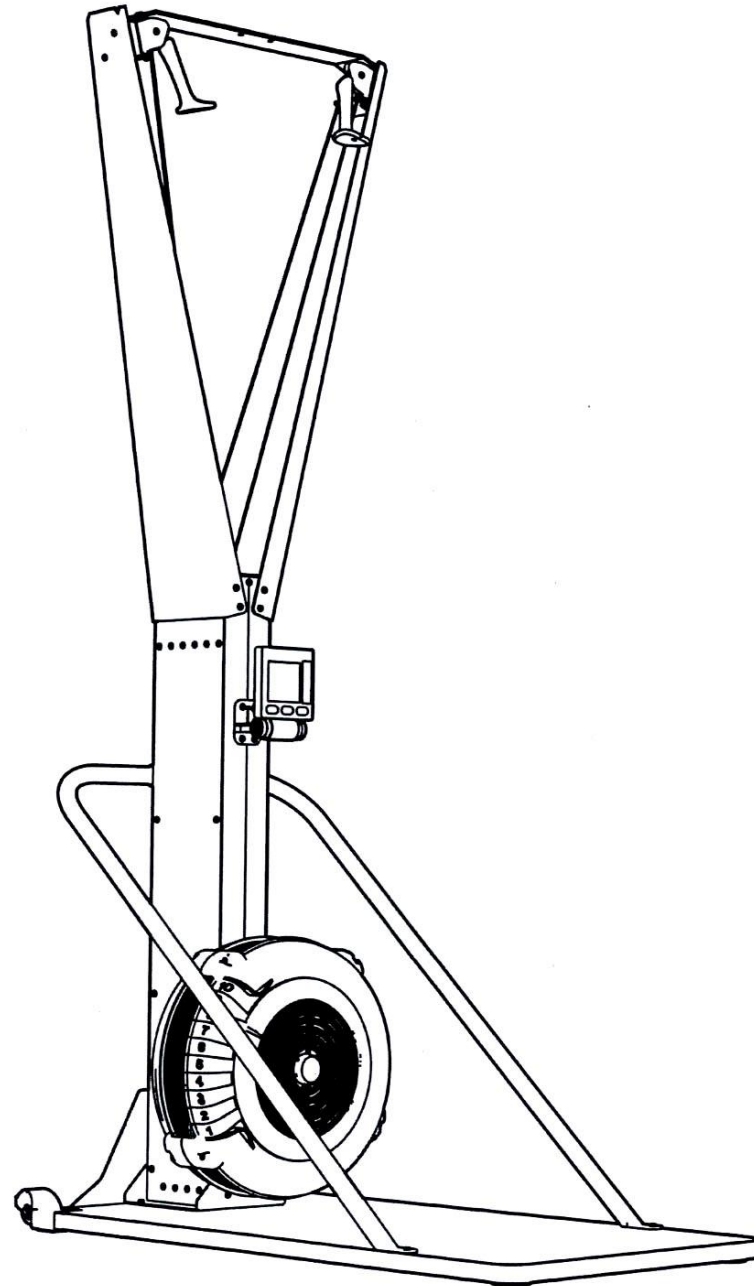


USER MANUAL



Important – Please read these instructions fully before assembly or using
These instructions contain important information which will help you get the best from
your equipment and ensure safe and correct assembly, use and maintenance.

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SAFETY INSTRUCTIONS

WARNING :

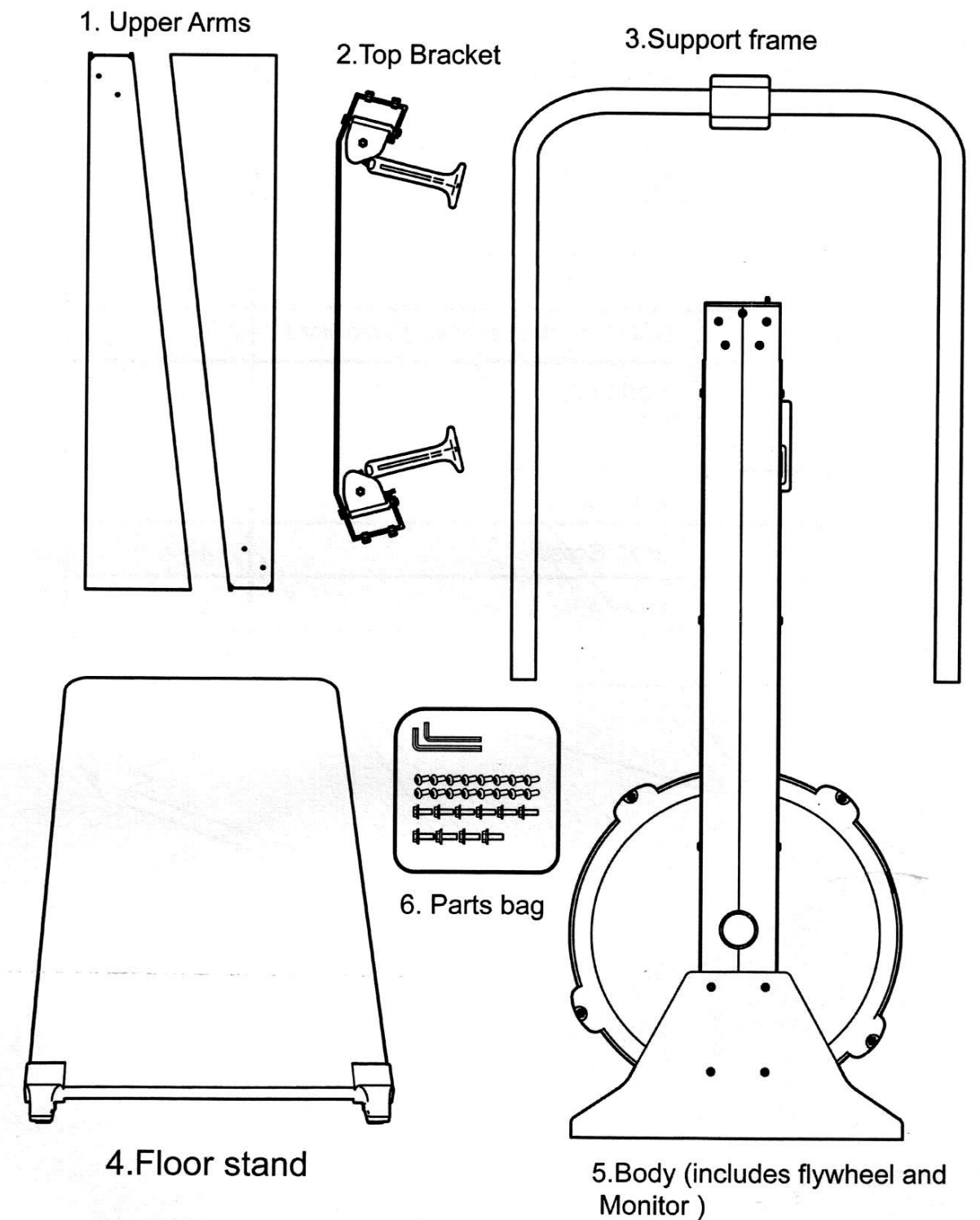
To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your product before using your product. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

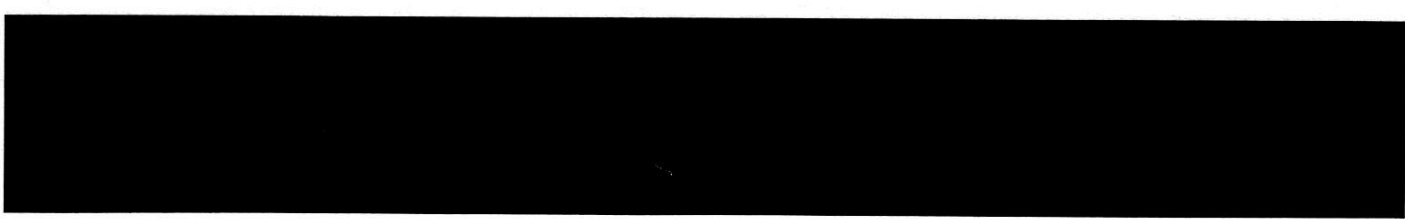
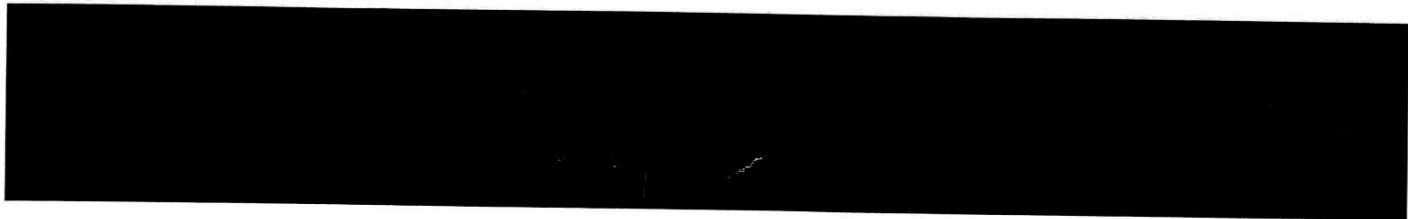
1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Keep children under age 12 and pets away from the product at all times.
3. Never allow more than one person on the product at the same time.
4. If users experience dizziness, nausea, chest pain or other discomfort during training, please stop training immediately and consult a doctor immediately.
5. Place the product on a clean, level floor and do not use near water sources or outdoors.
6. When training, please wear appropriate sportswear. It is strictly prohibited to wear long shirts and other loose clothes that are easily clipped by devices. Running shoes or other sports shoes are recommended.
7. The product must be used in accordance with the operating functions described in the manual, and no other accessories or product functions not recommended by the manufacturer should be used to avoid injury.
8. Do not have obstacles or sharp objects around the product.
9. People with disabilities are not allowed to use the product alone without the supervision of a professional or health care provider.
10. A proper warm-up and stretching exercise must be done before each workout.
11. Please according to their own physical fitness, choose the appropriate weight for exercise, it is recommended to adopt a step-by-step approach.
12. Do not use the product without complete functions.

DAILY MAINTENANCE

1. Lubricate moving parts regularly
2. All parts of the product must be inspected and secured before use
3. Use a wet towel and mild detergent to clean the product. Do not use chemical solvents to clean the product

PACKING LIST

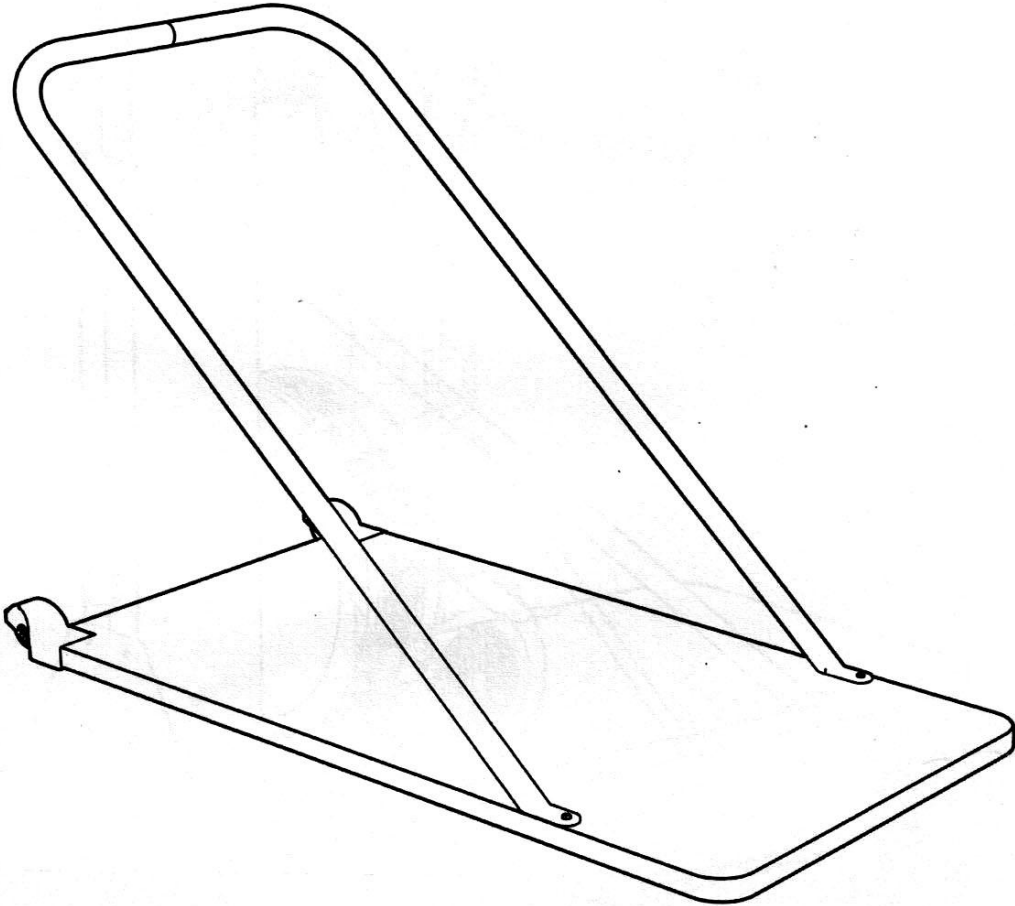




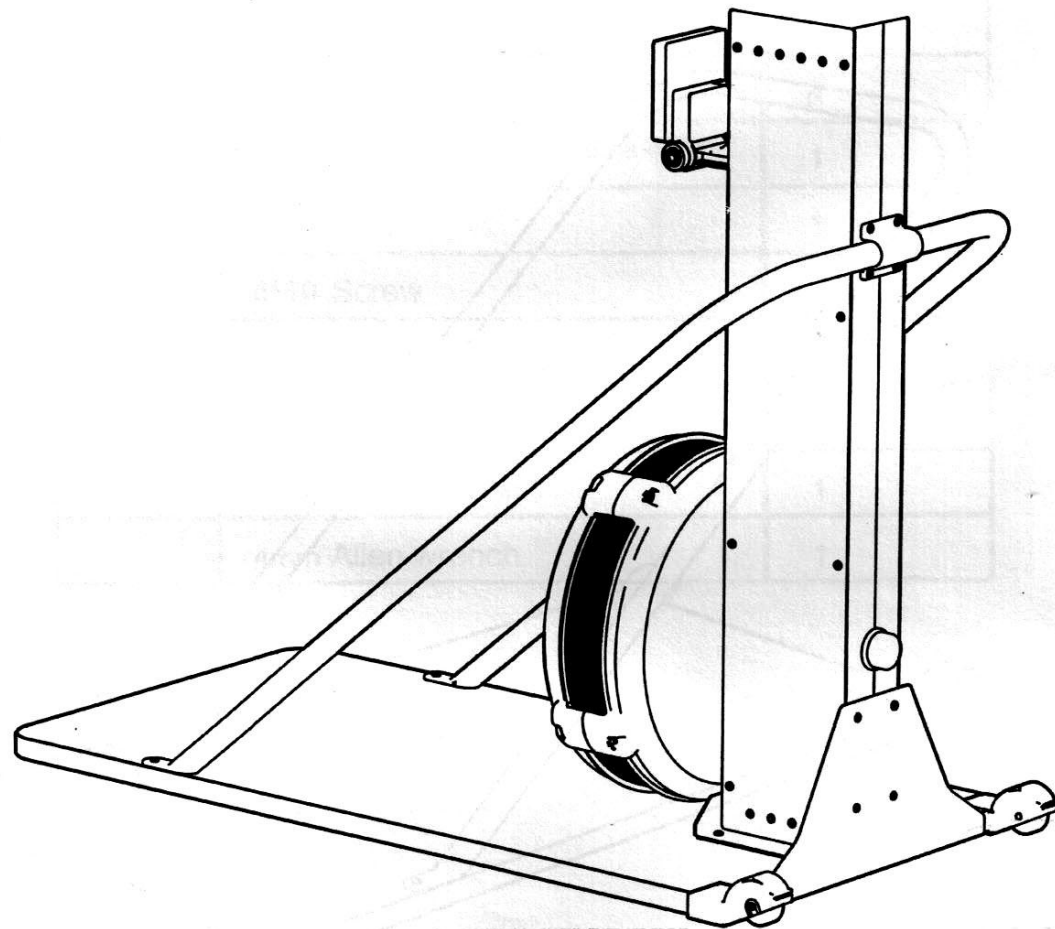
INSTALLATION GUIDE

No.	Description	Qty
1	Upper Arms(left & right)	2
2	Top Bracket	1
3	Support frame	1
4	Floor stand	1
5	Body (includes flywheel and Monitor)	1
6	Parts bag	1
	6*10 Screw	16
	8*16 Screw	6
	8*25 Screw	4
	5mm Allen wrench	1
	4mm Allen wrench	1

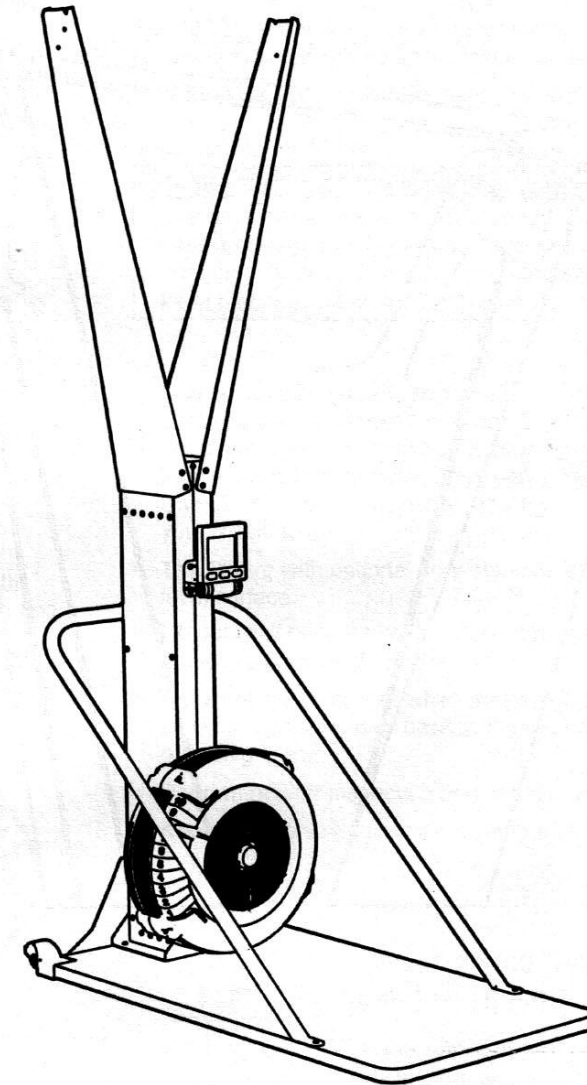
STEP1.Install support frame and floor stand



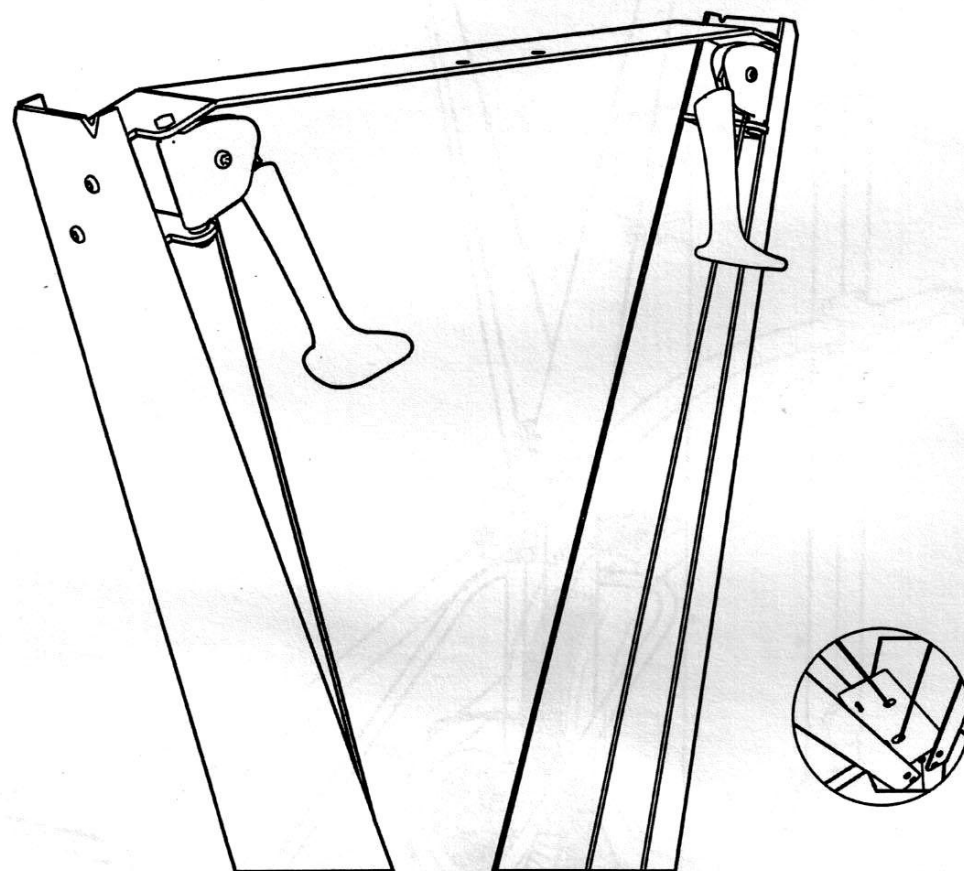
STEP2 .Instill body and floor stand



STEP3. Instill Upper arms(Notice the left and right)

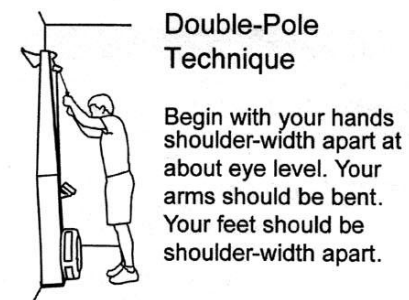


STEP4. Instill Top Bracket

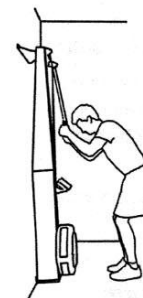


OPERATION INSTRUCTIONS

Double-Pole Technique



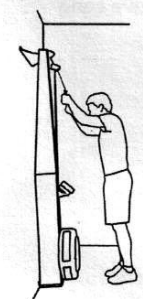
Begin with your hands shoulder-width apart at about eye level. Your arms should be bent. Your feet should be shoulder-width apart.



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



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



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

The SkiErg 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.

The SkiErg enables you to train with the double-pole motion that is essential to both skate and classic skiing.

Classic skiing technique (alternating arms) is also possible

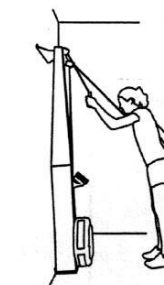
Important Safety Notes

⚠ WARNING

The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately to ensure safety and performance or keep machine out of use until repaired.

- Use of this machine with worn or weakened parts (pulleys, cords, spools) may result in injury to the user. When in doubt about the condition of any part, strongly advises that it be replaced immediately. Use only genuine parts. Use of other parts may result in injury or poor performance of your machine.
- The SkiErg with optional floor stand must be used on a stable, level surface.
- Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.
- Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them.
- Perform regular inspection and maintenance as recommended.
- Keep unsupervised children away from the SkiErg.

Classic Skiing Technique (alternating arms)



Begin with one arm raised and slightly bent.

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

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

WORKOUT INTENSITY

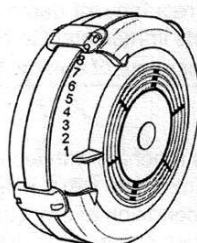
User-Controlled Resistance

The harder you pull, the more resistance you will feel. This is because the SkiErg uses air resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be. You can ski as hard or as easily as you wish. The SkiErg will not force you to ski at any set intensity level.

Damper Setting

The SkiErg features a spiral damper with settings from 1 to 10. The damper setting is like bicycle gearing. It affects the feel of the skiing but does not directly affect the resistance. By changing the damper setting, you can simulate the range of skiing speeds that occur on snow. Higher numbers feel more like skiing in slow conditions or uphill. Lower numbers feel like skiing in faster snow conditions, on flat terrain and downhill. For general fitness and a good aerobic workout, use a damper setting between 1 and 4.

Note: The 1–10 damper setting scale is a handy reference for setting the "gearing".



GETTING STARTED

Before Your First SkiErg Workout

1. Consult your physician. Be sure that it is not dangerous for you to undertake an exercise program.
2. Carefully review the skiing technique information. Improper technique can result in injury.
3. Warm up before each workout with several minutes of easy skiing, then stretch for a few minutes before continuing with your workout. Stretch again after your workout.
4. Start gradually. Ski no more than five minutes the first day to let your body adjust to the new exercise.

WARNING!

Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Your First SkiErg Workout

1. Begin with a minute or two of easy skiing to learn the technique. Start with the double-pole technique as it uses more muscle groups and gives you a better overall workout.
2. Ski steadily and easily for 3 minutes at a cadence. Continue to practice good technique while also settling into a comfortable rhythm.
3. Rest for several minutes instructions, walk or stretch.
4. Ski easily again for 3–5 minutes. Depending on your comfort.
5. Rest again for 1–2 minutes.
6. Repeat Step 4 two or three times.

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. 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.

MAINTENANCE

WARNING!

The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately to ensure safety and performance or keep machine out of use until repaired.

On a Regular Basis Untwist the Cords

When you grasp the handles to use your SkiErg, you may be inadvertently twisting the cords, much like what would happen to the cord on a telephone handset. Over time, this may cause the cords to twist around each other inside the SkiErg resulting in a lumpy feeling when you pull on the handles. This may cause premature wear of the cord.

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

Periodically untwist the cords. It will be easier if you have another person help you.

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

Clean Grips

Use a mild soap or cleaning product to clean the grips every few workouts as needed.

Every 500,000 meters
(approximately 50 hours of use)

Inspect the Cords

There are two separate cords and two bungee cords to inspect.

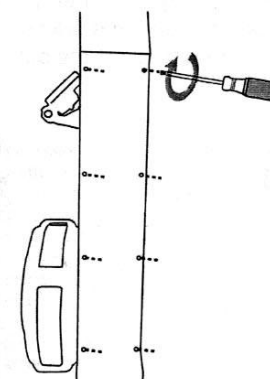
Important! Each cord is of a specific type and should be replaced with the appropriate replacement cord if significant wear or damage is observed.

Cord Inspection:

1. The handle cords can be easily inspected by pulling the handles all the way out and visually checking for wear.

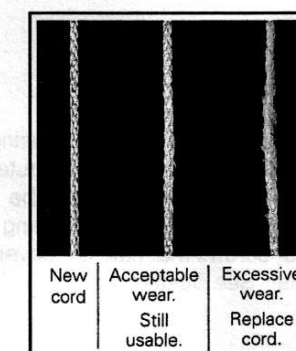
2. Inspect the cords working inside the vertical frame. Start by removing the lower right side cover by removing 8 screws, using the 6 lobe driver provided with your SkiErg. See illustration. Once the cover is removed, all cords and pulleys will be visible.

3. Have a helper slowly pull the handles all the way out and observe the condition of the handle cords and the bungee cord. You should be able to see the entire working length of all cords.



A Description of Cord Wear/Damage:

- Over time the cord surface will show "fuzzing". If this "fuzzing" becomes worse in a localized spot on the cord it is time to replace the cord. See photo. We recommend replacing both cords at the same time.

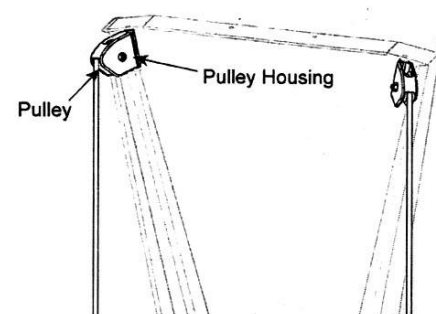


Inspect the Fasteners

Be sure all fasteners are tight and have not become loose during use.

Inspect the Top Bracket Pulleys

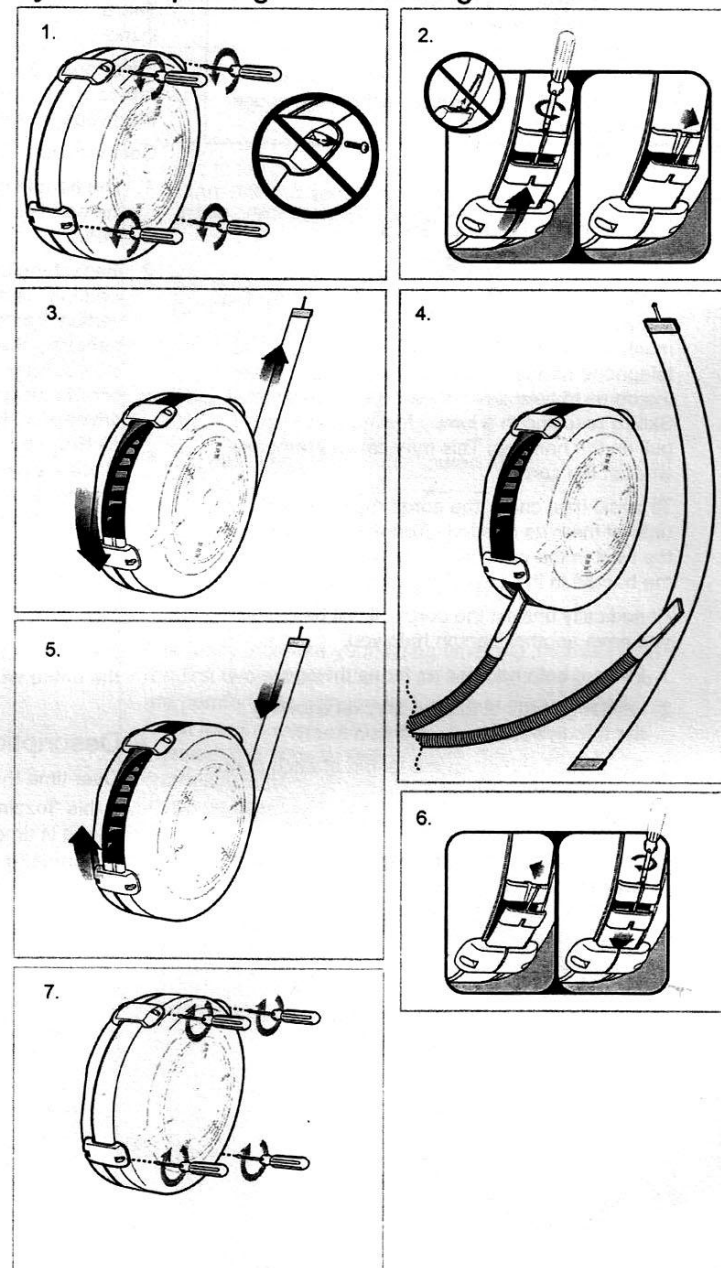
Be sure the pulleys spin freely in the pulley housings and that the pulley housings swing freely in the pulley brackets.



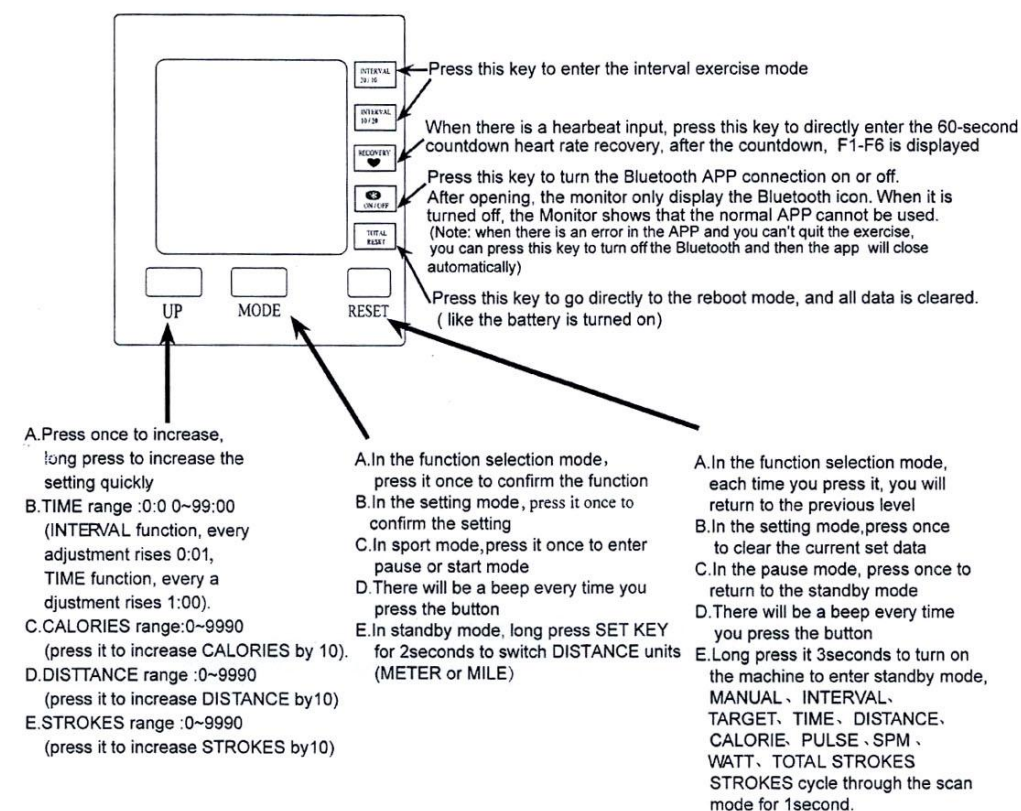
As Needed

- Clean surfaces of the SkiErg, including floor or floor stand base, with any non-abrasive household cleaner.
- Dust and lint can collect inside of the flywheel enclosure. This buildup can restrict airflow reducing the resistance of the fan. The outer cover of the fan enclosure can be removed for cleaning by removing the four screws that hold the cover together. See illustrations.

Flywheel Opening and Cleaning



MONITOR BRIEF DESCRIPTION



Scan the 2D code to download and install APP




Remarks:

1. When the window display fades, the battery power is not enough, replace the battery
2. When there is no signal input, please check if the cable is connected.

How do I use the Bluetooth?

	Items	Display Range	Set	Memory	Reset	Description
1	TIME	0:00~99:59	±1	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is "0". Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
2	DISTANCE	0~9999	0~9990 ±10K ±10M	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is "0". Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
3	CALORIE	0~9999	0~9990 (±10)	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is "0". Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
4	SPM	0~999	no	no	yes	In the "Start" state: a. Display data after inputting sensor signal for 3seconds. b. After no sensor signal input for 4.6 seconds, the data will be "0" c. Sharing the display window with WATT, so interactive display every 5 seconds.
5	STROKES	0~9999	0~9990 (±10)	yes	yes	ROWING SOROKES shares the display window with TOTAL STROKES, so it displays interactively every 5seconds
6	TOTAL STROKES	0~9999	no	no	no	For the sum of STROKES
7	WATT	0~999	no	no	no	a. Display data after inputting sensor signal for 3seconds. b. After no sensor signal input for 4.6 seconds, the data will be "0" c. Sharing the display window with SPM, so interactive display every 5 seconds.

8	PULSE	P-30~230 BPM	0-30~230 (±1)BPM	yes	yes	a. When there is a pulse signal input, the time for displaying the initial value is 7.5seconds(counted by the first PLUSE). b. After no pulse signal input for 6seconds, the data will be "0". c. Above the set value, the Pulse window value flashes per second or PULSE OVER ALARM=2 ALARM / sec, which is BIBI per second.
9	Manual Program					When no mode is entered, QUICK START is performed when an RPM signal is detected.
10	INTERVAL 20-10					1. Interval exercise mode 2. Exercise for 20seconds, rest for 10 seconds.
11	INTERVAL 10-20					1. Interval exercise mode 2. Exercise for 10seconds, rest for 20seconds
12	INTERVAL CUSTOM					1. Interval exercise mode 2. User set exercise time and rest time
13	TARGET TIME					User set exercise time
14	TARGET DISTANCE					User set exercise distance
15	TARGET CALORIES					User set exercise CALORIES
16	TARGET STROKES					User set exercise STROKES
17	TARGET PULSE					User set exercise pulse
18	 ON/OFF					Bluetooth switch key