

TOORX
PROFESSIONAL LINE

INSTRUCTION



SKX
AIRMAG 7000



Code : GRLDTOORXSKXAM7

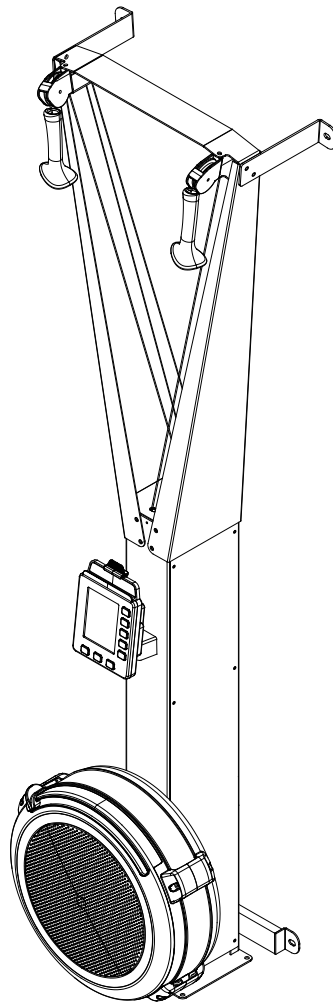
Rev: 00

Ed: 11/25



SKI TRAINER

OWNER'S MANUAL (Wall Mounting Style)



Product May Vary Slightly From Pictured.

BEFOER YOU BEGIN

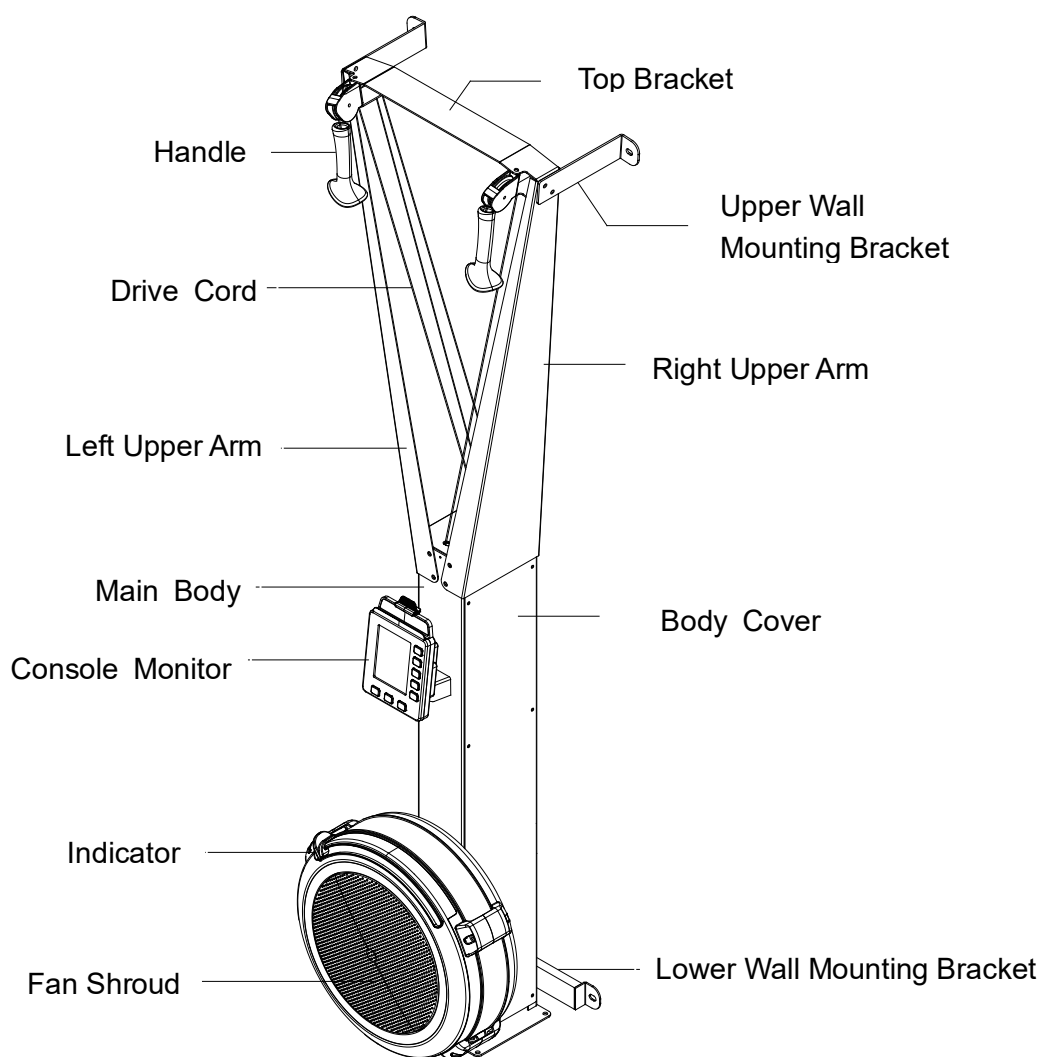
Thank you for choosing the **SKI TRAINER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise.

The **SKI TRAINER** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

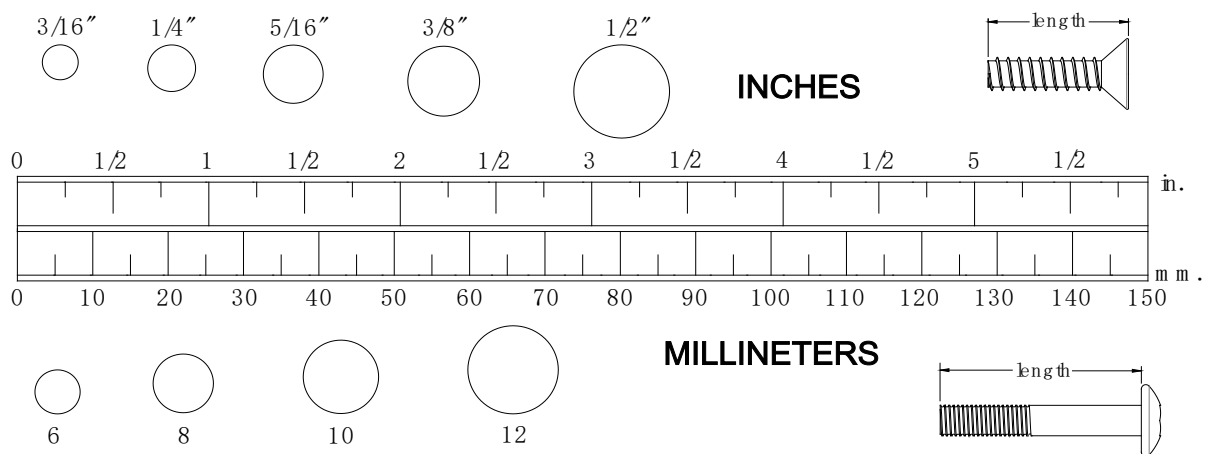
Read this manual carefully before using the **SKI TRAINER**.



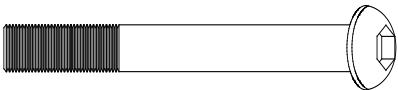
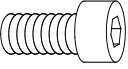
HARDWARE IDENTIFICATION CHART

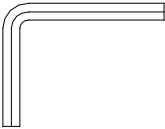
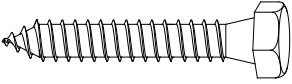
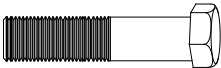
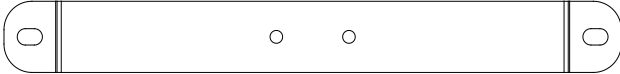
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

Drawing of Parts	Parts No.	Description	QTY
	82	Button Head Cap Screw, M8x75 mm	1
	71	Flat Washer M8	15
	55	Flat Washer, Φ22*Φ9*2.0t	4
	72	Nylon Nut M8	1
	87	Socket Head Cap Screw, M8x15 mm	12

	89	Allen Wrench 6mm	1
	88	Wrench 13-15	1
	54	Hex Socket Head Self-Tapping Screw, ST8x50mm	4
	53	Hex Socket Head Cap Screw, M8x35mm	2
	8	Lower Wall Mounting Bracket	1
	9L	Upper Left Wall Mounting Bracket	1
	9R	Upper Left Wall Mounting Bracket	1

ASSEMBLY INSTRUCTIONS

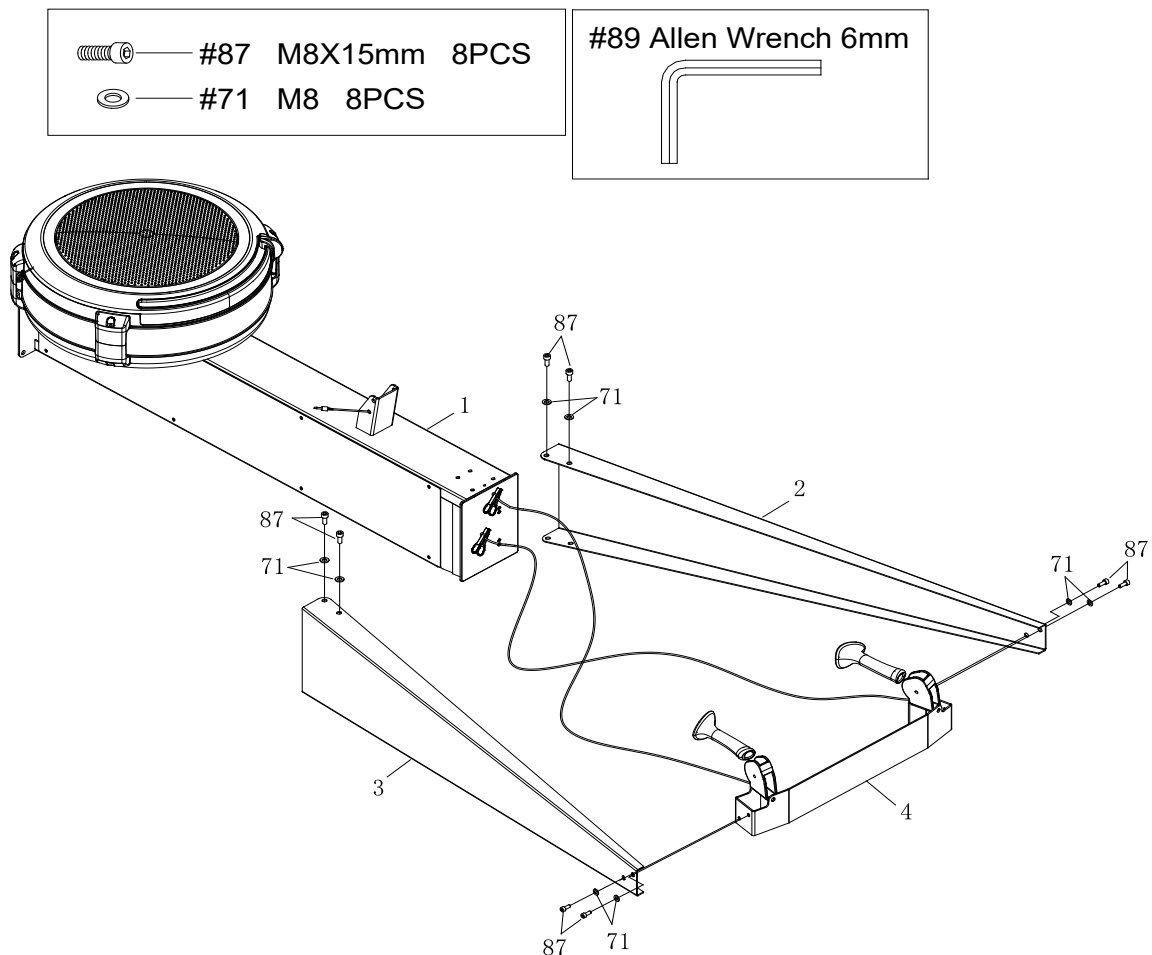
STEP 1

Attach the **Left and Right Upper Arms (2/3)** to **Main Body (1)** to using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

STEP 2

Attach the **Left and Right Upper Arms (2/3)** to **Top Bracket (5)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of above steps



ASSEMBLY INSTRUCTIONS

STEP 3

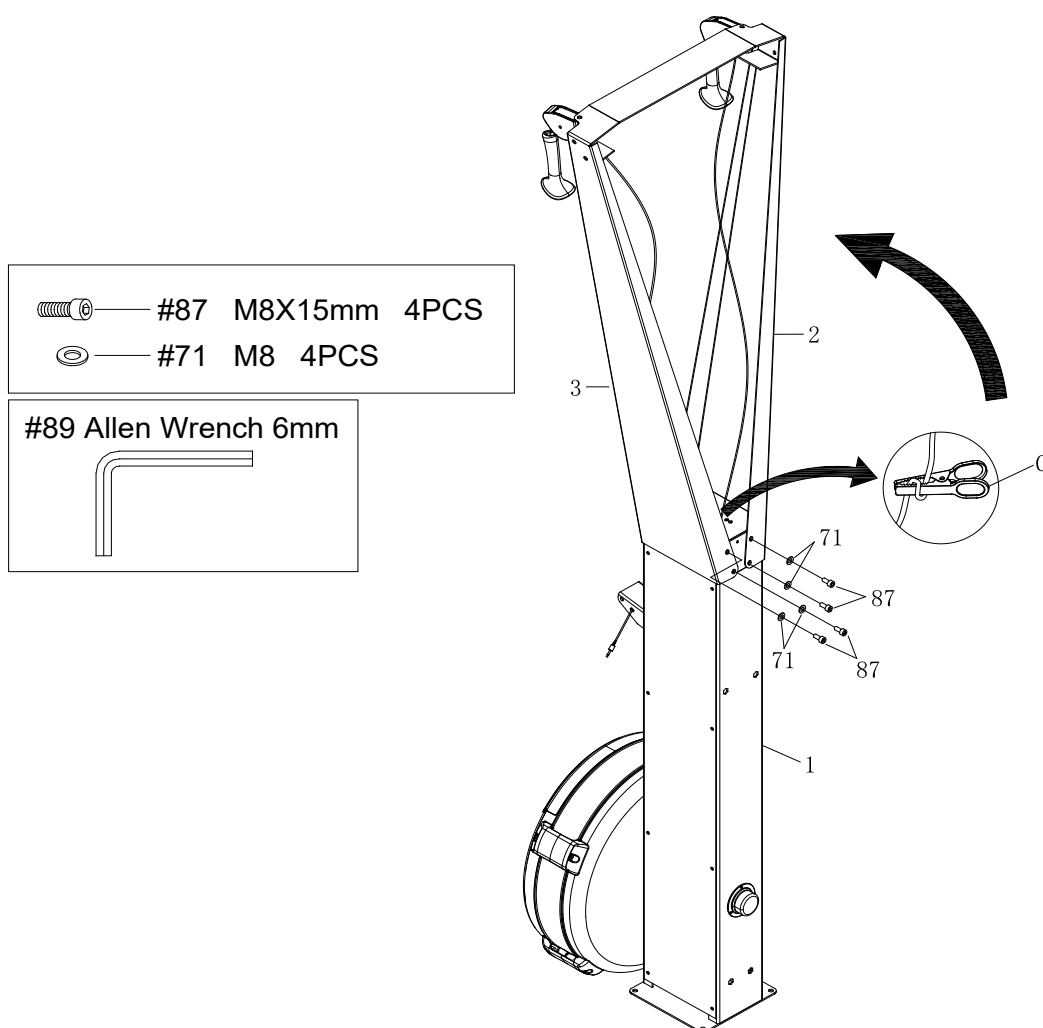
Make the assembly stand up. Tighten the **Left and Right Upper Arms (2/3)** using: 4 PCs of

M8x15mm Socket Head Cap Screw (87) and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of this step.

STEP 4

Remove the clicker from the **Drive Cord (52)**.



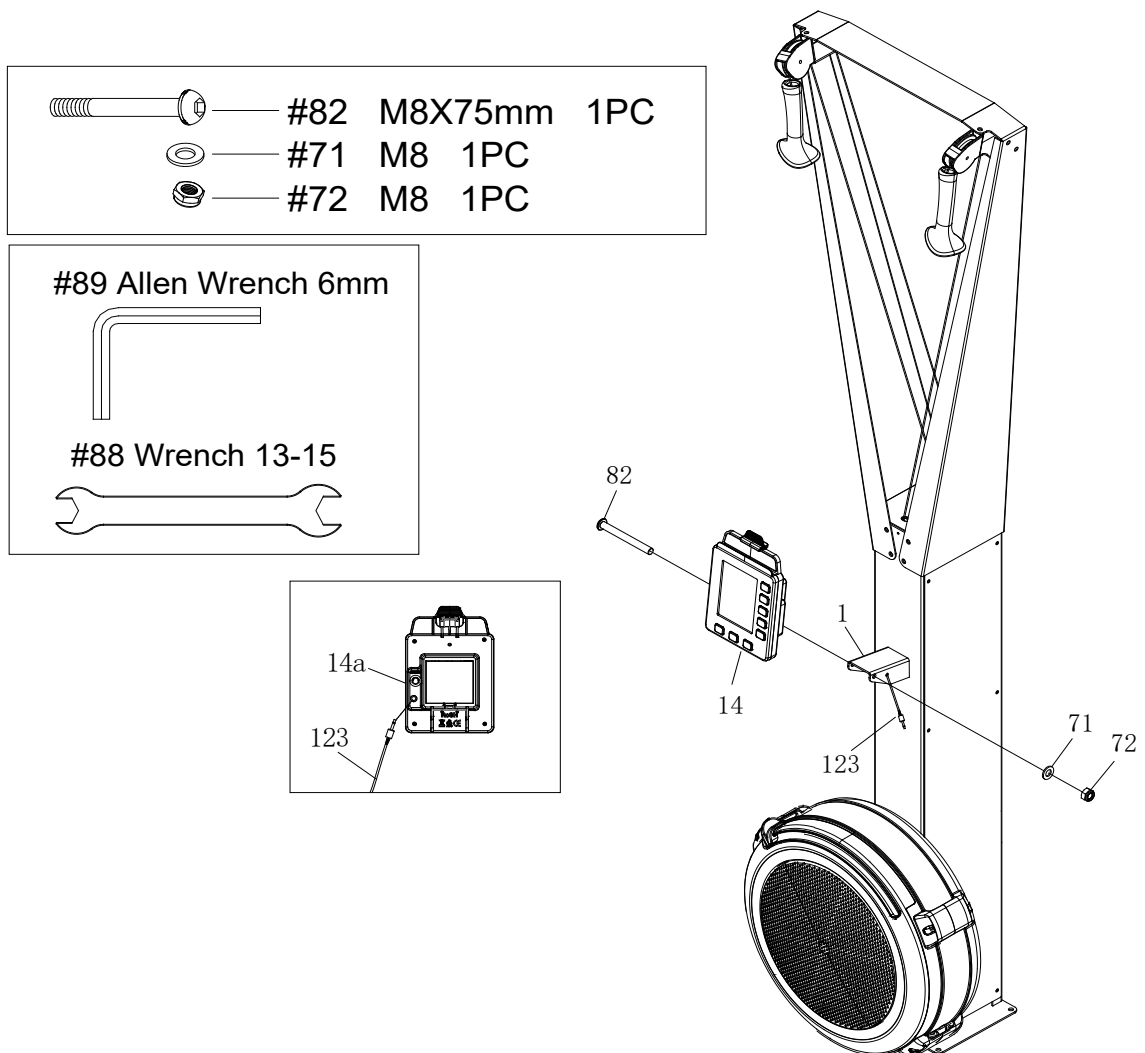
ASSEMBLY INSTRUCTIONS

STEP 5

Attach the **Console Monitor (14)** to the console mounting bracket on **Main Body (1)** using: 1 PC of **M8x75mm Button Head Cap Screw (82)**, **M8 Flat Washer (71)**, and **M8 Nylon Nut (72)**.

STEP 6

Connect **Sensor Cable (123)** into the back of the **Console Monitor (14a)**.



ASSEMBLY INSTRUCTIONS

STEP 7

Attach the **Lower Wall Mounting Bracket (8)** to **Main Body (1)** using: 2 PCs of **M8x35mm Socket Head Screw (53)** and **M8 Flat Washer (71)**.

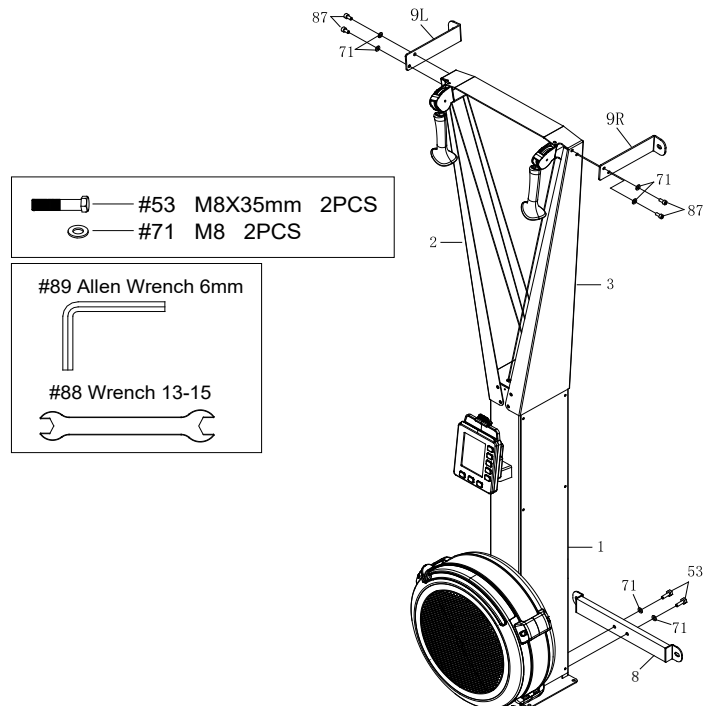
STEP 8

Remove 2 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)** from the **Left Upper Arm (2)**. Attach the **Left Upper Wall Mounting Bracket (9L)** on **Left Upper Arm (2)** using: the same screw and washer (87&71).

STEP 9

Remove 2 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)** from the **Right Upper Arm (3)**. Attach the **Right Upper Wall Mounting Bracket (9R)** on **Right Upper Arm (3)** using: the same screw and washer (87&71).

NOTE: Fully tighten bolts at end of above steps.



ASSEMBLY INSTRUCTIONS

STEP 10

Hold the assembly up against a solid wall.

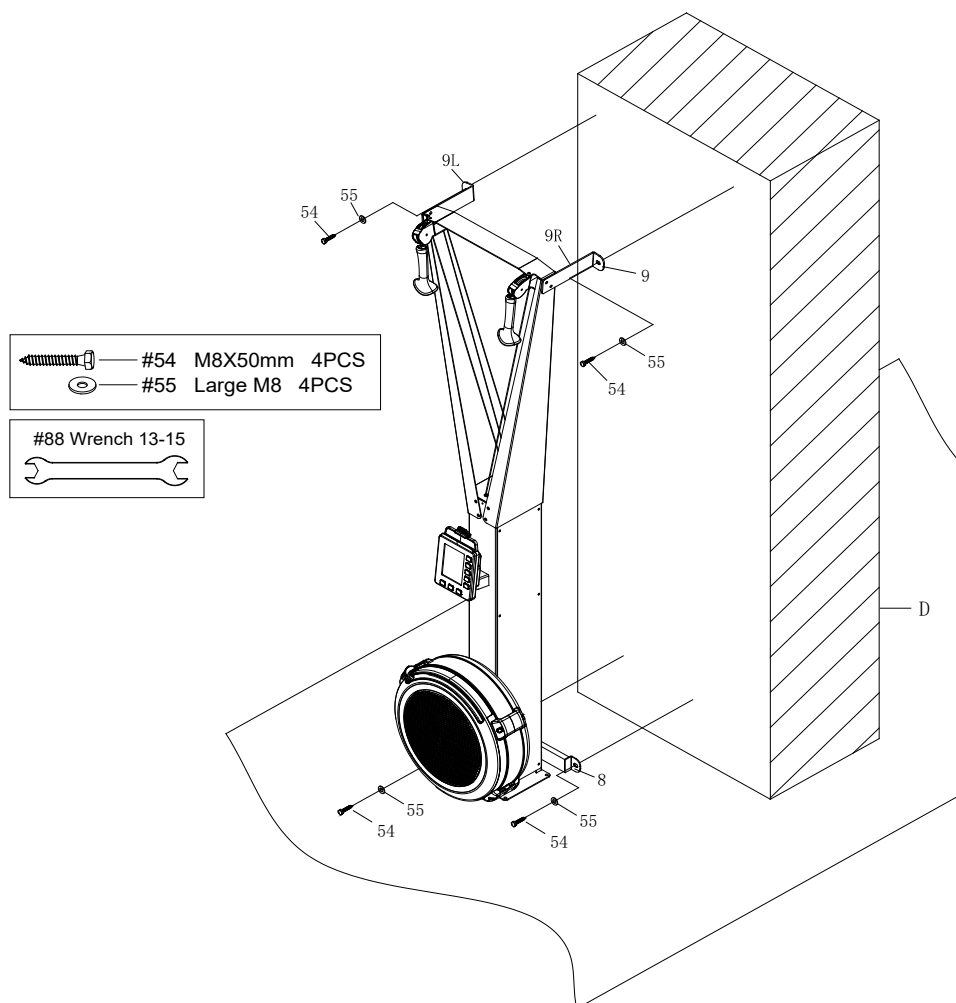
Make 4 positioning marks on the solid wall according to the positions from **Upper Wall Mounting Brackets (#9L/#9R)** and **Lower Wall Mounting Bracket (#8)**.

Drill 4 holes based on the positioning marks.

STEP 11

Attach and tighten the assembly to the solid wall using: 4 PCs of **Hex Socket Head Self-Tapping Screw, ST8x50mm (#54)** and **Flat Washer (55)**.

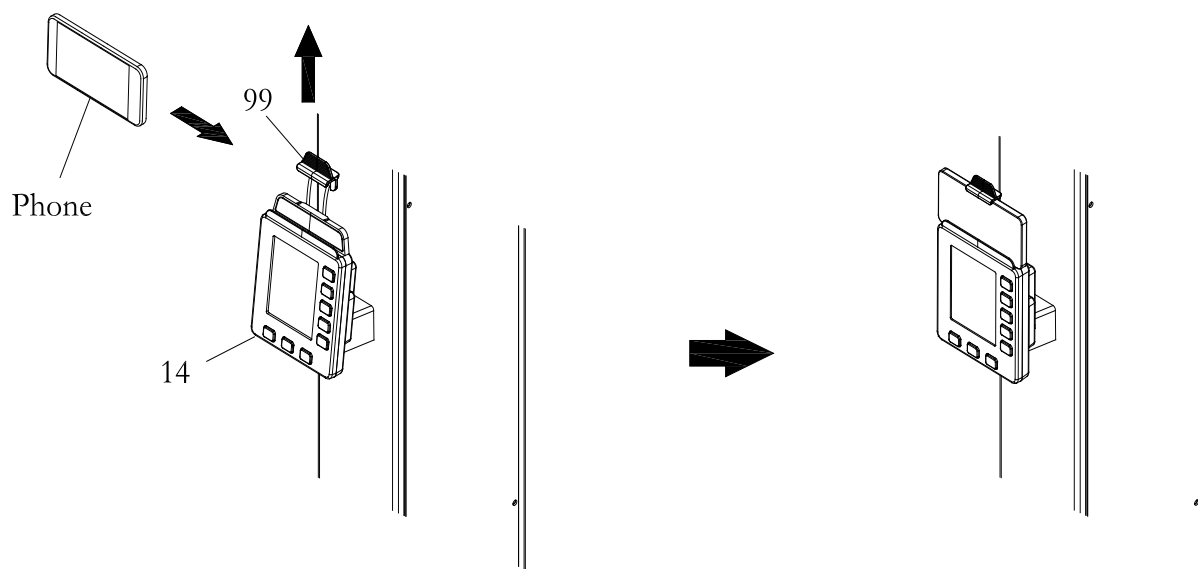
NOTE: Fully tighten bolts at end of this step.



OPERATIONAL INSTRUCTIONS

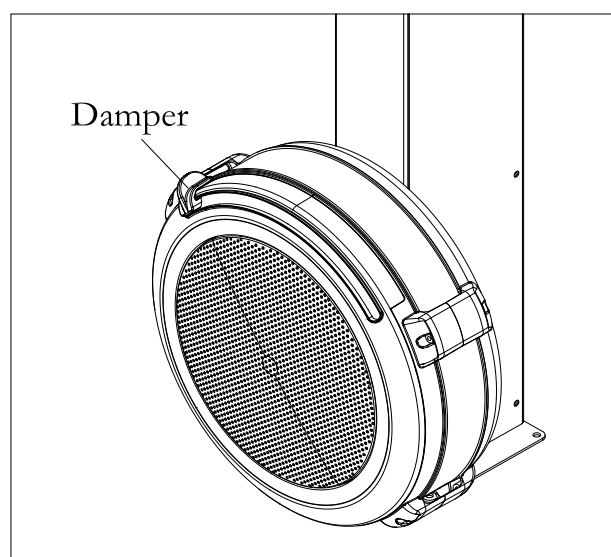
➤ USING CELL PHONE BRACKET

Cell Phone Bracket (#99) can be move up and down. Move up **Cell Phone Bracket (#99)**, then slide the Cell Phone into the gap between the **Cell Phone Bracket (#99)** and the **Console Monitor (#14)**.



➤ LOAD ADJUSTMENT

Move the Indicator to point to the numbers on the **Left Fan Shroud (#126)** to adjust the load. There are settings from 1 to 16. Setting #1 will provide the lowest resistance. Setting #16 will provide the highest resistance.



MAINTENANCE

The safety and integrity designed into the **SKI TRAINER** can only be maintained when the **SKI TRAINER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **Handle (44)** and verify that the System provides tension and the seat travel is smooth and stable.
2. Clean the revealed surface of **Cord Pulley (27)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **Drive Cord (52)**. Replace the **Drive Cord (52)** if it is damaged or broken.
5. Verify that the **Warning Label** is in place and easy to read.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **SKI TRAINER** removed from service until repair is made.
8. Keep your **SKI TRAINER** clean by wiping it off with an absorbent cloth after use.

TARGET HEART RATE ZONES

WHAT ARE HEART RATE ZONES?

Heart rate zones are a percentage of your maximum heart rate (heart beats per minute). Exercise too close to your maximum HR (Mhr) and your heart and body will struggle to keep up with the demands. The goal of heart rate zones is to make you the most efficient, but to allow you to challenge yourself to improve cardiovascular fitness.

FIND YOUR TARGET HEART RATE ZONES

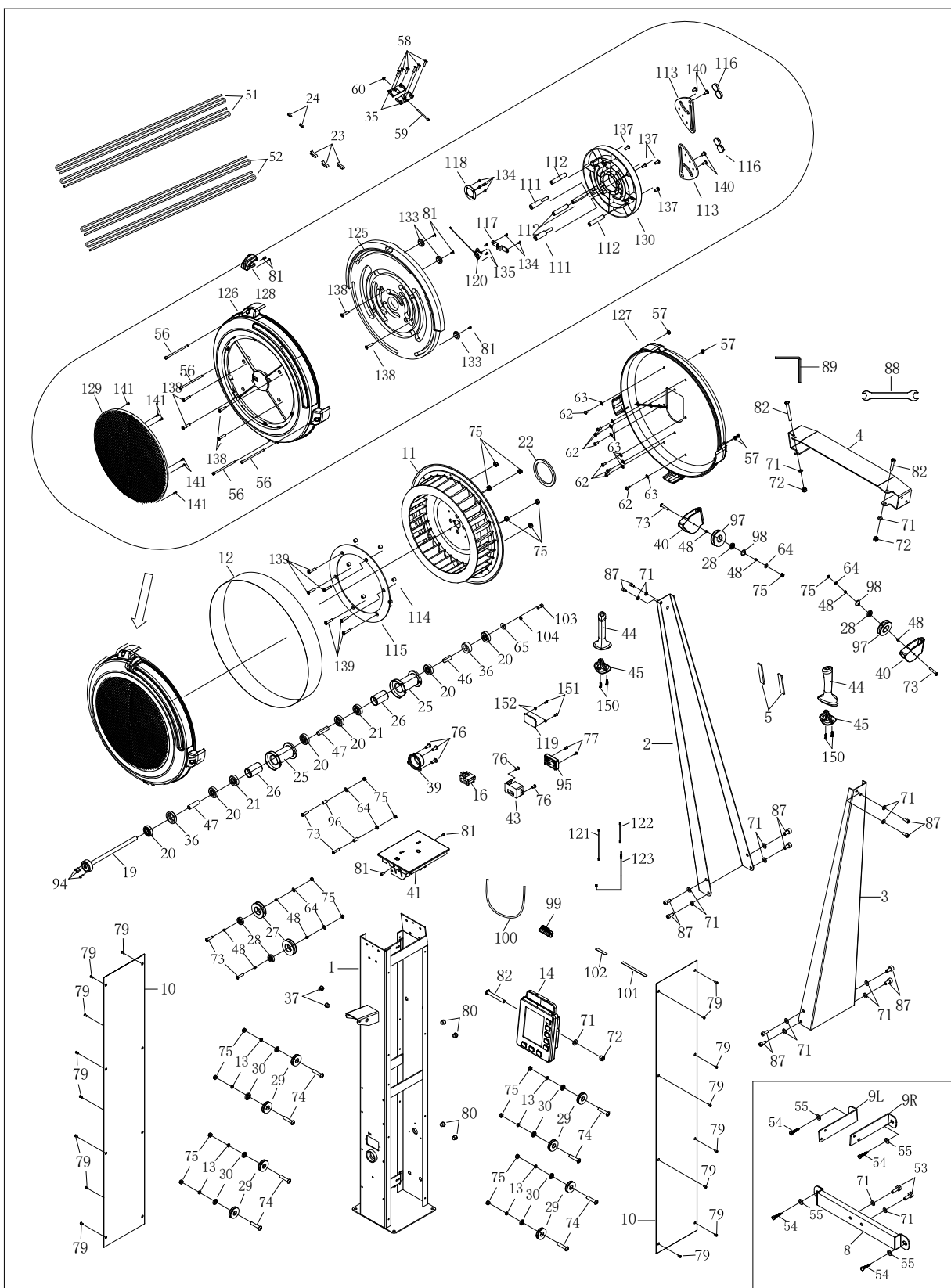
It is crucial to understand your target heart rate zone to workout efficiently. Please use the below chart as the guideline to help you select the preferred Heart Rate Zone.



RECOMMENDED TRAINING ZONE

Heart Rate (beats per minute)	AGE										
	20	25	30	35	40	45	50	55	65	70	
	200	195	190	185	180	175	170	165	155	150	
	180	176	171	167	162	158	153	149	140	135	
	160	156	152	148	144	140	136	132	124	126	
	140	137	133	130	126	123	119	116	109	105	
	120	117	114	111	108	105	102	99	93	90	
	100	98	95	93	90	88	85	83	78	75	
											50%
											60%
											70%
											80%
											90%
											100%

PRODUCT PARTS DRAWING



PARTS LIST

Parts No.	Description	Qty
1	Main Body	1
2	Left Upper Arm	1
3	Right Upper Arm	1
4	Top Bracket	1
5	EVA Single Glue For Pulley Bracket	2
8	Lower Wall Mounting Bracket	1
9L	Left Upper Wall Mounting Bracket	1
9R	Right Upper Wall Mounting Bracket	1
10	Body Cover (Left/ Right)	2
11	Fan	1
12	Perforated Steel Mesh	1
13	Console Pulley Spacer	8
14	Console Monitor	1
16	Generator	1
19	Fan Axle	1
20	Bearing 6001RS	6
21	One-way Bearing HF1216,16t	2
22	Magnet	1
23	Balance Weight	3
24	Small Balance Weight	2
25	Cord Sleeve	2
26	Pulley Spacer	2
27	Cord Pulley	2
28	Bearing 6000ZZ	4
29	Console Pulley	8
30	Bearing 606ZZ	8
35	Steel Plate	2
36	Bushing 6001	2

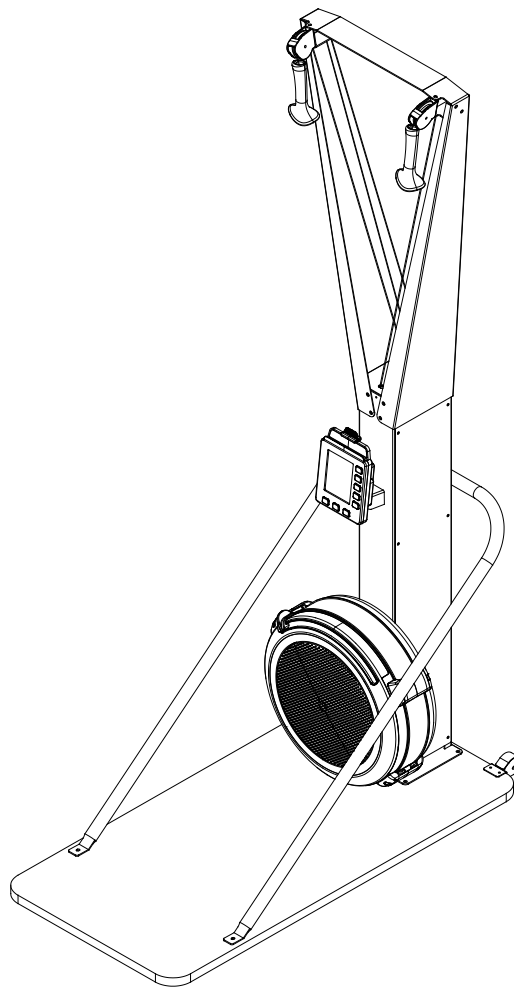
37	Cable Plug	2
39	Pulley Cover	1
40	Pulley Bracket	2
41	Body Upper Cover	1
43	Generator Base	1
44	Handle	2
45	Handle Plug	2
46	Short Spacer	1
47	Long Spacer	2
48	Cord Pulley Spacer	8
51	Bungee Cord (Grey)	2
52	Drive Cord (White)	2
53	Hex Socket Head Cap Screw, M8x35mm	2
54	Hex Socket Head Self-Tapping Screw, ST8x50mm	4
55	Flat Washer, $\Phi 22 \times \Phi 9 \times 2.0t$	4
56	Socket Head Cap Screw, M5x92mm	4
57	Hex Nut M5	4
58	Phillips Pan Head Self-Tapping Screw, ST4.2x6mm	6
59	Phillips Pan Head Screw, M4x45mm	1
60	Hex Nut M4	1
62	Phillips Truss Head Screw, M6x10mm	8
63	Lock Washer, Internal Tooth M6	8
64	Flat Washer M6	6
65	Flat Washer $\phi 16 \times \phi 6.2 \times 1.5T$	1
71	Flat Washer M8	17
72	Nylon Nut M8	3
73	Button Head Cap Screw, M6x35mm	6
74	Phillips Truss Head Screw, M6x20mm	8
75	Nylon Nut M6	20
76	Phillips Pan Head Self-Drilling Screw, ST4.2x13mm	5

77	Phillips Pan Head Self-Tapping Screw, ST3.0x20mm	2
79	Philips Head Screw, M5x8mm	16
80	Hex Rivet Nut M8	4
81	Phillips Pan Head Self-Tapping Screw, ST4.2x16mm	7
82	Button Head Cap Screw, M8x75mm	3
87	Socket Head Cap Screw, M8x15mm	12
88	Wrench	1
89	Allen Wrench 6mm	1
94	Socket Head Cap Screw, M4x12mm	3
95	Generator Cover	1
96	PU Spacer	2
97	Aluminum Alloy Pulley	2
98	Elastic Ring $\Phi 26$	2
99	Cell Phone Bracket	1
100	Bungee Cord of Smartphone Holder	1
101	EVA Pad of Console Monitor	1
102	EVA Pad of Smartphone Holder	1
103	Socket Head Cap Screw, M6x16mm	1
104	Spring Washer M6	1
111	Magnet adjustment Post	2
112	Magnet Support Post	4
113	Magnet Bracket	2
114	Stainless Steel Spacer	6
115	Aluminum Plate	1
116	Round Magnet	4
117	VR Holder	1
118	Ring	1
119	Adaptor Board	1
120	VR	1
121	VR Wire	1
122	Generator Wire	1

123	Sensor Cable	1
125	Damper	1
126	Left Fan Shroud	1
127	Right Fan Shroud	1
128	Indicator	1
129	Plastic Mesh	1
130	Magnet Bracket Base	1
133	Shoulder Washer	3
134	Phillips Pan Head Self-Tapping Screw, ST4.2x10mm	6
135	Phillips Pan Head Self-Tapping Screw, ST3.0x8mm	2
137	Button Head Cap Screw, M6x12mm	4
138	Hex Head Cap Screw, M6x20mm	6
139	Hex Head Cap Screw, M6x40mm	6
140	Phillips Truss Head Screw, M6x16mm	4
141	Phillips Flat Head Self-Tapping Screw, ST4.2x16mm	6
150	Phillips Flat Head Self-Tapping Screw, ST3.5x13mm	4
151	Phillips Pan Head Screw, M4x6mm	2
152	Spring Washer M4	2

SKI TRAINER

OWNER'S MANUAL (Free Standing Style)



Product May Vary Slightly From Pictured.

BEFOER YOU BEGIN

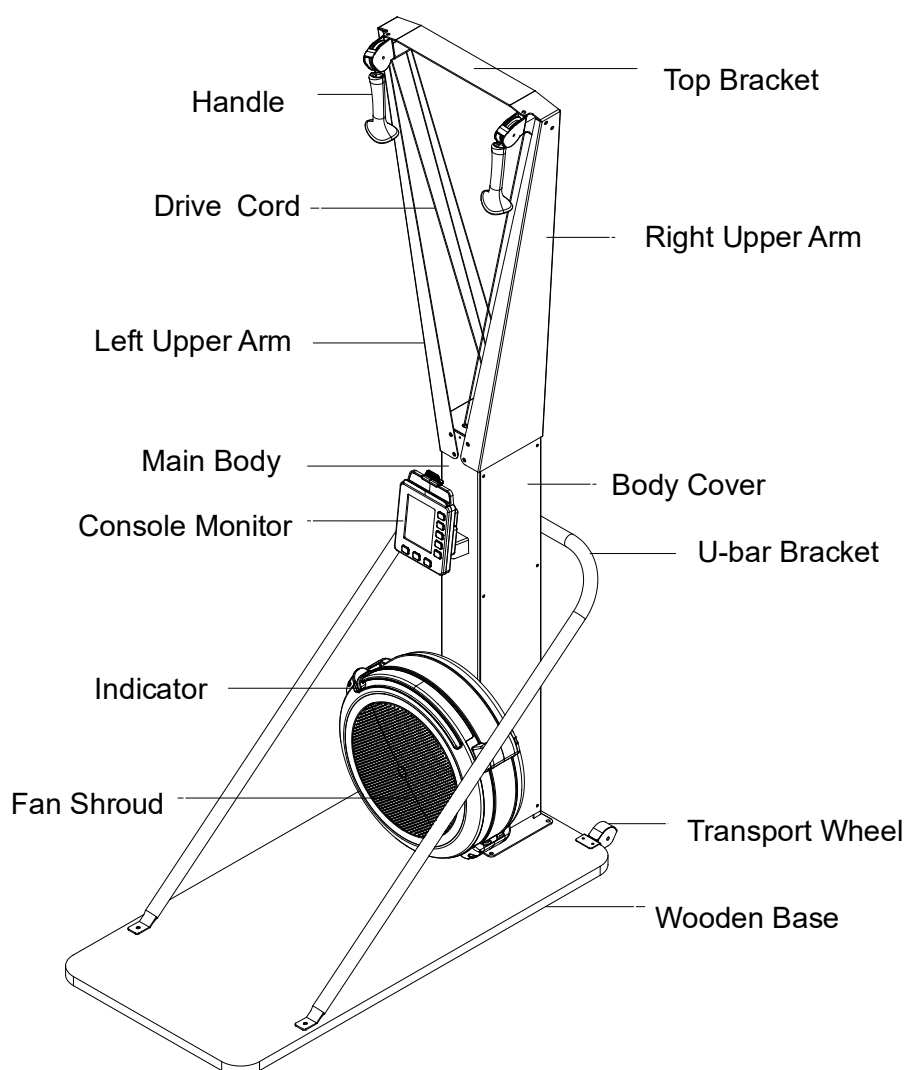
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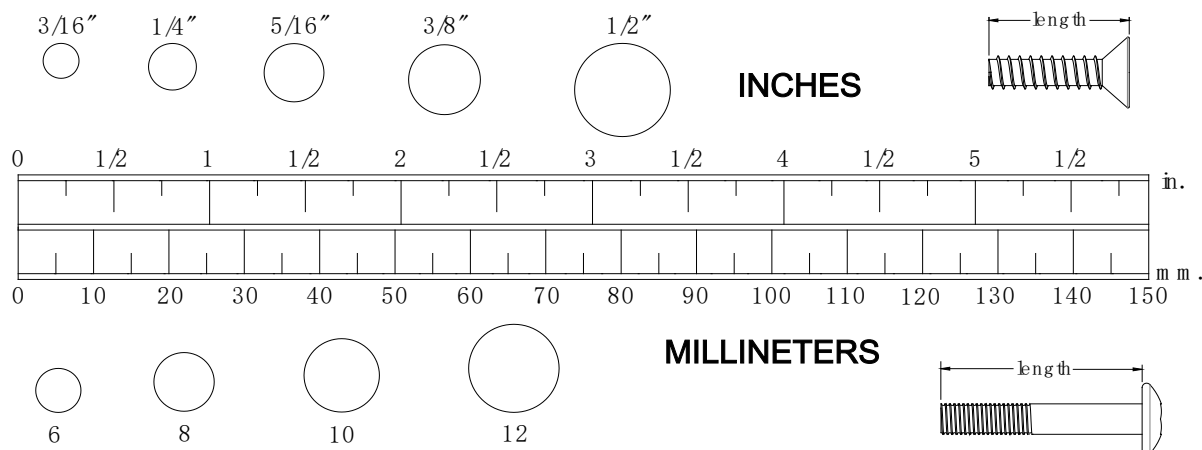
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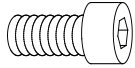
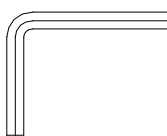
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

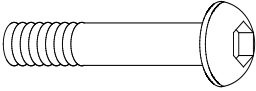
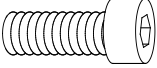


After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

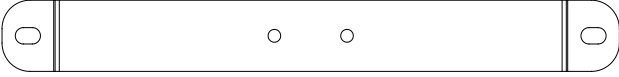
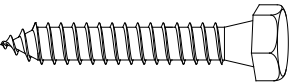
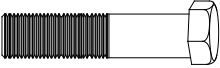
Drawing of Parts	Parts No.	Description	QTY
	82	Button Head Cap Screw, M8x75 mm	1
	71	Flat Washer M8	13
	72	Nylon Nut M8	1
	87	Socket Head Cap Screw, M8x15 mm	12
	89	Allen Wrench 6mm	1

	88	Wrench 13-15	1
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Below chart include the EXTRA fasteners for Free Standing Style assembly:

Drawing of Parts	Parts No.	Description	QTY
	84	Button Head Cap screw, M8x50 mm	2
	85	Arc washer M8	2
	83	Socket Head Cap Screw, M8x30 mm	6
	71	Flat Washer M8	6
	90	Allen Wrench 5mm	1

Below chart include the EXTRA fasteners for Wall Mounted Style assembly:

Drawing of Parts	Parts No.	Description	QTY
	8	Lower Wall Mounting Bracket	1
	9L	Upper Left Wall Mounting Bracket	1
	9R	Upper Left Wall Mounting Bracket	1
	54	Hex Socket Head Self-Tapping Screw, ST8x50mm	4
	53	Hex Socket Head Cap Screw, M8x35mm	2
	71	Flat Washer M8	2
	55	Flat Washer, $\Phi 22 \times \Phi 9 \times 2.0t$	4

ASSEMBLY INSTRUCTIONS

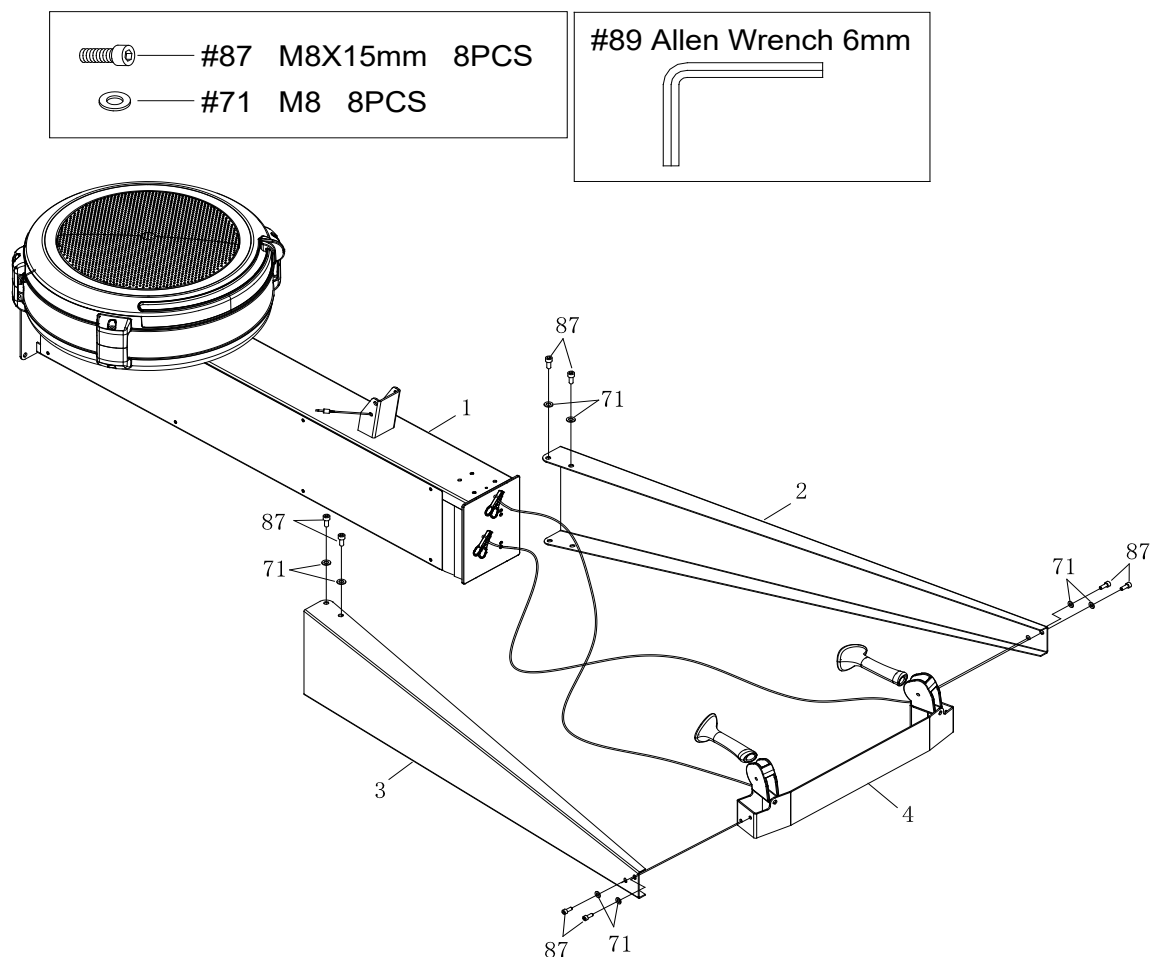
STEP 1

Attach the **Left and Right Upper Arms (2/3)** to **Main Body (1)** to using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

STEP 2

Attach the **Left and Right Upper Arms (2/3)** to **Top Bracket (5)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of above steps



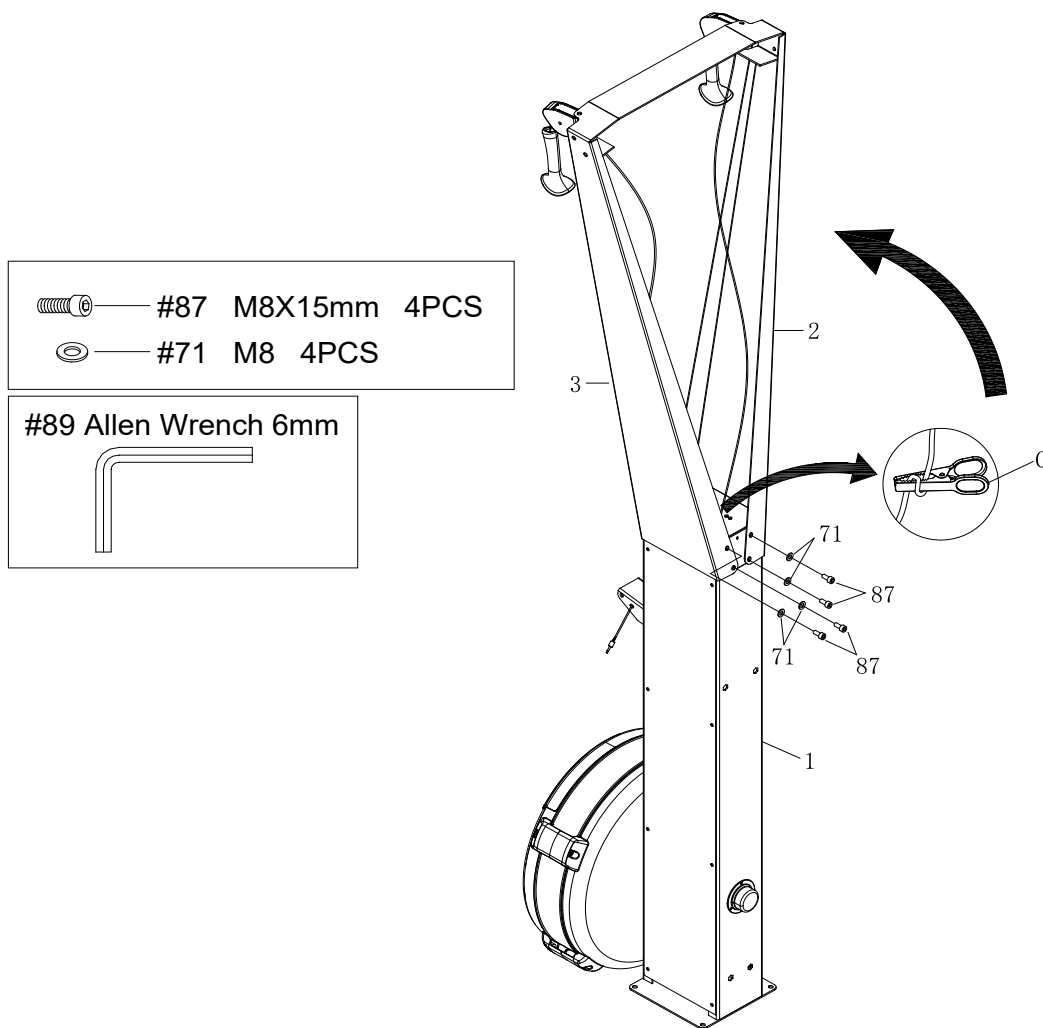
ASSEMBLY INSTRUCTIONS

STEP 3

Make the assembly stand up. Tighten the **Left and Right Upper Arms (2/3)** using: 4 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.
NOTE: Fully tighten bolts at end of this step.

STEP 4

Remove the clicker from the **Drive Cord (52)**.



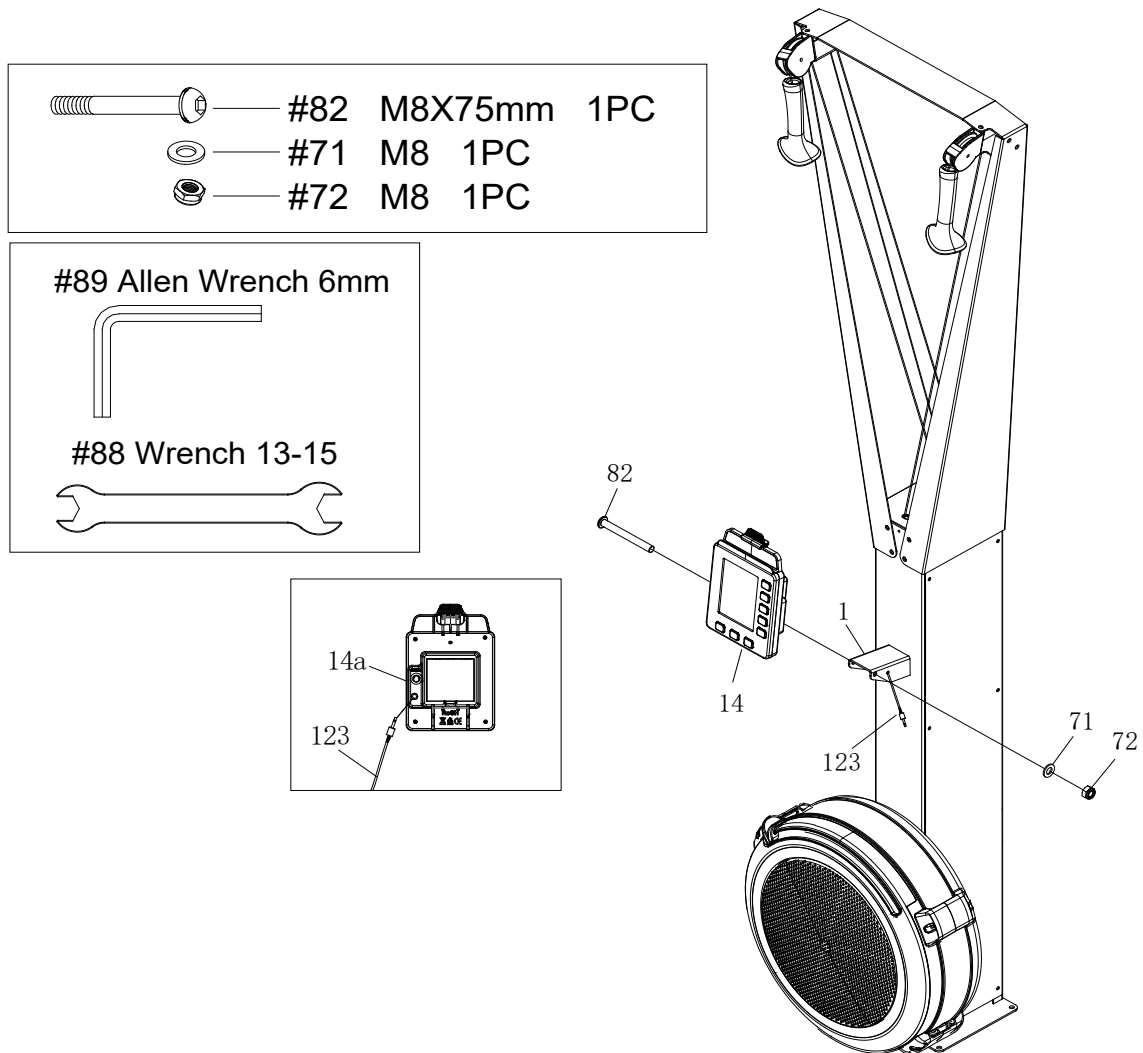
ASSEMBLY INSTRUCTIONS

STEP 5

Attach the **Console Monitor (14)** to the console mounting bracket on **Main Body (1)** using: 1 PC of **M8x75mm Button Head Cap Screw (82)**, **M8 Flat Washer (71)**, and **M8 Nylon Nut (72)**.

STEP 6

Connect **Sensor Cable (123)** into the back of the **Console Monitor (14a)**.

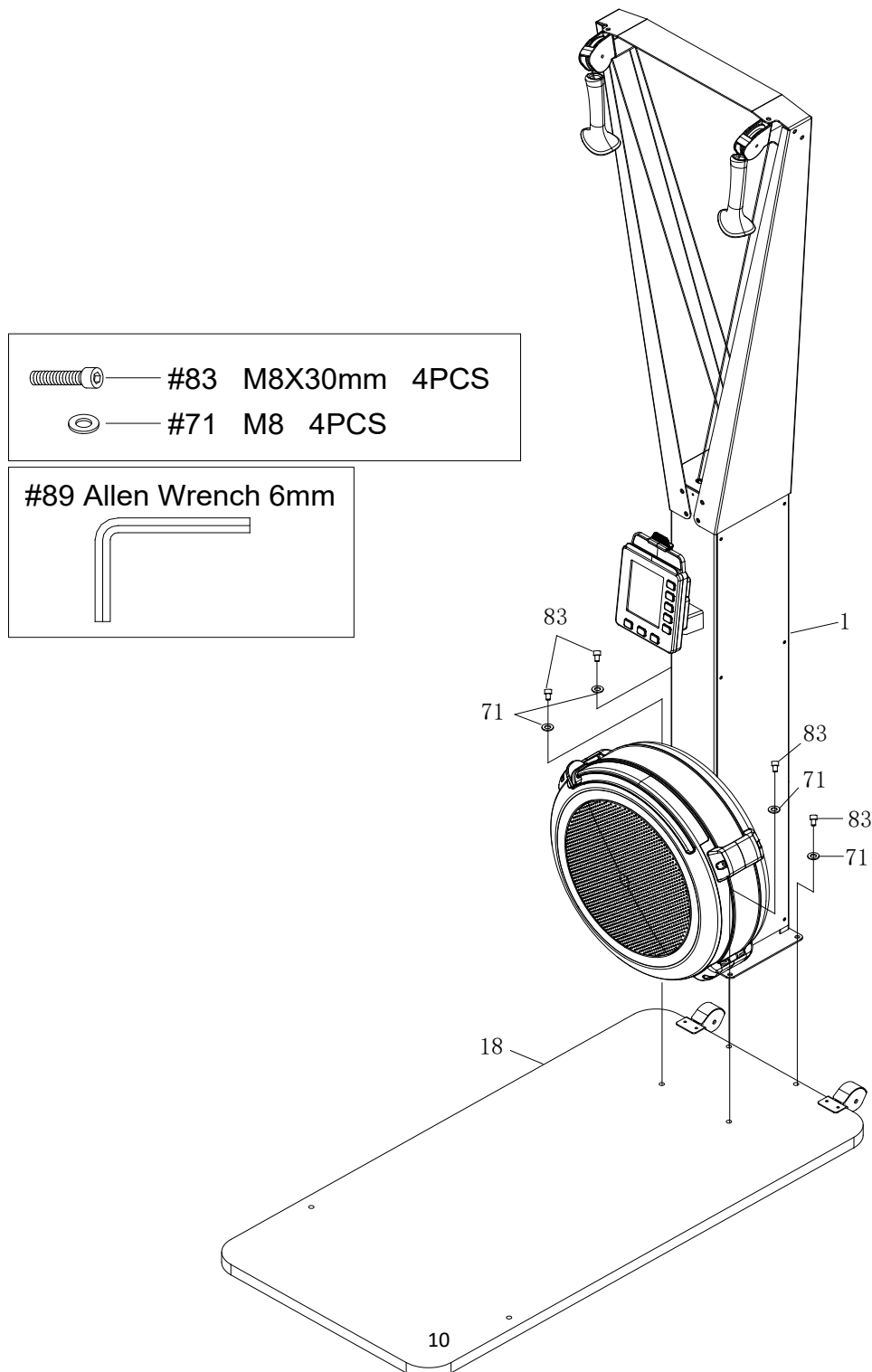


ASSEMBLY INSTRUCTIONS

STEP 7

Attach the **Main Body (1)** to **Wooden Base (18)** using: 4 PCs of **M8x30mm Socket Head Screw (83)** and **M8 Flat Washer (71)**.

NOTE: Fully tighten bolts at end of this step.

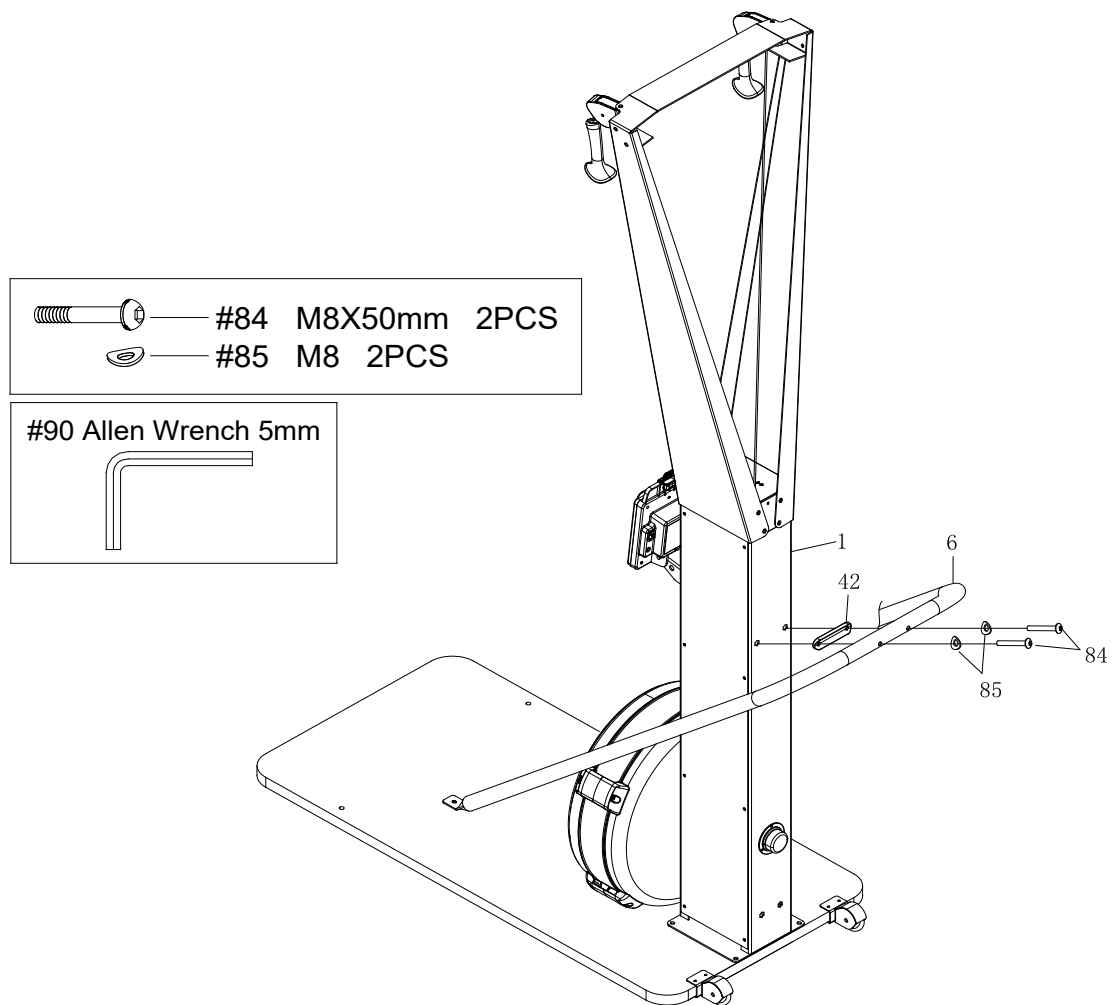


ASSEMBLY INSTRUCTIONS

STEP 8

Attach the **U-bar Bracket (6)** to **Main Body (1)** using: 2 PCs of **M8x50mm Button Head Cap Screw (84)**, **M8 Arc washer (85)**, and 1 PC of **U-bar Bracket Cushion (42)**.

NOTE: Fully tighten bolts at end of this step.



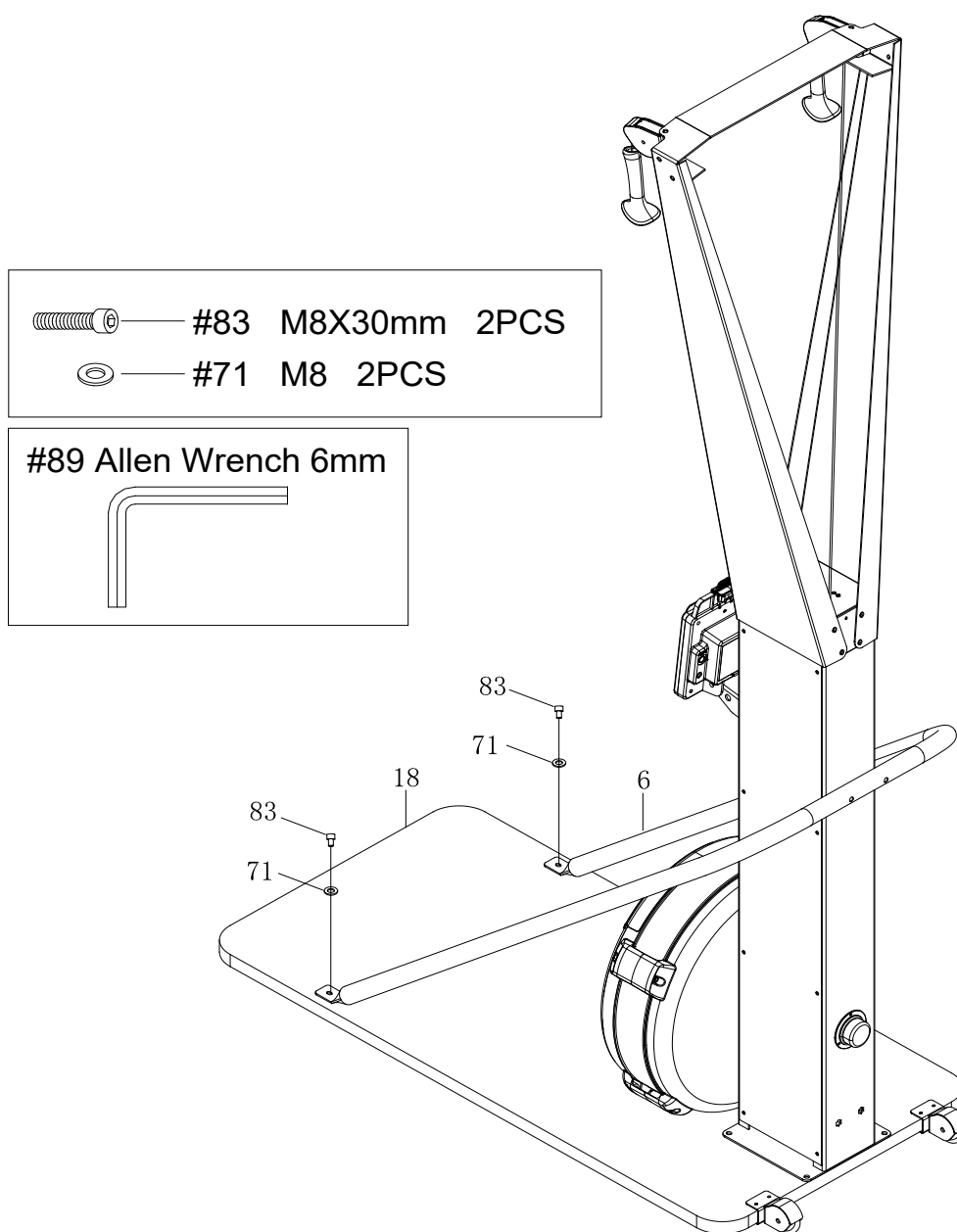
ASSEMBLY INSTRUCTIONS

STEP 9

Attach the **U-bar Bracket (6)** to **Wooden Base (18)** using: 2 PCs of **M8x30mm Socket Head Screw (83)** and **M8 Flat Washer (71)**.

Tighten all screws on the **U-bar Bracket (6)**.

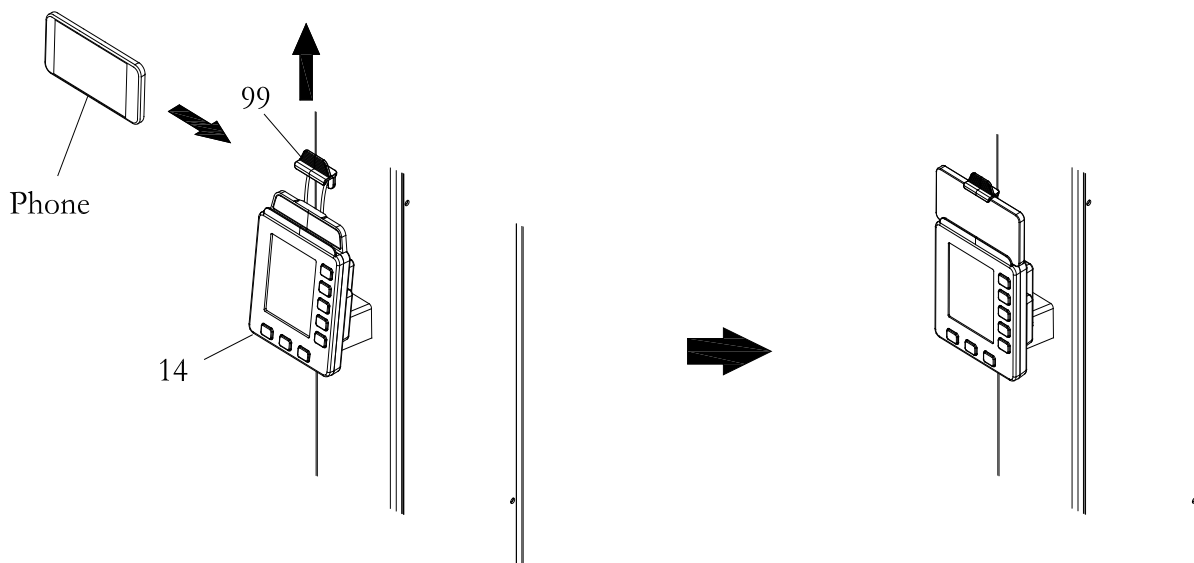
NOTE: Fully tighten bolts at end of this step.



OPERATIONAL INSTRUCTIONS

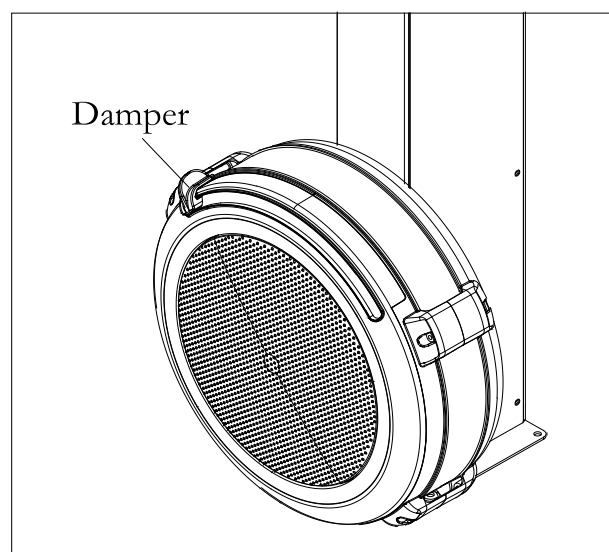
➤ USING CELL PHONE BRACKET

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➤ LOAD ADJUSTMENT

Move the Indicator to point to the numbers on the **Left Fan Shroud (#126)** to adjust the load. There are settings from 1 to 16. Setting #1 will provide the lowest resistance. Setting #16 will provide the highest resistance.



MAINTENANCE

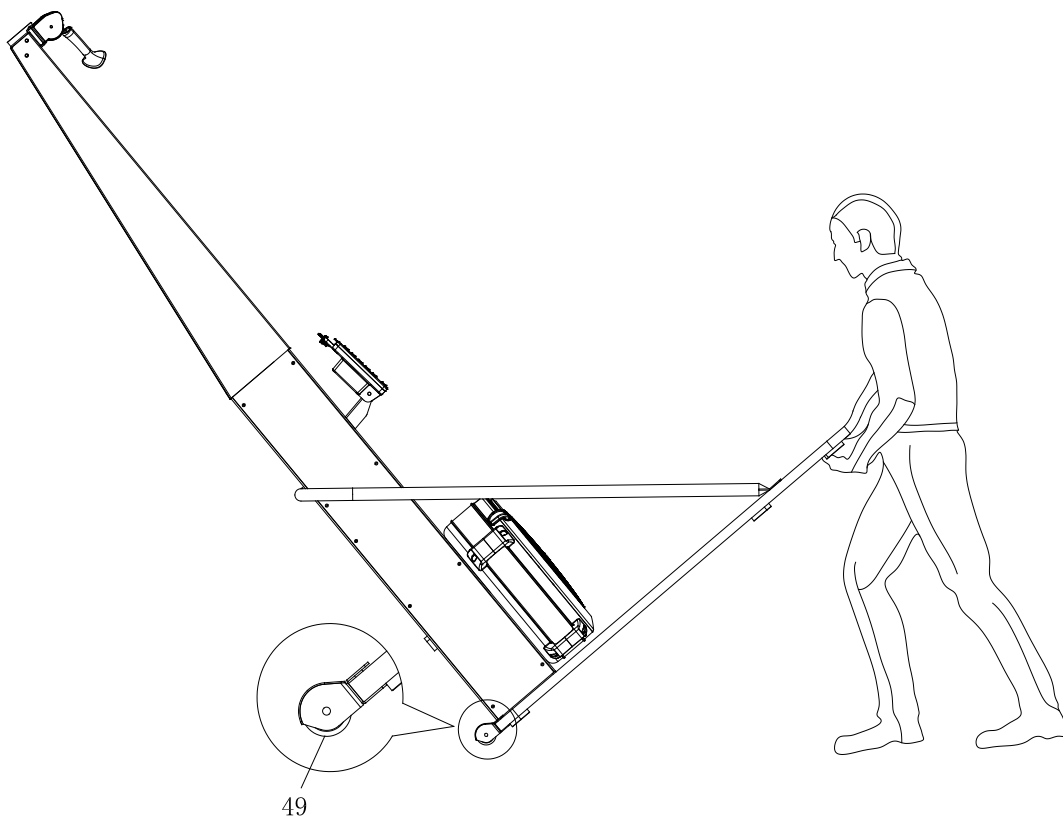
The safety and integrity designed into the **SKI TRAINER** can only be maintained when the **SKI TRAINER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **Handle (44)** and verify that the System provides tension and the seat travel is smooth and stable.
2. Clean the revealed surface of **Cord Pulley (27)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **Drive Cord (52)**. Replace the **Drive Cord (52)** if it is damaged or broken.
5. Verify that the **Warning Label** is in place and easy to read.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **SKI TRAINER** removed from service until repair is made.

Keep your **SKI TRAINER** clean by wiping it off with an absorbent cloth after use.

STORAGE

1. To store the **SKI TRAINER**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **Console Monitor (#14)** before storing the **SKI TRAINER** for one year or more.
3. Move the **SKI TRAINER** with the **Transport Wheels (#49)** on the **Wooden Base (#18)**. Lift one end of **Wooden Base (#18)** to move the **SKI TRAINER**. Refer to the illustration below. Do not use the **U-bar Bracket (#6)** to move the **SKI TRAINER**. It may cause danger.



TARGET HEART RATE ZONES

WHAT ARE HEART RATE ZONES?

Heart rate zones are a percentage of your maximum heart rate (heart beats per minute). Exercise too close to your maximum HR (Mhr) and your heart and body will struggle to keep up with the demands. The goal of heart rate zones is to make you the most efficient, but to allow you to challenge yourself to improve cardiovascular fitness.

FIND YOUR TARGET HEART RATE ZONES

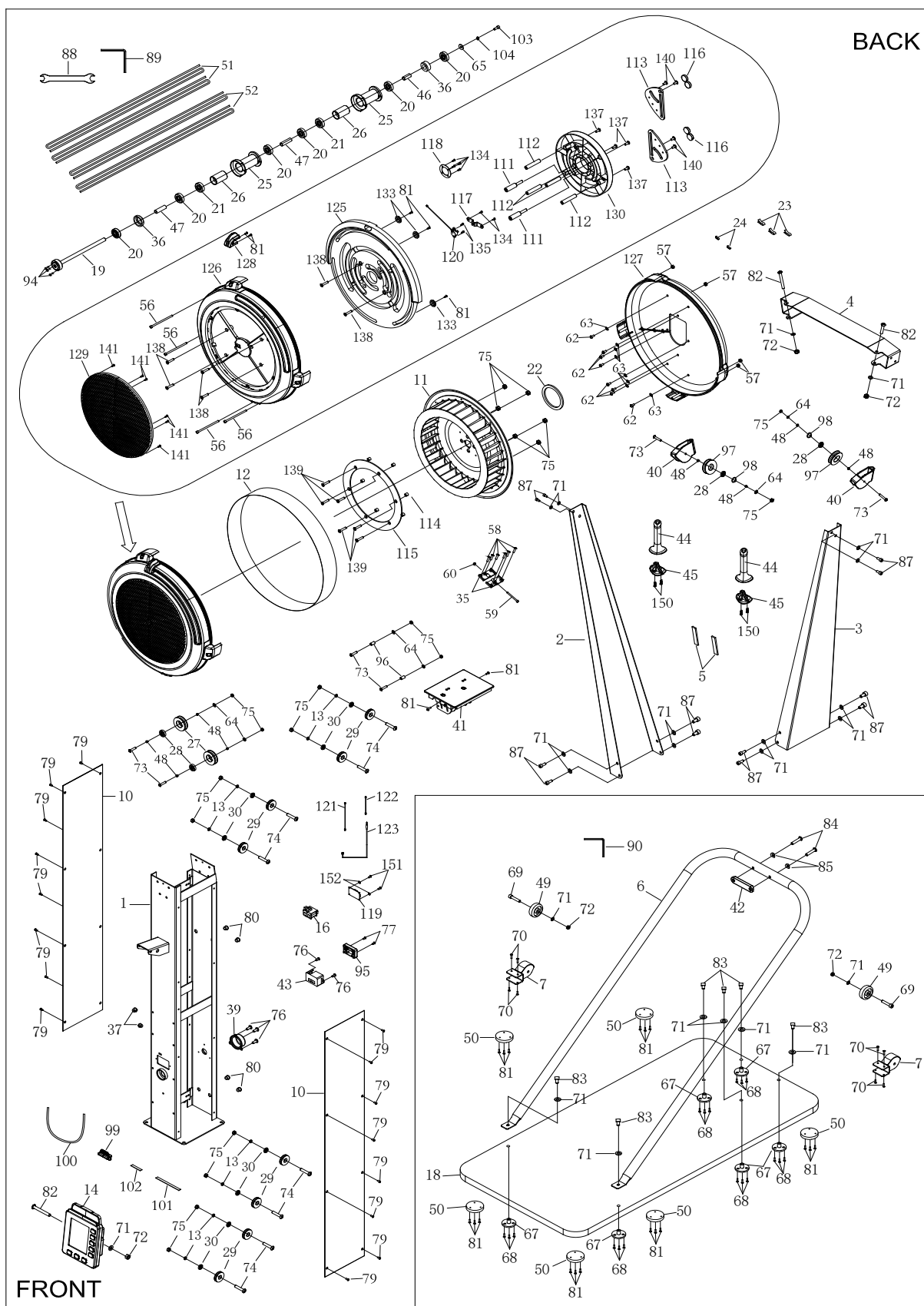
It is crucial to understand your target heart rate zone to workout efficiently. Please use the below chart as the guideline to help you select the preferred Heart Rate Zone.



RECOMMENDED TRAINING ZONE

Heart Rate (beats per minute)	AGE										
	20	25	30	35	40	45	50	55	65	70	
	200	195	190	185	180	175	170	165	155	150	
	180	176	171	167	162	158	153	149	140	135	
	160	156	152	148	144	140	136	132	124	126	
	140	137	133	130	126	123	119	116	109	105	
	120	117	114	111	108	105	102	99	93	90	
	100	98	95	93	90	88	85	83	78	75	
											100%
											90%
											80%
											70%
											60%
											50%

PRODUCT PARTS DRAWING



PARTS LIST

Parts No.	Description	Qty
1	Main Body	1
2	Left Upper Arm	1
3	Right Upper Arm	1
4	Top Bracket	1
5	EVA Single Glue For Pulley Bracket	2
6	U-bar Bracket	1
7	Transport Wheel Cover	2
10	Body Cover (Left/ Right)	2
11	Fan	1
12	Perforated Steel Mesh	1
13	Console Pulley Spacer	8
14	Console Monitor	1
16	Generator	1
18	Wooden Base	1
19	Fan Axle	1
20	Bearing 6001RS	6
21	One-way Bearing HF1212,12t	2
22	Magnet	1
23	Balance Weight	3
24	Small Balance Weight	2
25	Cord Sleeve	2
26	Pulley Spacer	2
27	Cord Pulley	2
28	Bearing 6000ZZ	4
29	Console Pulley	8
30	Bearing 606ZZ	8
35	Steel Plate	2
36	Bushing 6001	2

37	Cable Plug	2
39	Pulley Cover	1
40	Pulley Bracket	2
41	Body Upper Cover	1
42	U-bar Bracket Cushion	1
43	Generator Base	1
44	Handle	2
45	Handle Plug	2
46	Short Spacer	1
47	Long Spacer	2
48	Cord Pulley Spacer	8
49	Transport Wheel	2
50	Wooden Base Cushion	6
51	Bungee Cord (Grey)	2
52	Drive Cord (White)	2
56	Socket Head Cap Screw, M5x92mm	4
57	Hex Nut M5	4
58	Phillips Pan Head Self-Tapping Screw, ST4.2x6mm	6
59	Phillips Pan Head Screw, M4x45mm	1
60	Hex Nut M4	1
62	Phillips Truss Head Screw, M6x10mm	8
63	Lock Washer, Internal Tooth M6	8
64	Flat Washer M6	6
65	Flat Washer $\varnothing 16 \times \varnothing 6.2 \times 1.5T$	1
67	Cushion Nut M8	6
68	Phillips Flat Head Self-Tapping Screw, ST4.2x16mm	18
69	Socket Head Cap Screw, M8x40mm	2
70	Phillips Pan Head Self-Tapping Screw, ST4.2x25mm	8
71	Flat Washer M8	23
72	Nylon Nut M8	5

73	Button Head Cap Screw, M6x35mm	6
74	Phillips Truss Head Screw, M6x20mm	8
75	Nylon Nut M6	20
76	Phillips Pan Head Self-Drilling Screw, ST4.2x13mm	5
77	Phillips Pan Head Self-Tapping Screw, ST3.0x20mm	2
79	Philips Head Screw, M5x8mm	16
80	Hex Rivet Nut M8	4
81	Phillips Pan Head Self-Tapping Screw, ST4.2x16mm	25
82	Button Head Cap Screw, M8x75mm	3
83	Socket Head Cap Screw, M8x30mm	6
84	Button Head Cap Screw, M8x50mm	2
85	Arc Washer M8	2
87	Socket Head Cap Screw, M8x15mm	12
88	Wrench	1
89	Allen Wrench 6mm	1
90	Allen Wrench 5mm	1
94	Socket Head Cap Screw, M4x12mm	3
95	Generator Cover	1
96	PU Spacer	2
97	Aluminum Alloy Pulley	2
98	Elastic Ring $\Phi 26$	2
99	Cell Phone Bracket	1
100	Bungee Cord of Smartphone Holder	1
101	EVA Pad of Console Monitor	1
102	EVA Pad of Smartphone Holder	1
103	Socket Head Cap Screw, M6x16mm	1
104	Spring Washer M6	1
111	Magnet adjustment Post	2
112	Magnet Support Post	4
113	Magnet Bracket	2
114	Stainless Steel Spacer	6

115	Aluminum Plate	1
116	Round Magnet	4
117	VR Holder	1
118	Ring	1
119	Adaptor Board	1
120	VR	1
121	VR Wire	1
122	Generator Wire	1
123	Sensor Cable	1
125	Damper	1
126	Left Fan Shroud	1
127	Right Fan Shroud	1
128	Indicator	1
129	Plastic Mesh	1
130	Magnet Bracket Base	1
133	Shoulder Washer	3
134	Phillips Pan Head Self-Tapping Screw, ST4.2x10mm	6
135	Phillips Pan Head Self-Tapping Screw, ST3.0x8mm	2
137	Button Head Cap Screw, M6x12mm	4
138	Hex Head Cap Screw, M6x20mm	6
139	Hex Head Cap Screw, M6x40mm	6
140	Phillips Truss Head Screw, M6x16mm	4
141	Phillips Flat Head Self-Tapping Screw, ST4.2x16mm	6
150	Phillips Flat Head Self-Tapping Screw, ST3.5x13mm	4
151	Phillips Pan Head Screw, M4x6mm	2
152	Spring Washer M4	2

COMPUTER INSTRUCTIONS

Your **POWER SKI** utilizes a dual system combining with air fan and magnet to create resistance for your workout. We recommend that you use this console monitor to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the console monitor can become an important source of motivation and interest which will help keeping you on track.



1. INITIAL SETUP

(1) POWER ON

- Move the handlebar to start exercising in Quick Start Program or press any button to go into IDEL mode.
- The first time turning on the console you will be asked to set the DATE and TIME. Use the arrow buttons to set the DATE. Keep pressing left button and you can also set the TIME. Only press ENTER button when you finish setting both DATE and TIME.

(2) POWER OFF

- In IDEL mode, automatically shuts off after 20 seconds of inactivity.
- When running an Interval Program, automatically shuts off after 2 minutes of inactivity.
- In all other programs, automatically shuts off after 30 seconds of inactivity.

(3) BATTERY INSTALLATION

- Console operates on 2 Size D batteries. The battery compartment is on the back of the console. Battery is included.
- When there's no batteries installed, console can still work in Quick Start Program.

2. FUNCTION BUTTONS

(1) PROGRM BUTTON

- In IDEL mode, press and release PROG button to cycle through each program option. Stop on the program of your choosing. You can preset target values for DISTANCE, TIME, and CALORIES, or select an Interval Program of DISTACNE, TIME, and CALORIES. At the end is Memory Mode.
- **NOTE: Default exercising mode is Quick Start Program.**

(2) DISPLAY BUTTON

- When in any workout mode, press DISPLAY button when you hear a BEEP sound it will switch to second set of display. Press again until you hear 2 BEEP sound, and it will scan between the 2 sets of display. It will cycle through as mentioned above.
- When viewing workout summary or in memory mode, press DISPLAY button to cycle around the 2 different sets of display.

(3) STOP BUTTON

- When selecting the programs, press the STOP button to act as back button. During setting value, this also acts as a back button to go back after you press ENTER button.
- During any workout modes, pressing STOP button one time and it will stop the workout. Calories and Watt will return to 0. Pressing STOP button for 2nd time to view your workout summary. Pressing STOP button for 3rd time and it will return back to IDLE mode.
- During program mode but not including Quick Start mode, you must press STOP button in order to save your workout int memory.
- Hold STOP button and everything well reset and return you to IDLE mode.

(4) ▲ UP BUTTON

- Press UP button to increase the preset values. Hold this button for making presetting values increase automatically, and release the button to stop the increase.
- In Memory mode, use to change between different workouts saved.

(5) ▼ DOWN BUTTON

- Press Down button to decrease the preset values. Hold this button for making presetting values decrease automatically, and release the button to stop the decrease.
- In Memory mode, use to change between different workouts saved.

(6) ENTER BUTTON

- When selecting the programs and presetting target values, press ENTER button to confirm or g into next value setting.

(7) ► RIGHT BUTTON

- Press Right button to move around digits for faster setting of desired value.
- In Memory and Summary modes, use it to view different splits.

(8) ◀ LEFT BUTTON

- Press Left button to move around digits for faster setting of desired value.
- In Memory and Summary modes, use it to view different splits.

3. CONSOLE DISPLAY

(1) TIME & D M Y (TIME & DATE)

- Display range: 0:00:00 ~ 17:59:59 (Hours : Minutes : Seconds).
- The workout time is accumulated when under any workout mode, except for Time Countdown Program.
- TIME value in Quick Start mode is maxed out at 02:34:59 and in all other modes is maxed out at 17:59:59. It's accumulated in cycle mode that numbers go back to 0:00:00 if reach the max time.
- When display D M Y, the above value is the DAY, MONTH, YEAR. This would only display in IDLE mode and during MEMORY mode.
- To rest TIME and DATE, enter IDLE mode and hold PROG and DISPLAY buttons at the same time.

(2) S/M (STROKE RATE)

- Display the current stroke per minute during exercise.
- Display range: 1 ~ 99.

(3) TIME/500M & AVE TIME/500M & REST TIME

- Display range: 00:00 ~ 99:59 (Minutes : Seconds).
- TIME/500M is the estimated time to reach 500 meters based on your current stroke rate.
- AVE TIME/500M is the average time needed to reach 500 meters accumulated throughout your entire workout.
- REST TIME is the rest time set in Interval Program.

(4) STROKES

- Display the total number of strokes during exercise.
- Display range: 0 ~ 9999.

(5) CYCLE & LEVEL

- Display range for CYCLE: 0 ~ 35 cycles.
- Display only in Interval Program. It's accumulated up to indicate which cycle of interval you are on.
- Display range for LEVEL: 1 ~ 16 levels.
- Display the current resistance level for the exercise. Level #1 to #10 is through air resistance system, and level #10 to #16 is through magnetic resistance system.

COMPUTER INSTRUCTIONS

(6) WATTS & AVE WATTS

- Display range: 0 ~ 999.
- Display current watt value during the exercise.
- AVE WATTS displays the total average watts throughout your entire workout.

(7) ♥ PULSE

- Display range for PULSE: 40 ~ 220 beats per minute during exercise.
- Must wear heart rate detection device such as chest belt that has connectivity with 5.3K Hz frequency.

(8) TOTAL METER & TOTAL METER/30MIN

- Display range: 0 ~ 99999 meters.
- It's accumulated in cycle mode that numbers go back to 0 if the distance exceeds the max value 99999 meters.
- TOTAL METER is accumulated when under any workout mode except for Distance Countdown Program.
- TOTAL METER/30MIN is the estimated distance for 30 minutes with your current stroke rate.

(9) CALORIES & CALORIES/HR

- Display range: 0 ~ 9999.
- It's accumulated in cycle mode that numbers go back to 0 if the calories exceed the max value 9999 calories.
- The CALORIES/HR is the estimated calories burned in one hour with your current stroke rate.

(10) SPLIT TIME/500M & SPLIT CALORIES

- Display range for SPLIT TIME/500M: 00:00 ~ 99:59 (Hours : Minutes).
- Display the average TIME/500M on your current split.

(11) SPLIT (XX)

- Display range: 0 ~ 35.
- SPLIT shows up in workout Summary and Memory modes.
- When SPLIT displays 0, it means no split is done and is the total workout data.

(12) MEMORY

- Display range: 0 ~ 35.
- Display the training data of your previous workouts. It'll only be displayed in Memory mode.
- The newest training data will be saved in Memory 01. The second newest data will be saved in Memory 02..., and the oldest training data will be saved in Memory 35. The older data will be erased when the training sections exceed 35.

4. PROGRAMS

The Console Monitor has eight programs Quick Start, Distance Countdown, Time Countdown, Calories Countdown, Time Interval, Distance Interval, Calories Interval, and Memory mode.

Press PROG button to change workout programs according to the following sequences: Quick Start → Distance Countdown → Time Countdown → Calories Countdown → Time Interval → Distance Interval → Calories Interval → Memory

For Quick Start and all programs, press DISPLAY button to choose the data displayed in the same display window, or let displays be switched in every 5 seconds.

Press STOP button once to stop counting and Calories and Watt values will display 0. Press STOP button again and console will show your workout summary. Press STOP button for the 3rd time when in workout summary mode to save workout into Memory mode and enter back into IDLE mode.

NOTE: Training data under Quick Start will not be saved into Memory mode.

(1) QUICK START PROGRAM

- To enter Quick Start Program, you can pull the Handlebar (3) to start the training. All function values for the console will count up. You can start it in either POWER OFF or IDLE mode by just starting the rowing.
- Quick Start Program will have a summary of the workout when pressing STOP button, but the training data will not be saved into Memory mode.

(2) DISTANCE COUNTDOWN PROGRAM

- During the workout, the distance will count down from the preset distance value.
- Workout setting range: 100 ~ 50000 meters.
- The Distance Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

(3) TIME COUNTDOWN PROGRAM

- During the workout, the time will count down from the preset value.
- Workout setting range: 00:00:20 ~ 09:59:59 (Hours : Minutes : Seconds).
- The Time Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save into Memory mode and go back to IDLE mode.

(4) CALORIES COUNTDOWN PROGRAM

- During the workout, the calories will count down from the preset value.
- Workout value setting range: 10 ~ 5000 cal.
- The Calories Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save into Memory mode and go back to IDLE mode.

(5) TIME INTERVAL PROGRAM

- When Time Interval Program is selected, you will see TIME flashing and also REST TIME will be displayed.
- You will set the desired workout TIME of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout time value setting range: 00:00:20 ~ 09:59:59 (Hours: Minutes: Seconds).
- Rest time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).
- Interval cycle accumulates up to 35 cycles.

(6) DISTANCE INTERVAL PROGRAM

- When Distance Interval Program is selected, you will see TOTAL METER flashing and also REST TIME will be displayed.
- You will set the desired workout METER of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout distance value setting range: 100 ~ 50000 meters.
- Rest time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).
- Interval cycle accumulates up to 35 cycles.

(7) CALORIES INTERVAL PROGRAM

- When Calories Interval Program is selected, you will see CALORIES flashing and also REST TIME will be displayed.
- You will set the desired workout CALORIES of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout calories value setting range: 10 ~ 5000 cal.
- Rest time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).
- Interval cycle accumulates up to 35 cycles.

(8) MEMORY MODE

- After pressing PROG button, you'll see MEMORY displayed. Then press ENTER button to view your past workouts. Use UP and DOWN buttons to scroll through your workout records.
- Press ENTER button to view the workout data. Once in the data, you can press RIGHT and LEFT buttons to view your SPLIT data. Press STOP button to go back and scroll to a different workout.

COMPUTER INSTRUCTIONS

- Only the workout summary under program modes will be saved to Memory Mode. Training data under Quick Start Program will not be saved to Memory Mode.
- The console memory can save at most 80 sets of training data or 80 splits of training data. Console will only save up to 35 workouts. Example: When you row under countdown program for 1000 meters, you will save 3 sets of data. 1 total average and 2 500M split data.
- When you try to save a workout summary and the console does not have enough memory space, it will automatically erase the oldest workout data in order to save your newest workout into memory.
- The lower the number under Memory mode, the newer the workout it is.
- In Memory mode, the TIME window will scan between the date (D M Y) and TIME every 5 seconds.
- You can press DISPLAY button to switch window display around.
- When SPLIT displays "00", it means it's the total workout average with no splits.
- Below is how the console decides to split the data into.

Time Countdown Mode

Rule	Splits by
10 hour > TIME > 5 hour	30min
5 hour >= TIME > 200min	15min
200min >= TIME > 100min	10min
100min >= TIME > 60min	5min
60min >= TIME > 20min	3min
20min >= TIME > 5min	1min
5min >= TIME > 1min	30sec
1min >= TIME	20sec

Calories Countdown Mode

Rule	Splits by
5000 >= Calories > 4000	250cal
4000 >= Calories > 3000	200cal
3000 >= Calories > 2000	150cal
2000 >= Calories > 1000	100cal
1000 >= Calories > 500	50cal
500 >= Calories > 100	20cal
100 >= Calories	10cal

Interval Program Modes

Rule	Splits
1 Cycle = 1 Split	Up to 35

Distance Countdown Mode

Rule	Splits
500 >= Distance > 250	20km
250 >= Distance > 100	10km
100 >= Distance > 50	5km
50 >= Distance > 20	2km
20 >= Distance	1km

NOTE: If you set the workout value not a multiple of the split data, the last split will not be displayed when you view your splits. But it will be added to the total workout SPLIT "00".

Example: If you set 1200 meters and finish the workout, SPLIT "00" will show the total average of 1200 meters, but when you view the splits you will only see 2 500M splits and will not have a 3rd split of 200M. It will be the same if you stop midway of the workout.

5. BLUETOOTH CONNECTION

- Please make sure the console is turned on in order to proceed Bluetooth connection with your smartphone or tablet devices.
- Available apps for Bluetooth connection are Kinomap and D-Fit.



- The Bluetooth connection to apps is through FTMS protocol.
- The “bt” will be displayed at the bottom left of console screen when it’s connected to an app. All other buttons on console will be no use until disconnecting from the app.
- Please go to Settings on your devices to allow the apps to access the Bluetooth connection.



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