings	2	B03	M8X16mm - Socket Screw	4
A13	M5X6mm - Truss head Screw	8	C01	Handle Bar	2
A14	Bearing6004	3	C02	M6X16mm - Socket Screw	8
A15	M10X25mm - Socket Screw	1	C03	Pulley Bracket	2
A16	Bearing6200	2	C04	Pulley Bracket Fixed Plate	2
A17	M10 - Plain Washer 1T	1	C05	Casing- Long	2
A18	M8 - Nylon Nut	1	C06	Casing- Short	2
A19	Idler Rack	1	C07	Pulley Bracket Bushing	4
A20	M4x10mm - Self-TappingScrew	12	C08	M6X65mm - Socket Screw	2
A21	M6X30mm - Socket Screw	1	C09	M6 - Nylon Nut	2
A22	M6 - Hex Nut	1	C10	M5X8mm - Button Head Socket Screw	8
A23	Spring and Rope Housing (Including Rope)	1	C11	φ42mm - Pulley With Two Spacers	4
A23-1	Rope (Without rope housing and spring)	X	C12	Carabiner	2
A24	M8X20mm - Socket Screw	1	C13	Rope Protective Case	2
A26	Wire Axle	1	C14	Knot Bracket A	2
A27	Anti Eccentric Axle	1	C15	M5 - Nylon Nut	2
A28	φ42mm - Pulley	2	C16	Knot Bracket B	2
A29	Spacer Ring-Short	1	C17	M5X16mm - Socket Screw	2
A30	S10 - Retaining Rings	2	C18	Pulley Bracket Protective Case	2
A31	STM-1 _ Bracket	4	D01	Console Holder	1
A34	Fan Center Tube	1	D02	Connecting Tube	1
A35	Wire End Cap	4	D03	Console Bushing	2
A36	Rear Chain Cover	1	D04	1/2" - Nut Cap	2
A37	Mesh	1	D05	1/2" x 3-1/4" - Socket Screw	1
A38	Right Chain Cover	1	D06	1/2" - Nylon Nut	1
A39	Adjust Disc	1	D07	1/2"x1Tx32 Flat Washer	2
A40	Fan	1	D08	M6X16mm - Socket Screw	3
A41	Fan Stable Bracket	1	D09	1/2"x2Tx23 Flat Washer	2
A44	Magnet Bracket	1	E01-E	Econ Console	1
A45	Round Magnet	1	E02	M5x10 - mmTruss head Screw	1
A46	M4X20mm-Truss head Self-Tapping Screw	4	E03	Induction Coil Connecting Wire	1
A47	M4XP0.75X10mm - Hex Cross Washer	8	E04	Console Connecting Wire	1
A48	M5X10mm - Socket Screw	4	E05	VR	1
A50	M4X12mm - Truss head Self-Tapping Screw	6	E06	VR Connecting Wire	1
A51	M6X20mm - Hex Socket Screw	2	E07	Induction Coil	1

NO.	NAME	Q'TY
Parts Of Floor Stand		
F01	Base Frame	1
F02	Caster	2
F03	Bushing	4
F04	M8X45mm - Truss Head Hex Socket Screw	2
F05	M8 - Hex Nut	2
F06	M8X35mm - Socket Screw	4
F07	30X30MM - Tube Cap	2
F08	Pad	1
G01	L_Upper Handrail Tube	1
G02	R_Upper Handrail Tube	1
G03	M6X45mm - Socket Screw	2
G04	M6 - Nylon Nut	2
H01	L_Lower Handrail Tube	1
H02	R_Lower Handrail Tube	1
H03	M6X16mm - Socket Screw	8
Parts Of Wall-mount		
J01	L_ Top wall-mount Plate	1
J02	R_ Top wall-mount Plate	1
J03	Fixed Plate	2
J04	M6X16mm - Socket Screw	4
K01	L_Bottom wall-mount Tube	1
K02	R_Bottom wall-mount Tube	1
K03	M8X35mm - Socket Screw	4
K04	30X30MM - Tube Cap	4
K05	Bottom Rubber Pad	4
K06	M4X12mm - Truss head Self-Tapping Screw	8