

Ski Exerciser

H724 v01: 30/04/21

Please read and retain these instructions for future reference

vivadia▶



Maximum user's weight: 120KG

Dimensions

96x38x120 cm

Weight: N.W./G.W.: 9.3/11.3 kgs

- A GREAT ALTERNATIVE WORKOUT
- SIMILAR TO A CROSS TRAINER
- STRENGTHEN LOWER AND UPPER BODY
- HAND HEIGHT ADJUSTMENT
- TRACKS YOUR COUNT, REPS PER MINUTE, CALORIES AND TIME
- 2 X RESISTANT BANDS + HANDLES
- **NOTE: HANDLES ARE NOT TO BE LEANED ON, NOT SUITABLE AS STABILITY SUPPORT**
- MONITOR TRACKS, TIME, STRIDES AND CALORIES
- HANDLES BARS CAN BE DISMANTLED FOR STORAGE

Monitor requires 1.5V AG-13 battery (LR44)

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

Before You Start

For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in a safe condition. If any screws, nuts are found to have become loose, please fully tighten the loose parts.
2. Set up the machine in a dry level place and leave it away from moisture and water.
3. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
4. Before beginning training, remove all objects within a radius of 2 meters from the machine.
5. DO NOT use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
6. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
7. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.

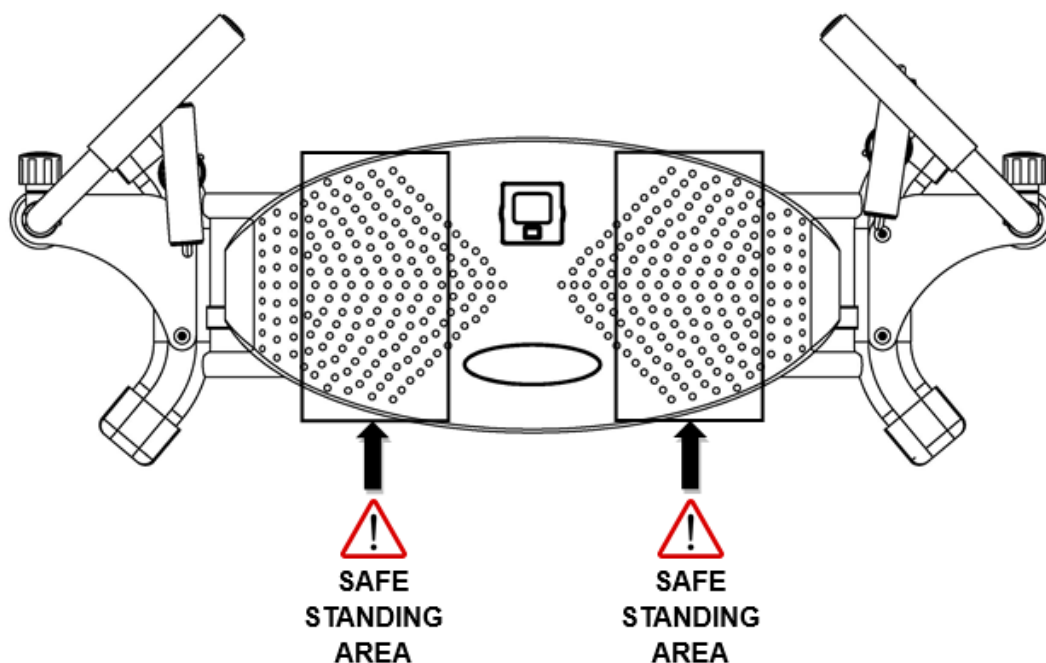
8. This machine can be used for only one person's training at a time.
9. Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
10. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor ASAP.
11. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.

**WARNING**

BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.



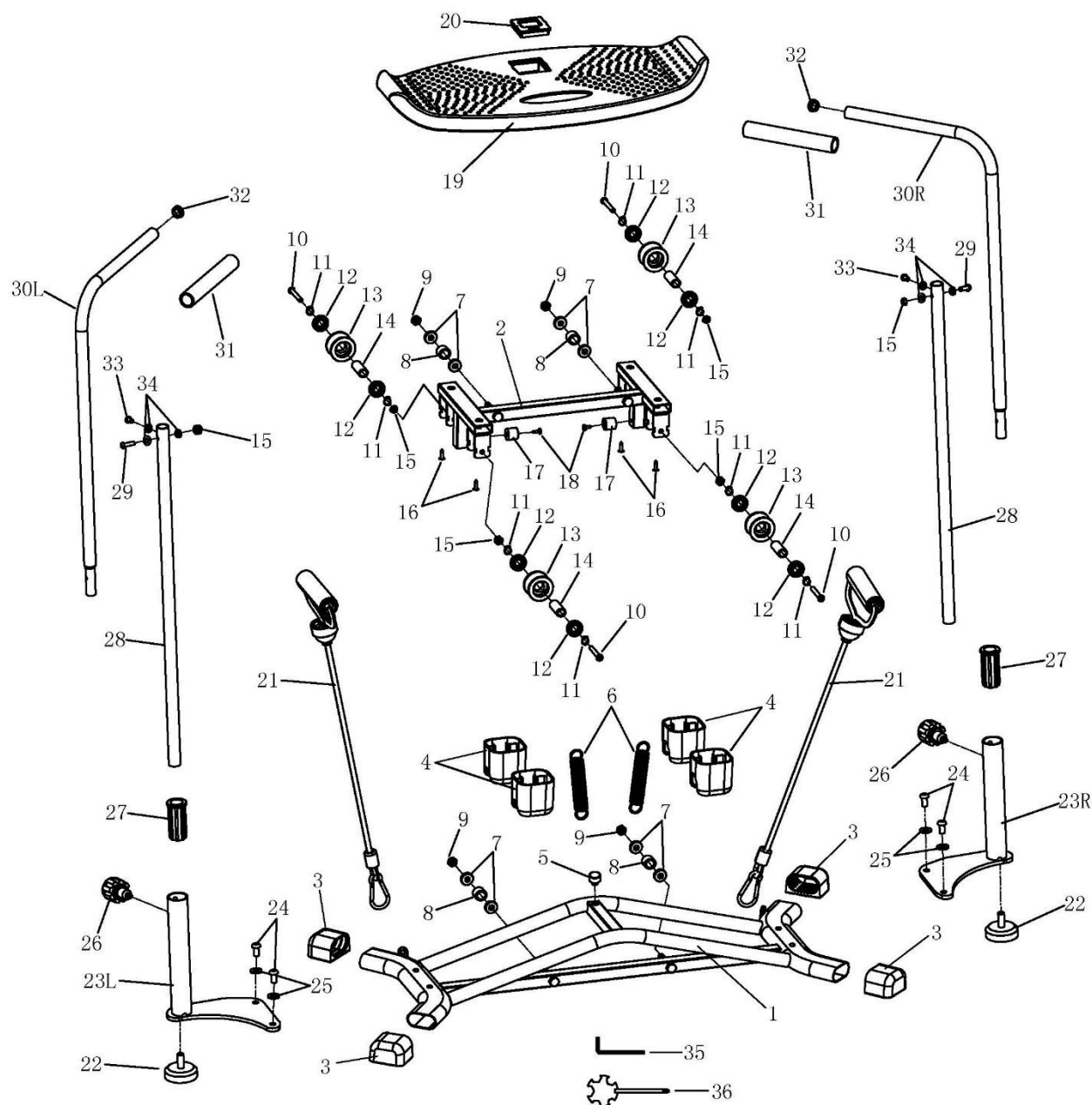
PLEASE PLACE YOUR FEET IN THE AREA OF THE CONVEX DOT AREA OF THE PEDAL AND USE THE PRODUCT NORMALLY. PLEASE KEEP YOUR FEET STEADY AND KEEP YOUR CENTER OF GRAVITY STABLE; AND IT IS STRICTLY FORBIDDEN TO STEP ON THE CURVED TOP OF THE PEDAL TO AVOID ROLLOVER, PLEASE USE THIS PRODUCT SAFELY!



Exploded view

*Calls cost 7 pence per minute plus your telephone company's network access charge

The Enterprise Department
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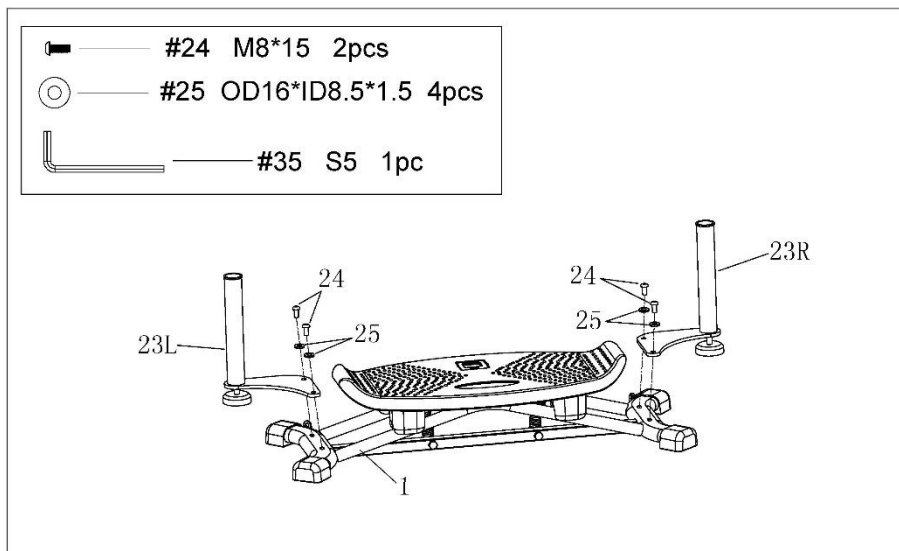


NO.	DESCRIPTION	QTY
1	Main Frame	1
2	Pedal Frame	1
3	End Cap	4
4	Pulley Cover	4
5	Magnet	1
6	Tension Spring	2
7	Rubber Washer Φ16*Φ8.3*5	8
8	Spacer Bush	4
9	Nylon Nut M8	4
10	Pan Head Hexagon Bolt M6*45	4
11	Circlip d10	8
12	Bearing 6000-2RS	8
13	Pulley Φ42*Φ26*25	4
14	Pulley sleeve Φ10*Φ6.2*30	4
15	Nylon Nut M6	6
16	Cross Tapping Screw ST4.2*12	4
17	Cushion Φ20*Φ6*20	2

NO.	DESCRIPTION	QTY
18	Cross Tapping Screw ST4.2*20	2
19	Pedal	1
20	Monitor	1
21	Elastic Rope	2
22	Base Bottom Pad	2
23L/ R	Left & Right Handle Bar Base	2
24	Screws M8*15	4
25	Washer OD16*ID8.5*1.5	4
26	Spring Knob	2
27	Bush	2
28	Handle Bar Middle Section	2
29	Screw M6*35	2
30L/ R	Left & Right Handle Bar	2
31	Foam Grip	2
32	End Cap	2
33	Screw M6*12	2
34	Washer OD14*ID6.5*1.5	6

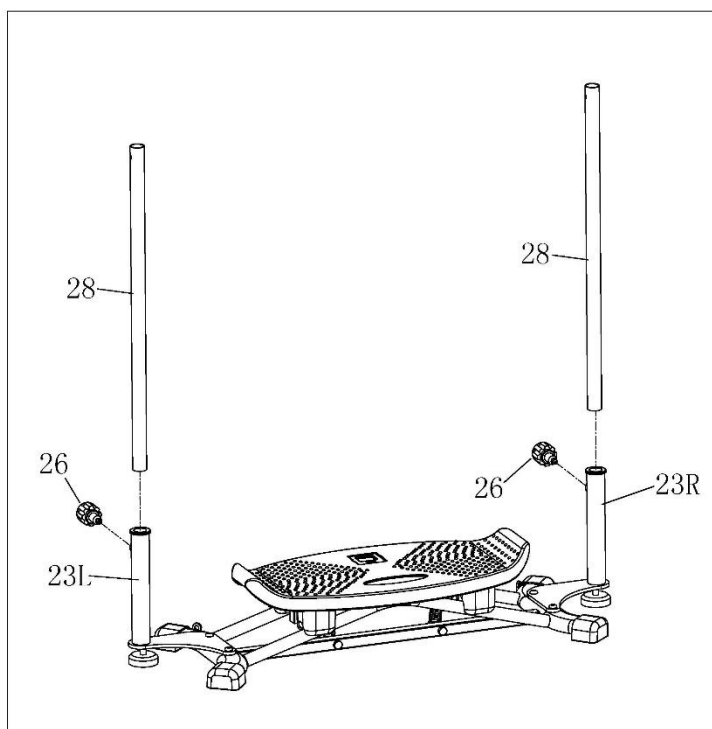
Assembly Instructions**Step One:**

Fix the left handle bar base (23L) and right handle bar base (23R) onto the main frame (1) with screw (24) and washer (25).

**Step 2**

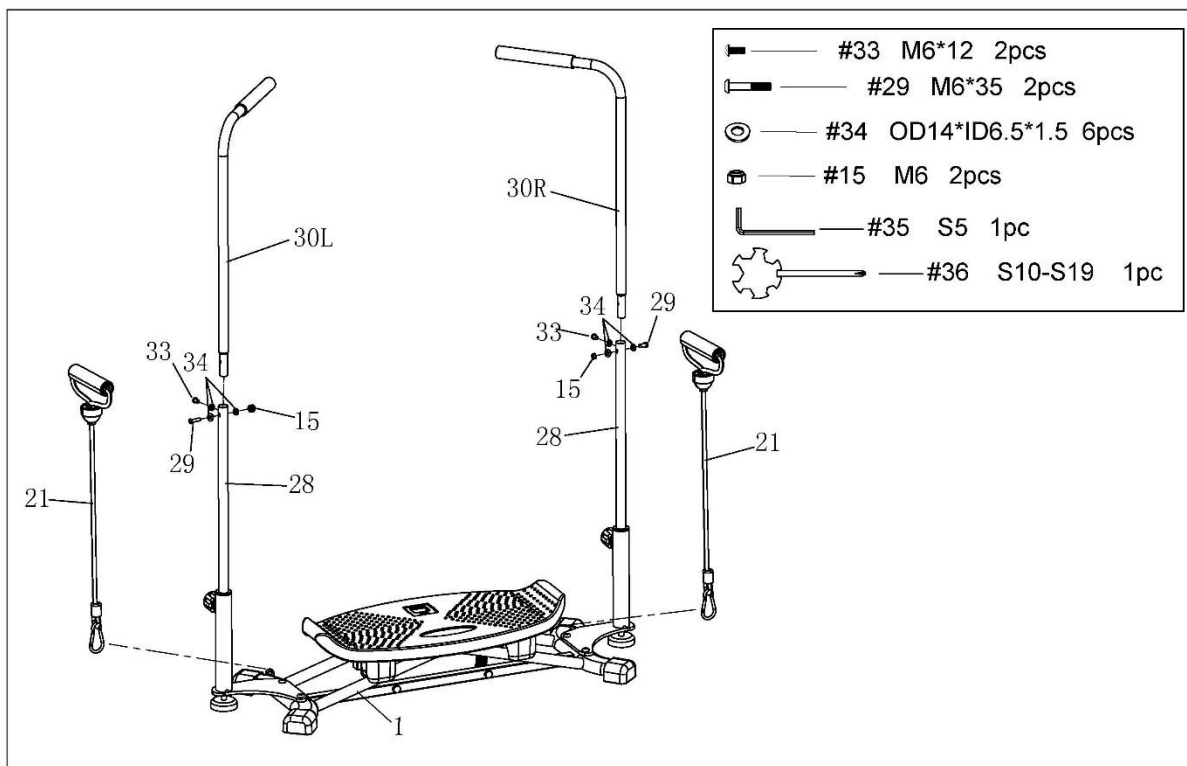
Insert the handle bar middle section (28) into left handle bar base (23L) and right handle bar base (23R), then locked by spring knob (26).

Note: You can adjust the height of handle bar by spring knob (26).



Step 3

Insert the handle bar (30L & 30R) into the handle bar middle section (28), then fix with screw (29), screw (33) and washer (34).

**WARM-UP and COOL-DOWN**

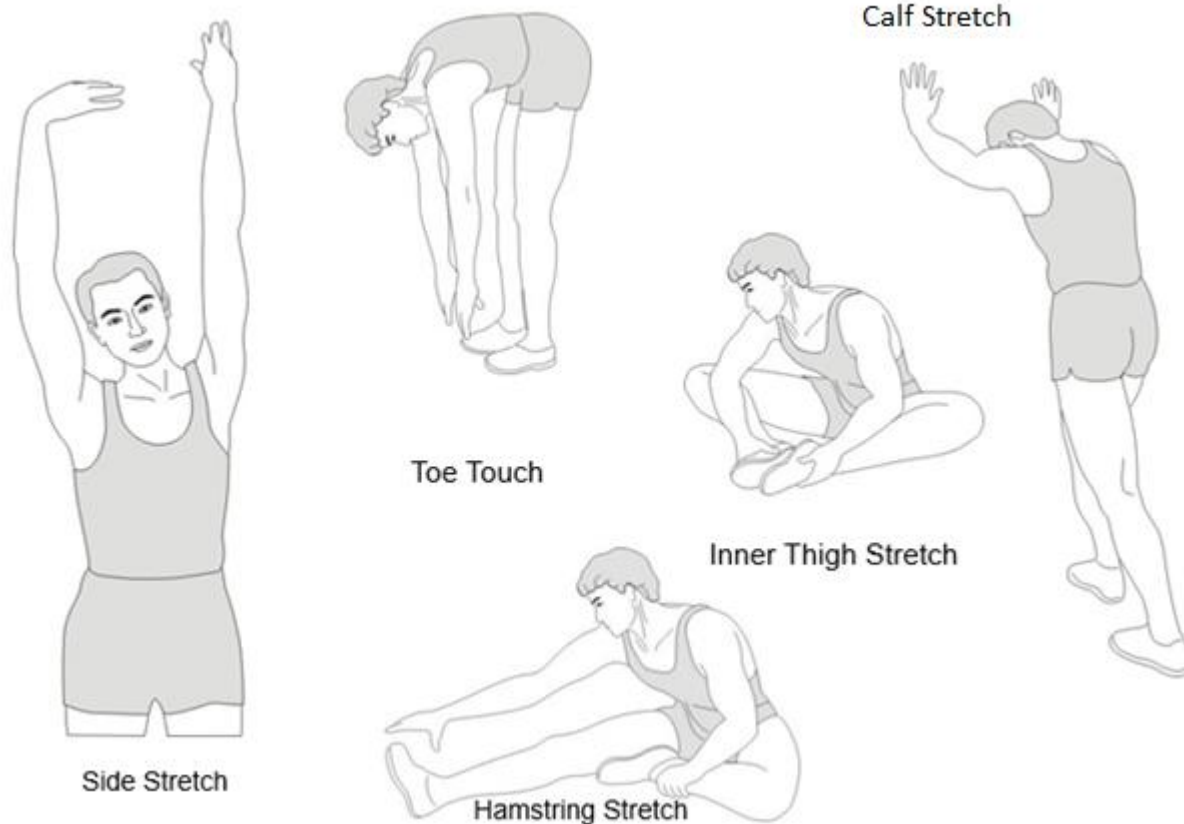
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

Training Instructions

This product is suitable for indoor use. Before exercise, make sure that the product is placed on a level surface and that the product does not slip. Stand on your feet and stand firmly on the base of the ski fitness machine. Let your body slide left and right to simulate outdoor skiing. The hands pull the elastic rope to exercise the hands. It can imitate outdoor skiing exercise, exercise the whole body with the skiing exercise of bending and bending knees and swinging left and right. The skiing fitness machine can exercise different parts of the body of the exerciser especially the leg muscles. It is fully aerobic exercise so as to enhance the physique and achieve the purpose of strengthening your body.

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Exercise Computer

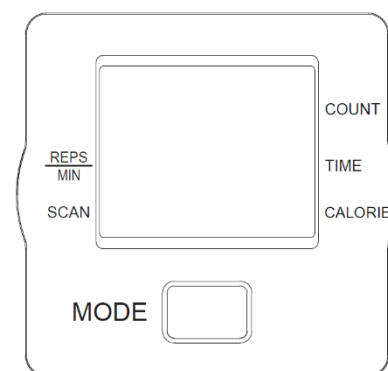
A. Specification:

- | | |
|---|---------------------------------------|
| 1. TIME (TIME) -----0:00-99:59 MINUTES: SECONDS | 2. COUNT (STRD) -----0-9999 TIMES |
| 3. REPS/MIN (RPM) -----0-999 REPS/MIN | 4. CALORIES (CAL) -----0.0-999.9 KCAL |

B. Key Function:

MODE: This key is select and locks on to a particular function you want.

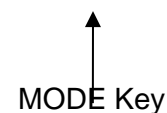
Hold the MODE key for 3 seconds all the units can be reset.



C. Operation procedures:

AUTO ON/OFF:

- The system turns on when the MODE key is depressed or when the system sensed a signal input from the speed sensor.
- The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.



D. Reset:

The unit can be reset by changing battery or pressing the MODE key for 3 seconds.

E. Function:

- COUNT
The count displays in first rank of LCD screen.

- **SCAN**

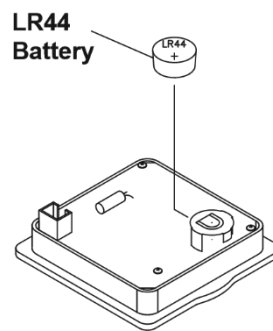
Displays one function at a time and switches to the next automatically. When "MODE" key is pressed until the small arrow to "SCAN" is shown, monitor will circle through all the 3 functions: Time, REPS/MIN (RPM), calorie, each display will be held around 4 seconds.

F. Battery:

This monitor uses one 1.5V AG-13 battery. You can replace the battery through the back of the computer.

Please follow the step.

How to REPLACE battery:



1.



2.



3.



- i. There is a small hole at the backside of pedal (under the computer), please use a small object (like a pencil) to push the computer carefully out from the pedal, and then turn it to the back carefully. Make sure not to break or damage the cable. (Pic 1.)
- ii. Take off the plastic protection cap. (Pic. 2)
- iii. Take out the battery and replace it with a new 1.5V LR44 battery with correct polarity. (Pic. 3)
- iv. Use the plastic protection cap to cover the battery.
- v. Press the “MODE” button to check the signal of computer. (if no signal, please install the battery again)
- vi. Install the computer back on the pedal.



BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Install batteries in accordance with its polarity symbols.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Keep batteries away from children and pets.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 PVC	 OTHER
Type of Plastic	Polyvinyl Chloride	ABS, Nylon
Commonly used for	Pipes, construction material, flooring, windows, guttering, plaster packs	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

