HALF | HUMAN

OWNER'S MANUAL

Before using this Air Bike read this manual and follow
all its safety Rules and Operating Instructions.

CONTENTS

SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safe Instructions before using the **SKI**.

2. Save these instructions and ensure that other exercisers read this manual prior to using the **SKI** for the first time.

3. Read all warnings and cautions posted on the **SKI**.

4. The **SKI** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.

5. We recommend that two people be available for assembly of this product.

6. Keep children away from the **SKI**. Do not allow children to use or play on the **SKI**. Keep children and pets away from the **SKI** when it is in use.

7. It is recommended that you place this exercise equipment on an equipment mat.

8. Set up and operate the **SKI** on a solid level surface. Do not position the **SKI** on loose rugs or uneven surfaces.

9. Make sure that adequate space is available for access to and around the **SKI**.

10. Before using, inspect the **SKI** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.

11. Before using, check the condition of the DRIVE CORD (52). Replace the DRIVE CORD (52) if it is damaged or broken.

12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.

13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

14. Do not wear loose or dangling clothing while using the **SKI**.

15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.

16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **SKI**, loss of balance may result in a fall and bodily injury.

17. Do not use the U-BAR BRACKET (6) to move the **SKI**. It may cause danger. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.

18. The **SKI** should be used with training area 24 X 52 X 85 inch (61 X 132 X 215.9 cm).

19. The **SKI** should be used by only one person at a time.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

**Caution!** Please be careful when unpacking the carton.

BEFORE YOU BEGIN

Thank you for choosing the **SKI**. 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** 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**.
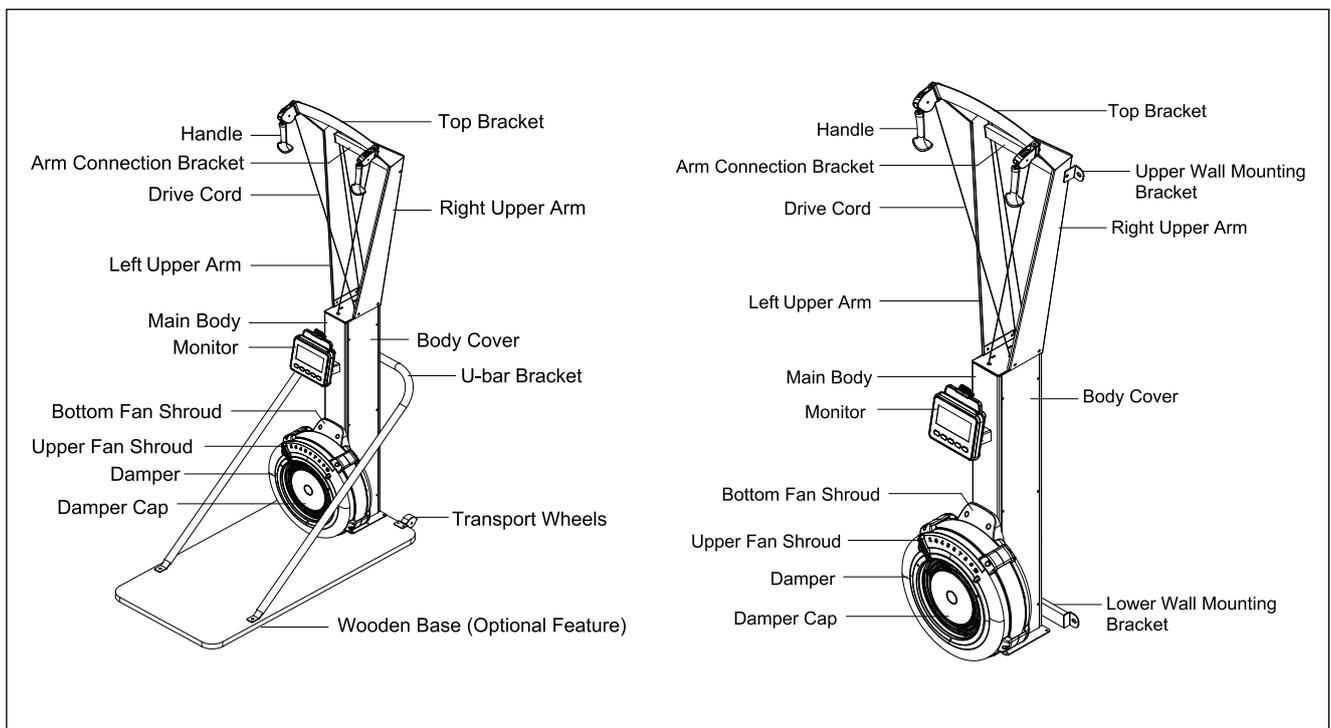
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY

 Allen Wrench (5mm)

 Allen Wrench (6mm)

 Screwdriver

 Wrench

HARDWARE IDENTIFICATION CHART

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.

Below chart include the fasteners for **Main Body assembly**:

	PART#	DESCRIPTION	QTY
	#82	Button Head Cap Screw, M8x75 mm	1
	#71	Flat Washer, MS	13
	#72	Nylon Nut, MS	1
	#86	Socket Head Cap Screw, M8x12 mm	10
	#87	Socket Head Cap Screw, M8x15 mm	2
	#89	Allen Wrench 6mm	1
	#88	Wrench	1

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

	PART#	DESCRIPTION	QTY
	#54	Socket Head Cap Screw M8X35mm	4
	#53	Socket Head Cap Screw M8X35mm	2
	#71	Flat Washer M8	15
	#55	Flat Washer, ø22x ø9x2.0mm	4
	#8	Lower Wall Mounting Bracket	1
	#9	Upper Wall Mounting Bracket	2

Below chart include the EXTRA fasteners for **Free Standing Style assembly**:

|	PART#	DESCRIPTION	QTY
	#84	Button Head Cap Screw, M8 x 50mm	2
	#85	Arc Washer M	2
	#83	Socket Head Cap Screw, M8 x 30mm	6
	#71	Flat Washer M8	6
	#90	Allen Wrench 5mm	1

ASSEMBLY STEPS

STEP 1

Take out **Top Bracket (4)** and place it on the ground right next to Box 1 (called Box A in the drawings), and continue to take out **Main Body (1)**.

NOTE: Fan Shrouds will be easily damaged if it faces down on the ground during the assembly.

NOTE: Do not throw away styrofoams until the assembly is completed.
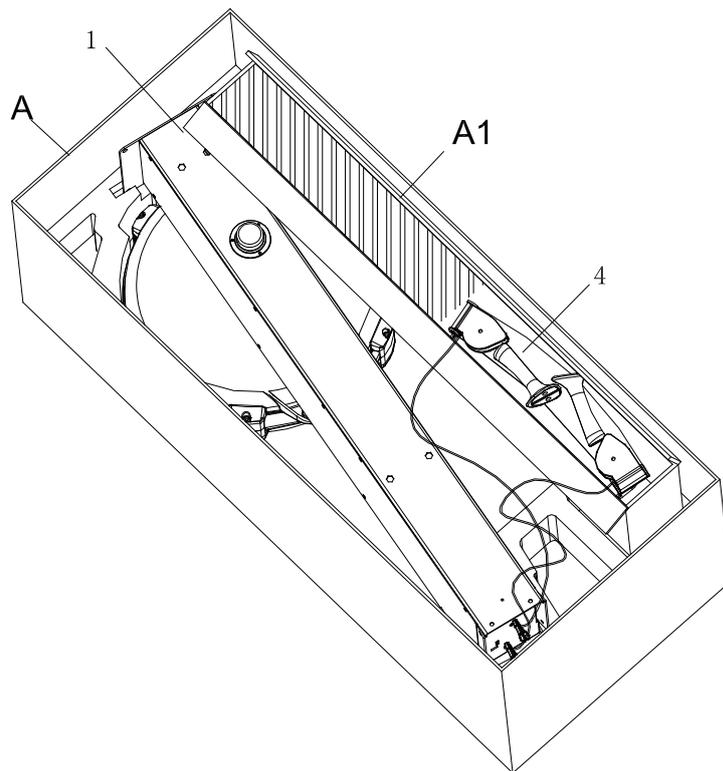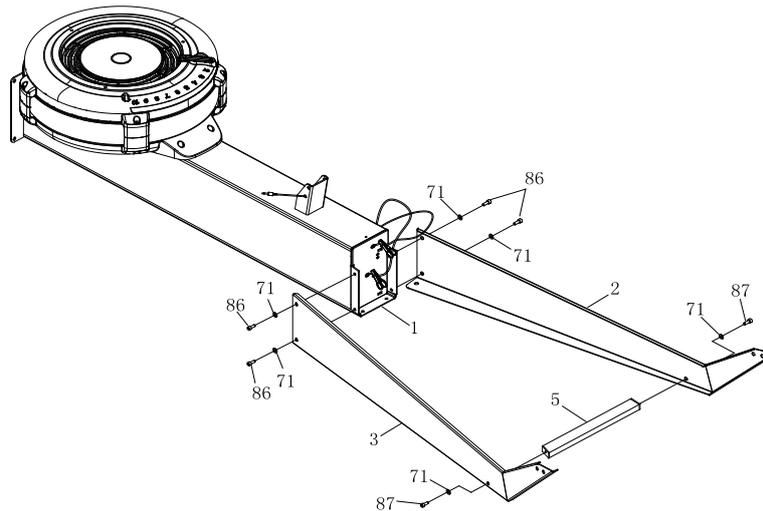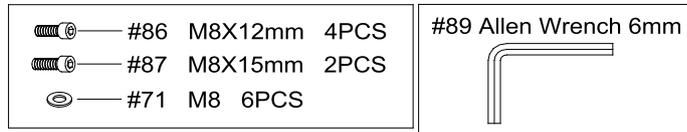

STEP 2

Attach the **Left and Right Upper Arms (2/3)** to **Main Body (1)** to using: 4 PCs of **M8x12mm Socket Head Cap Screw (86)** and **M8 Flat Washer (71)**. Then tighten all bolts.

STEP 3

Attach the **Left and Right Upper Arms (2/3)** to **Arm Connection Bracket (5)** using: 2 PCs of **M8x15mm Socket Head Cap Screw (87)** and **M8 Flat Washer (71)**. Then tighten all bolts.
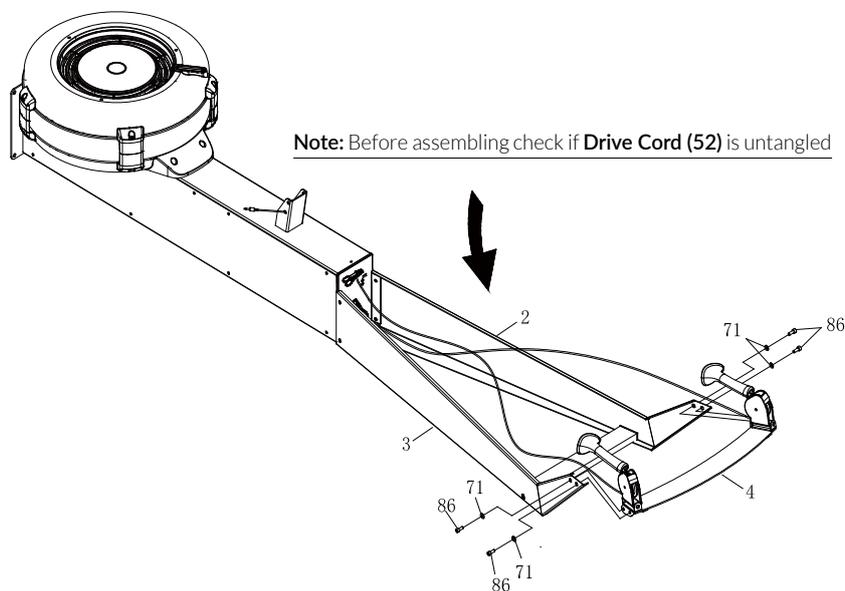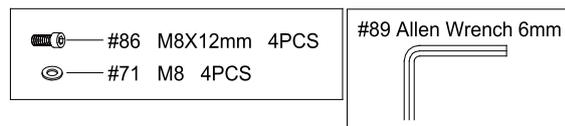
NOTE: Fully tighten bolts at end of above steps.

#86	M8X12mm	4PCS
#87	M8X15mm	2PCS
#71	M8	6PCS

#89 Allen Wrench 6mm

STEP 4

Attach the **Top Bracket (4)** to **Left and Right Upper Arms (2/3)** using: 4 PCs of **M8x12mm Socket Head Cap Screw (86)** and **MB Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of above step.

#86	M8X12mm	4PCS
#71	M8	4PCS

#89 Allen Wrench 6mm

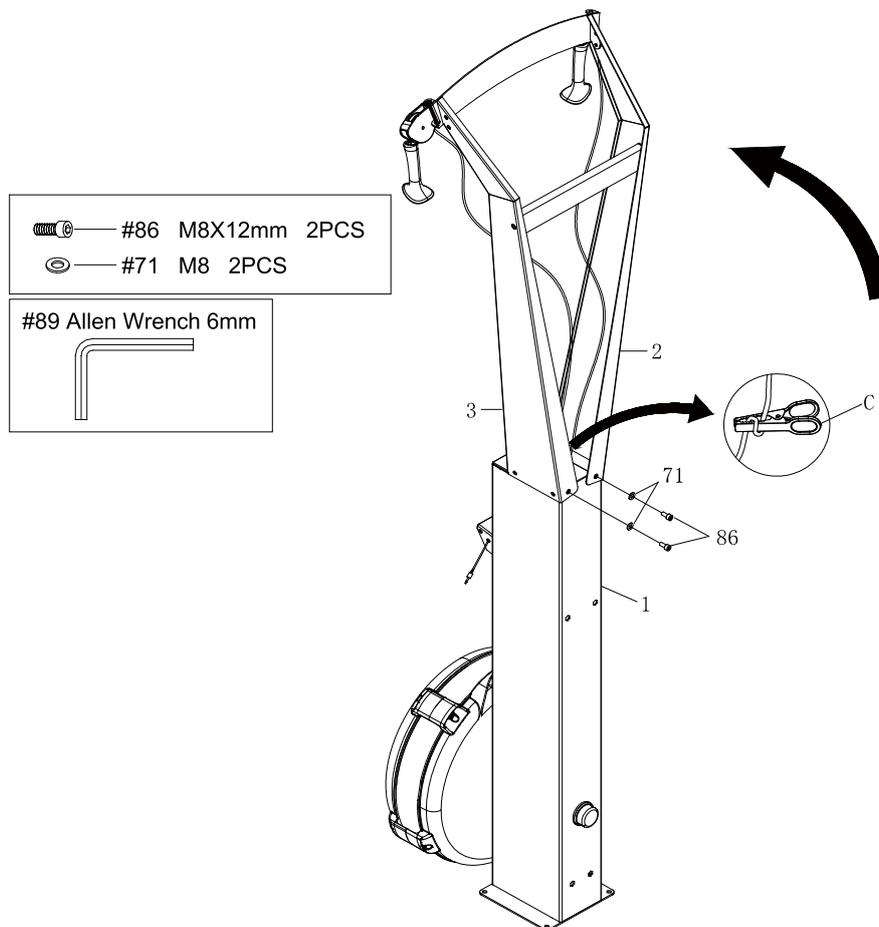**Note:** Before assembling check if **Drive Cord (52)** is untangled

STEP 5

Make the assembly stand up. Tighten the **Left and Right Upper Arms (2/3)** using: 2 PCs of **M8x12mm Socket Head Cap Screw (86)** and **MB Flat Washer (71)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of this step.

STEP 6

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

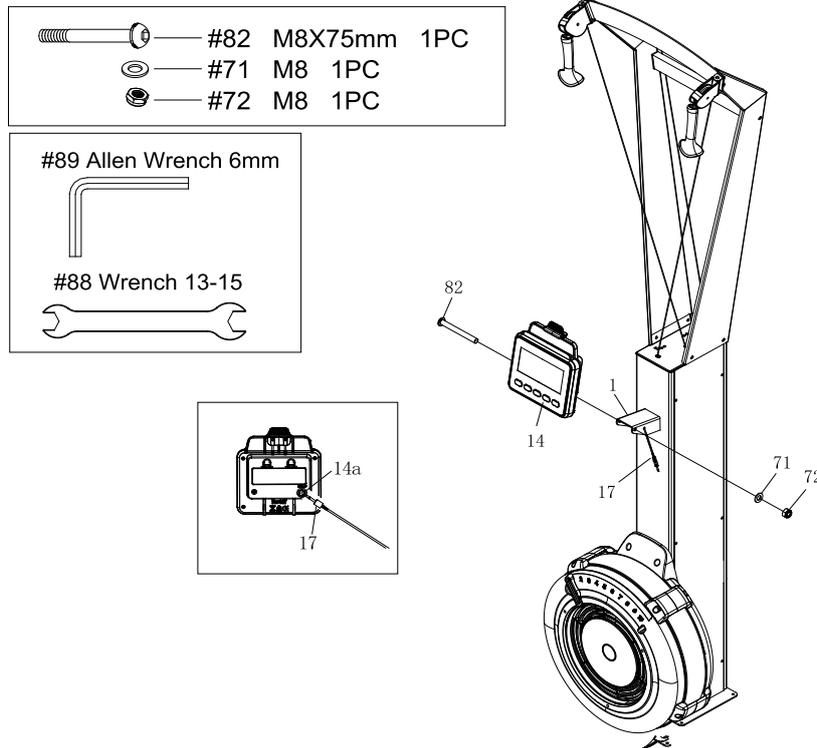|			
	#86	M8X12mm	2PCS
	#71	M8	2PCS

#89 Allen Wrench 6mm

STEP 7

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

STEP 8

Connect **Sensor Cable (17)** into the back of the **Console Monitor (14a)**.

#82	M8X75mm	1PC
#71	M8	1PC
#72	M8	1PC

#89 Allen Wrench 6mm

#88 Wrench 13-15

82
14
1
17
14a
17
71
72

STEP 9

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

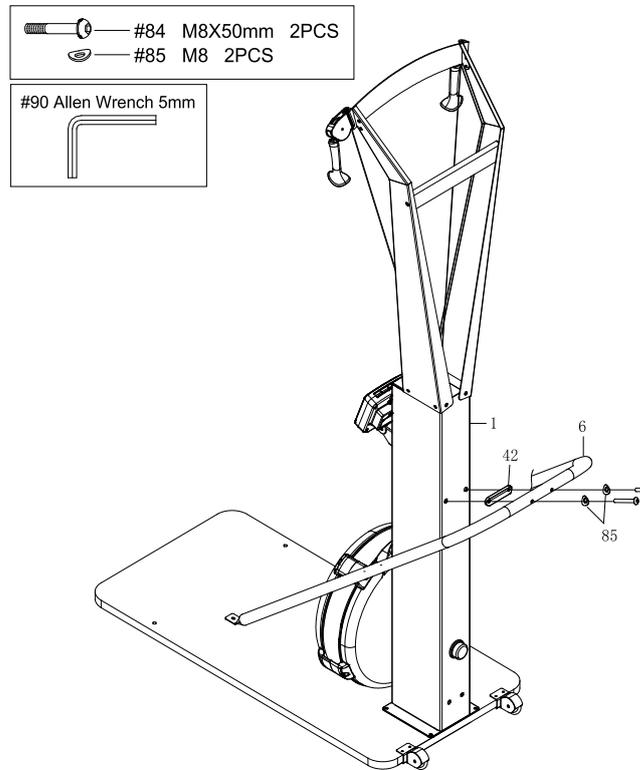**NOTE:** Fully tighten bolts at end of this step.

#83	M8X30mm	4PCS
#71	M8	4PCS

#89 Allen Wrench 6mm

83
71
71
1
83
71
83
71
18
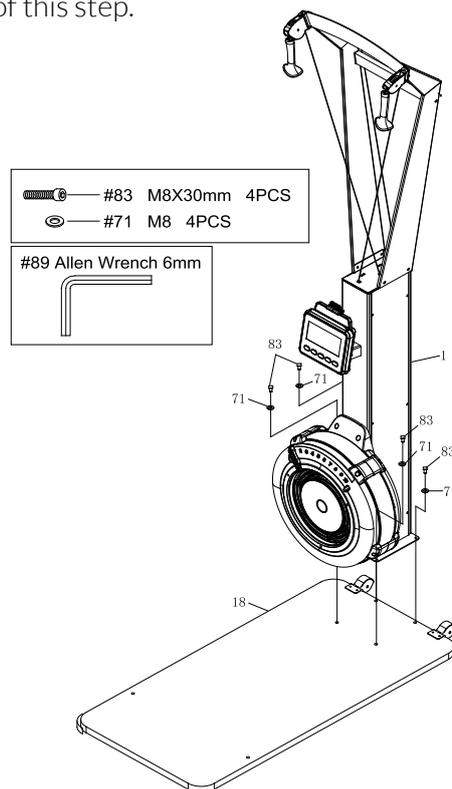
STEP 10

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

NOTE: Fully tighten bolts at end of this step.

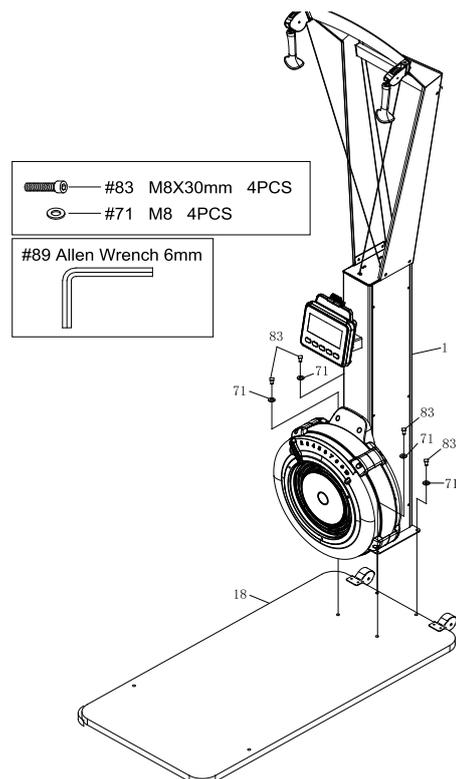|		
#84	M8X50mm	2PCS
#85	M8	2PCS

#90 Allen Wrench 5mm

STEP 11

Attach the U-bar Bracket (6) to **Wooden Base (18)** using: **M8x30mm Socket Head Screw (83)** and **MB Flat Washer (71).**
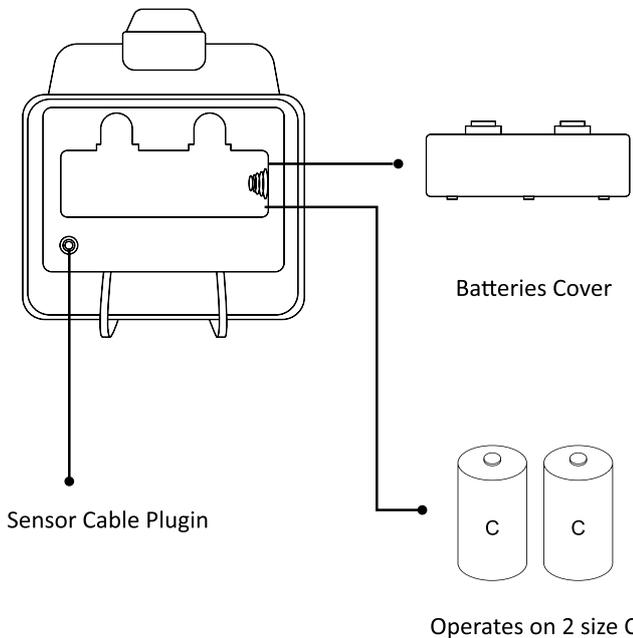
Tighten all screws on the **U-bar Bracket (6).**

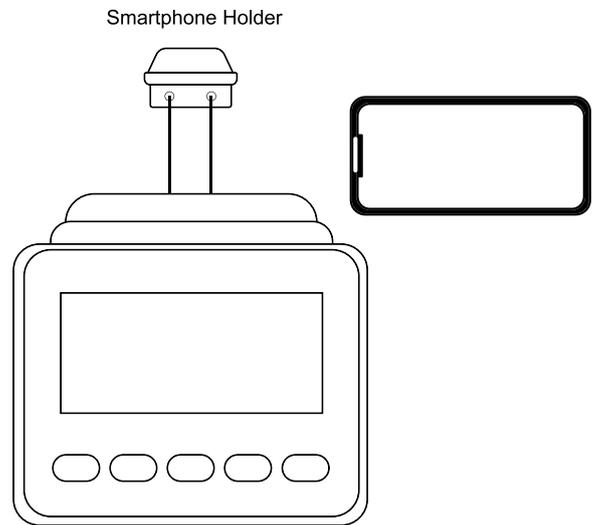**NOTE:** Fully tighten bolts at end of this step.

#83	M8X30mm	4PCS
#71	M8	4PCS

#89 Allen Wrench 6mm

COMPUTER INSTRUCTIONS

BACK VIEW

FRONT VIEW

Smartphone Holder

Batteries Cover

Sensor Cable Plugin

C   C

Operates on 2 size C

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

INITIAL SETUP

POWER ON

- Move the handlebar to start exerciseing in Quick Start Porgram or press any button to go into IDEL mode.

- When there is no batteries installed, monitor can still work in Quick Start Porgram.

POWER OFF

- In IDEL mode, monitor will automatically shut off after 20 seconds of inactivity.

- When running an interval program, monitor will automatically shut off after 2 minutes of inactivity.

- In all other programs, monitor will automatically shut off after 30 seconds of inactivity.

- Monitor will not shut off when connecting to Bluetooth.

F U N C T I O N   B U T T O N S
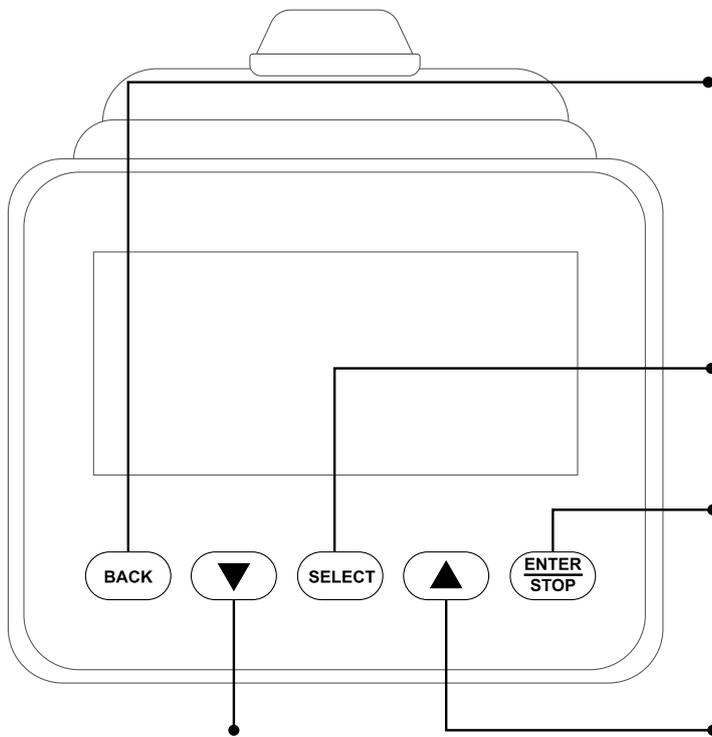
BACK BUTTON:

- When selecting the programs, press the button to return
  to the previous program.
- When you finish a running program, press the button to
  jump into the IDEL mode.

SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle
  through each program option. Stop on the program of
  your choosing.

NOTE: Default exercising mode is Quick start program.

ENTER/STOP BUTTON:

- When selecting the programs and presetting target
  values, press the button to confirm.
- Press the button and hold it down for three seconds to
  reset all functions to zero and restart the computer.

▼ DOWN BUTTON :

- Press to decrease the preset values. Press the button and
  hold it down, the presetting value will go faster, release the
  button to stop.

▲ UP BUTTON :

- Press to increase the preset values. Press the button and
  hold it down, the presetting value will go faster, release the
  button to stop.

When the back light is lit, press STOP button the first time to pause the counting of all function values. Press STOP button the second time to view the workout summary. Press STOP button the third time to go back to IDLE mode.

* When back light is turned off, press any button or keep rowing to turn on the back light.

CONSOLE DISPLAY

PULSE

- Display the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear Heart Rate Chest Strap.

STROKE RATE

- Display the current stroke per minute during exercise.
- The lightened up semi-circle equals to the stroke rate that displayed in numbers. The more grids it shows, the higher your stroke rate is.

BLUETOOTH

- Display Bluetooth icon at the upper side of monitor screen when monitor is connected to an app.

TIME & TIME/500mAVG

- Total workout time
- The estimated average time for reaching 500 meters based on your current stroke rate.

TIME/500m

- The estimated time for reaching 500 meters based on your current stroke rate.

WATTS AVG

- Display the average watts during the exercise.

DIST & DIST/30min

- DIST is the distance accumulated in the exercise (meter only).
- DIST/30min is the estimated distance for 30 minutes based on current stroke rate.
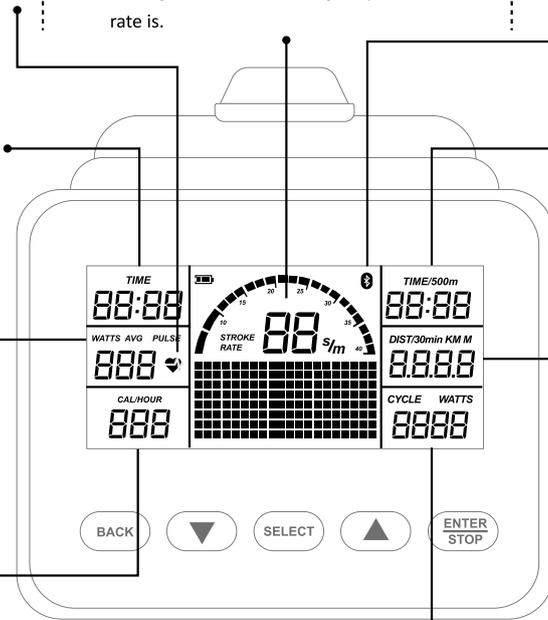
CAL & CAL/HOUR

- CAL display the amount of calories burnt in the exercise.
- CAL/HOUR display the estimated calories burnt in an hour.

WATTS

- Display the amount of power generated at any moment during the workout.

CYCLE

- Display different cycles in the interval programs.

Display labels shown on screen: TIME, WATTS AVG, PULSE, CAL/HOUR, STROKE RATE, s/m, TIME/500m, DIST/30min KM M, CYCLE, WATTS; buttons: BACK, ▼, SELECT, ▲, ENTER STOP
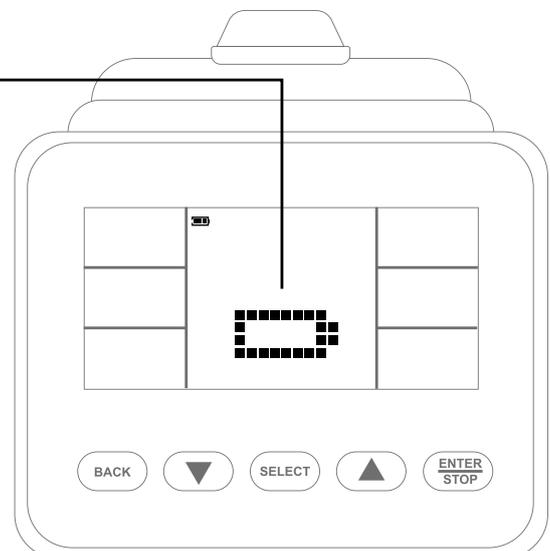
LOW BATTERY

- Display battery symbol only when the battery is low.

SUMMARY

- Press ENTER/STOP button for 2 times to enter summary mode.
- When user pulls Handlebar (3) in summary mode, monitor resumes back to display all data with a "beep" sound.

Buttons: BACK, ▼, SELECT, ▲, ENTER STOP

P R O G R A M S

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown >

Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

1. QUICK START

To Quick Start the program, you can pull on the Handlebar(3) to start. All function values for the console will count up.

- Press "STOP" button once to temporarily stop counting all values (Pause function). Pull the Handlebar (3) again to continue the counting. Long press "STOP" button to delete all counting data.

- For Quick Start and all three countdown programs, press "SELECT" button to choose the data displayed in the same display window, including Time & Time/S00m AVG.

- For the other seven programs, press "BACK" button to enter IDLE mode. Or press and hold "ENTER/ STOP" button for over 3 seconds to re-start the console. Use "SELECT" button to toggle between programs. Use "UP" and "DOWN" buttons to adjust the value and press "ENTER/STOP" to confirm.

2. DISTANCE COUNTDOWN PROGRAM

During the workout, the "DISTANCE" program will count down from preset value.

- The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "WINNER" with an audible alarm. Press the "BACK" button to go to the IDLE mode.

- The target distance value can be set from 100 to 9999 meters.
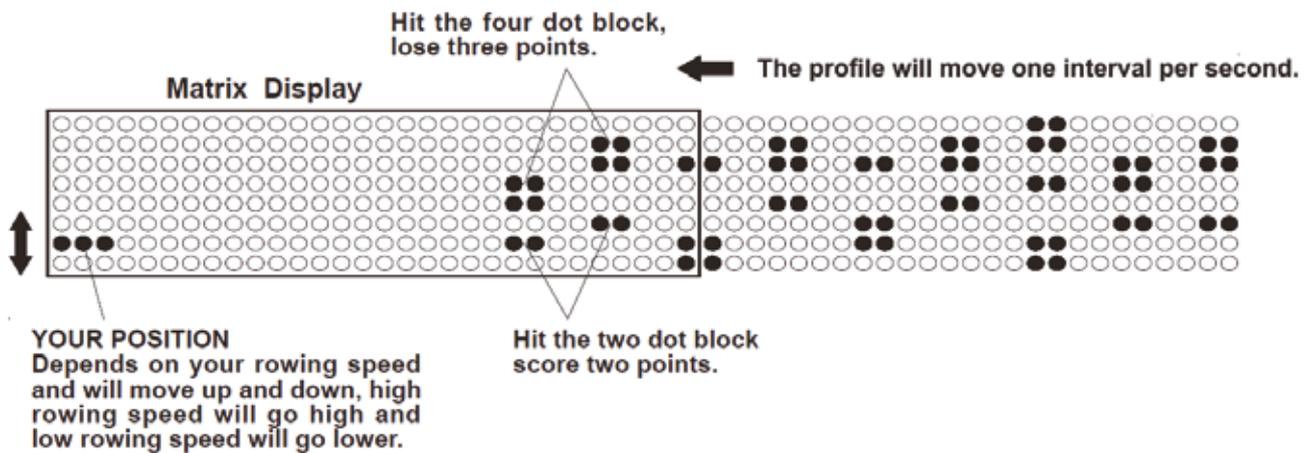
3. TIME COUNTDOWN PROGRAM

- During the workout, the "TIME" program will count down from preset value. The program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will end with an audible alarm. Press "BACK" button to go to the IDLE mode.

- The target time value can be set from 1:00 to 99:00 minutes.

4. CALORIES COUNTDOWN PROGRAM

- During the workout, the "CALORIES" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "END" with an audible alarm. Press "BACK" button to go to the IDLE mode.

- The target calories value can be set from 10 to 999 cal.

5. GAME PROGRAM

- When the "GAME" program is selected, the program will start once the user pulls the Handlebar. There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the "BACK" button to go to the IDLE mode.

Hit the four dot block, lose three points.

Matrix Display

The profile will move one interval per second.

YOUR POSITION
Depends on your rowing speed and will move up and down, high rowing speed will go high and low rowing speed will go lower.

Hit the two dot block score two points.

6. 20/10 INTERVAL PROGRAM

- When it is in the "20/10 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. "20" is 20 seconds for exercising, and "10" is 10 seconds for resting. Then user can use "UP" and "DOWN" buttons to input the value from 1 - 99 rounds for cycles. The user will workout for 20 seconds and then rest for 10 seconds. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

7. 10/20 INTERVAL PROGRAM

- When it is in the "10/20 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 rounds for cycles. User will workout for 10 seconds and then rest for 20 seconds. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

8. 10/10 CUSTOMIZE INTERVAL PROGRAM

- When it is in the "10/10" INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 for number of cycle, workout time, and rest time. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smart phone or tablet devices.

AVAILABLE APPS

Kinomap
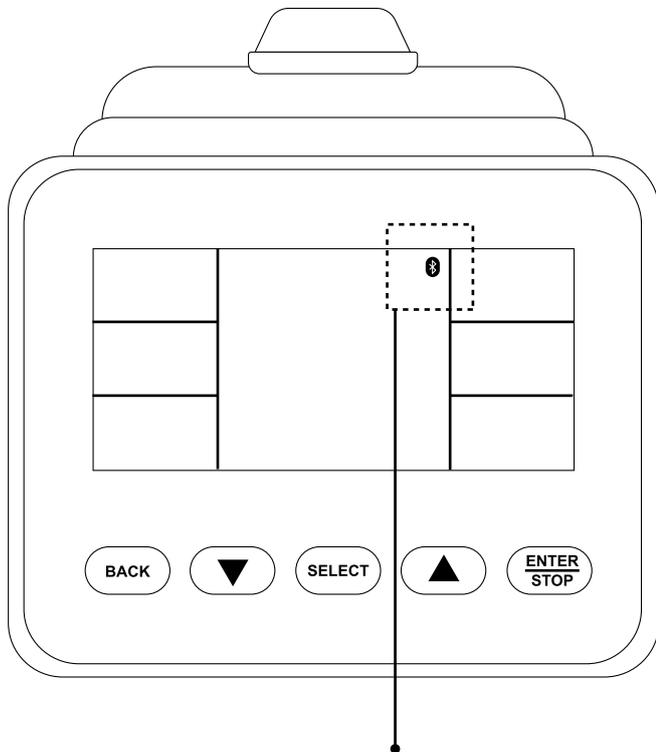
D-fit

FTMS PROTOCOL

The icon will be displayed at the top right of console screen when it's connected to an app.

*Please go to settings on your device to allow the apps to access Bluetooth connection.
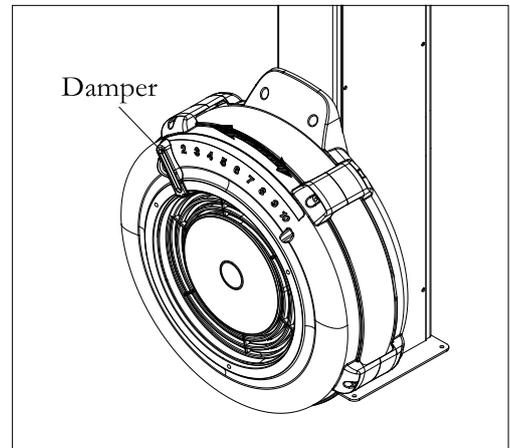
SCAN TO DOWNLOAD

Android

1OS

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

There is a **Damper (31)** built into the **Upper Fan Shroud (32)**. Move the Indicator in the **Damper (31)** to point to the numbers on the **Upper Fan Shroud (32)** to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.

USING THE CELL PHONE BRACKET

The **Cell Phone Bracket (99)** can move up and down. Move up the **Cell Phone Bracket (99)**, then slide the Cell Phone into the gap between the **Cell Phone Bracket (99)** and the **Console Monitor (14)**. Move down the **Cell Phone Bracket (99)** to clip the Cell Phone in position.
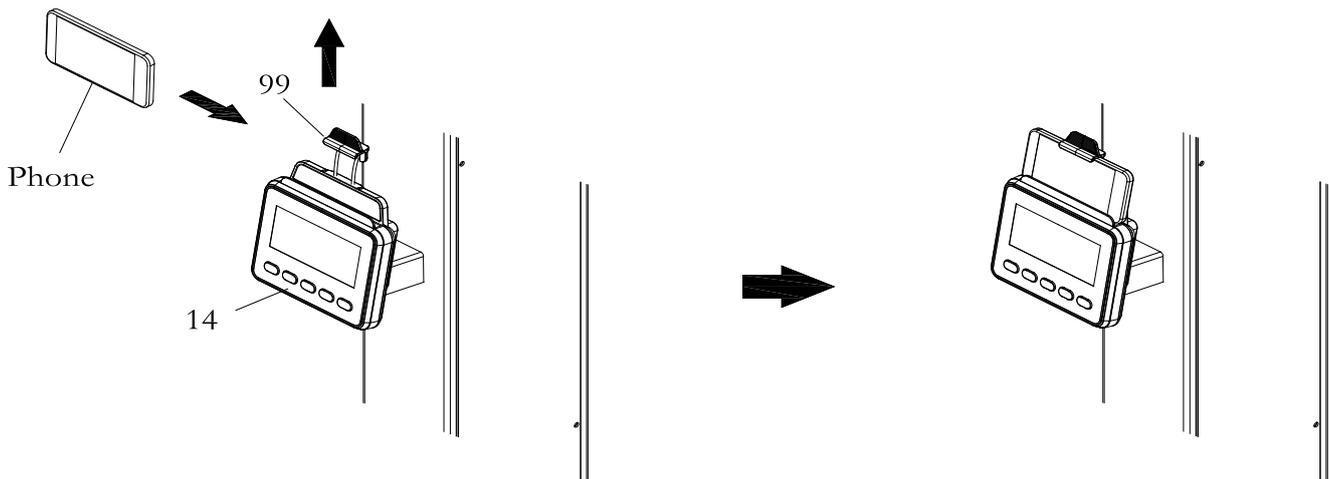
MAINTENANCE

The safety and integrity designed into the **SKI** can only be maintained when the **SKI** is regularly examined for damage and wear. Special attention should be given to the following:
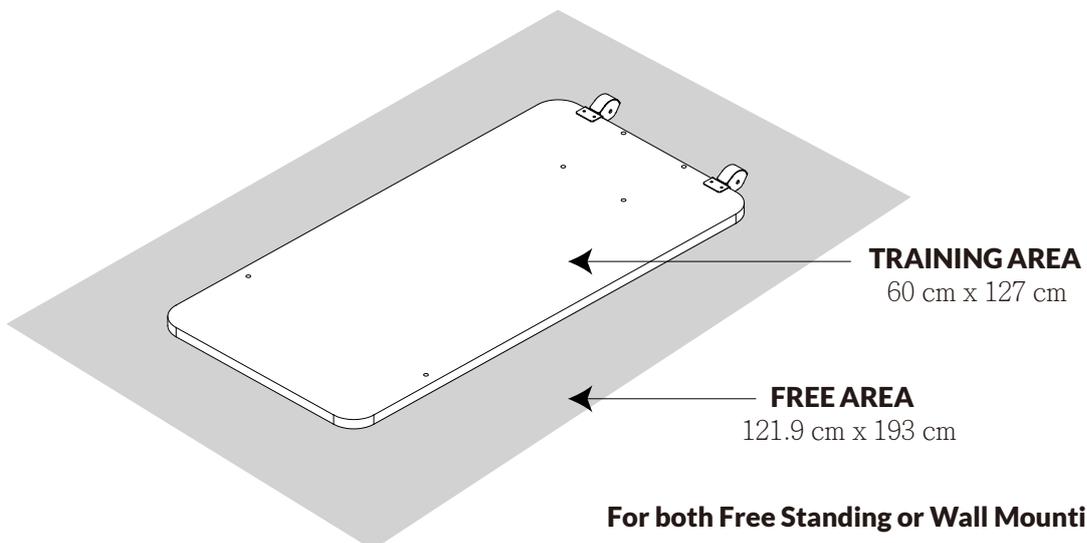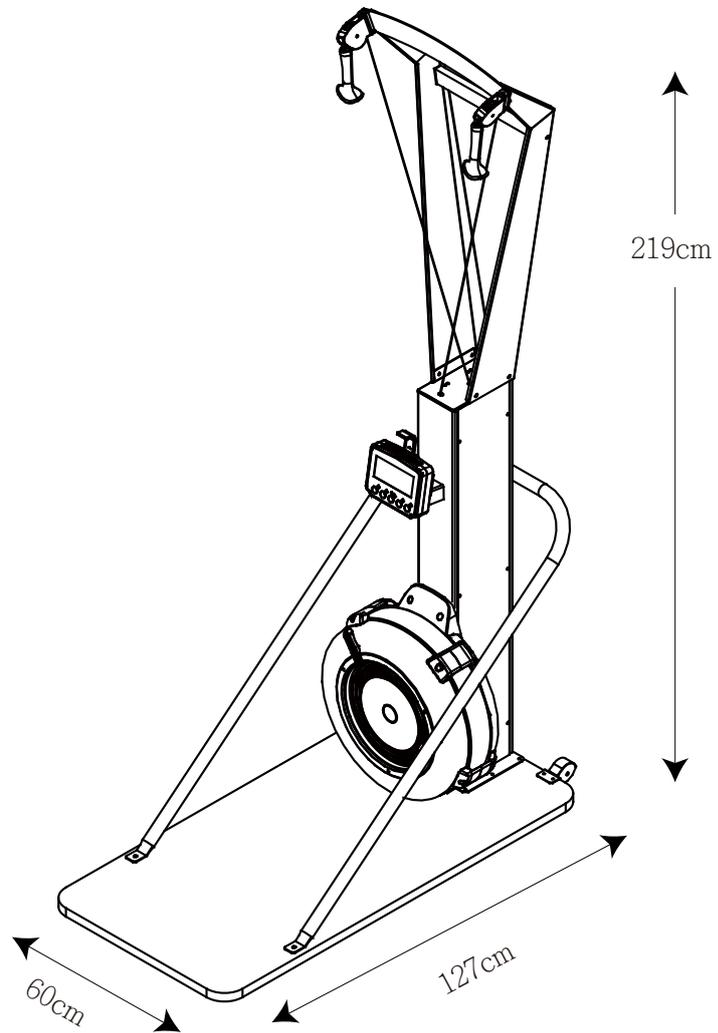
1. Pull on the **Handle (44)** and verify that the System provides tension and the seat travel is smooth and stable.

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** removed from service until repair is made.

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

PRODUCT DIMENSIONS

Wall Mounting Structure

46cm

214cm

47cm

37cm
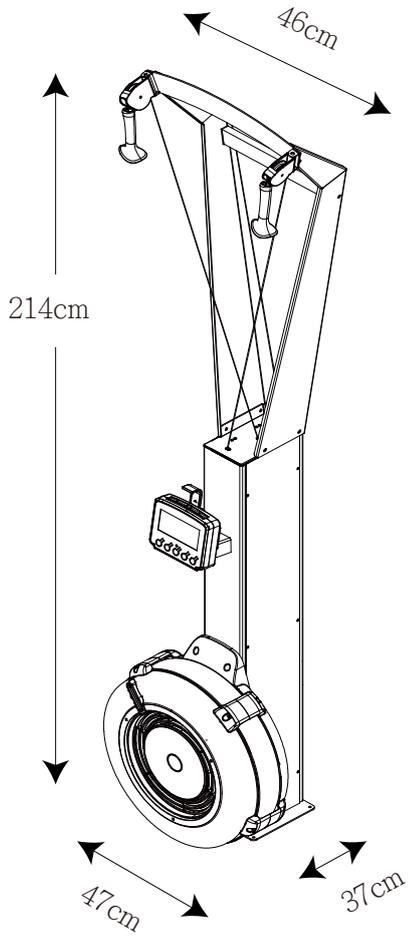
Free Standing Structure

219cm

60cm

127cm

TRAINING AREA
60 cm x 127 cm

FREE AREA
121.9 cm x 193 cm

For both Free Standing or Wall Mounting Structures

USE AND TRAINING

The Ski Trainer offers an effective full body workout. 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 Ski Trainer enables you to train with double-pole motion that is essential to skiing.
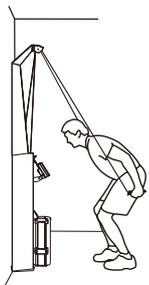
Double-Pole Technique

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.

Classic skiing technique (alternative 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. |

1. 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, we strongly advise that it be replaced immediately. Use only genuine BOXPT EQUIPMENT parts. Use of other parts may result in injury or poor perform- ance of your machine.

2. The Ski Trainer with optional wooden base must be used on a stable, level surface.

3. The wall mounting structure 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.

4. Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.

5. Do not release handles when they are in the pulled out position. Bring handles back to the top potision before releasing them.

6. Perform regular inspection and maintenance as suggested.

7. Keep unsupervised children away from the Ski Trainer.

Classic Skiing Technique (Alternating arms)

Begin with one arm raised and slightly bent.

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

Continue to alternate arm pulls, keeping some bend in the pulling arms, as it is a stronger position.
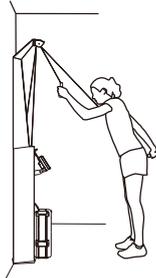
EVERY 250 HOURS OF USE
(WEEKLY FOR COMMERCIAL SETTING)

1. **Untwist the cords**

   When you are using the Ski Trainer you may be inadvertently twisting the cords. Over period of use, it may cause the cords to twist resulting in bumpy feeling. To avoid this, check the cords on a regular basis.

   Below are steps to untwist the cords. It will be easier if you have a second person helping you.

   - Pull out both handles as far as you can.

   - Hold onto the cords at the top pulley/top bracket, so the cords will dangle from the position you hold. Or use a clip to keep the ropes in place like when received new in packaging.

   - Run your hands down each cord to untwist the cord.

   - Return handles back to top position.

   - Repeat process at least two times.
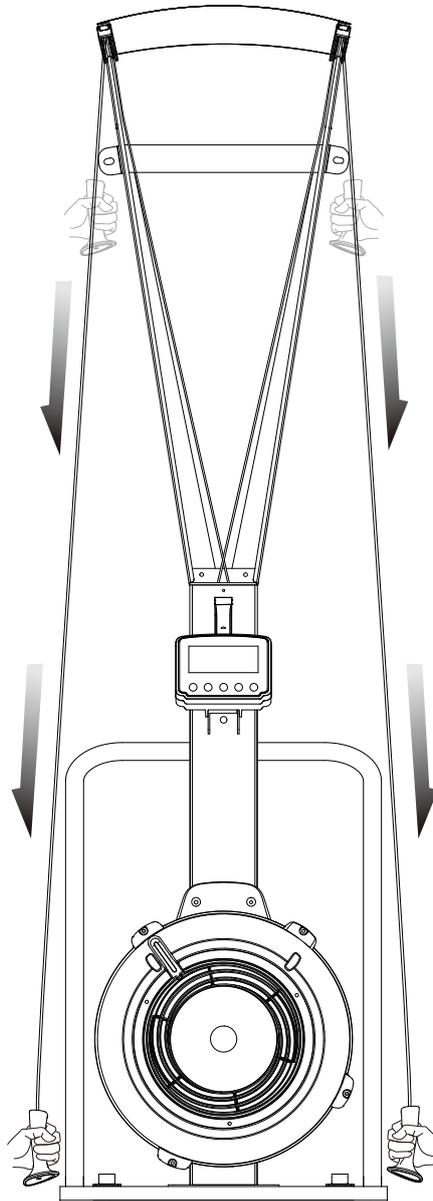
2. Inspect the cords

You can inspect the drive cords easily by pulling on the handle to see the full length of the cord. Some wear is normal after repeated use. If the drive cords becomes very thin, please replace drive cords.

To inspect the bungee cords, please remove the side panels by removing the 8 screws on the side. After removing you are able to see all the cords clearly. The bungee cord has a fiber wrapped outside and some wear is normal. If the inner white elastic fibers are exposed, please replace bungee cords. While you have opened the side panels to examine the cords, also clean the inside as some dust and lint may collect near the generator and bottom of the machine.
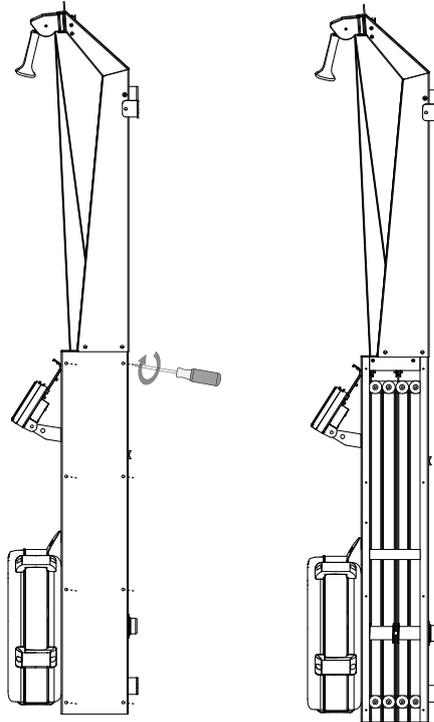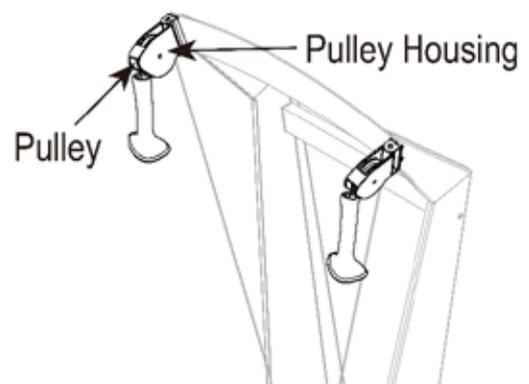

3. Inspect the Fasteners

Be sure all fasteners on the Ski Trainer are tight and don't become loose during use.

4. Inspect the Top Bracket pulleys

Be sure the pulleys spin freely inside the pulley housing and the pulley housing swing freely on the top bracket.

1. **Clean the flywheel**

   Dust and lint may collect inside the flywheel and on the stainless-steel mesh. This will restrict airflow and lower the resistance of the fan. The flywheel and mesh can be cleaned by following the illustrations below.
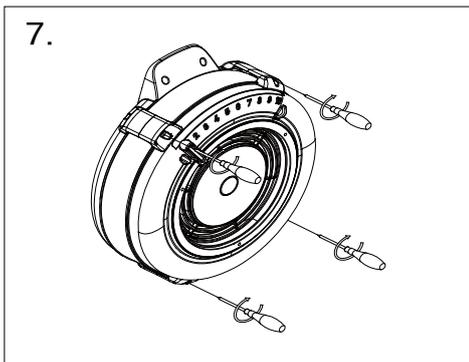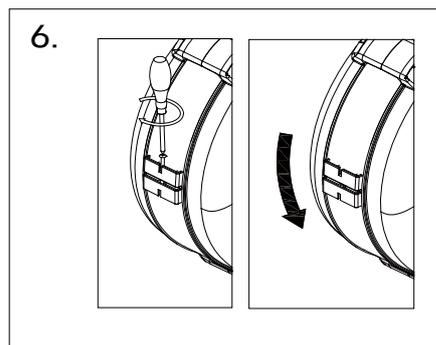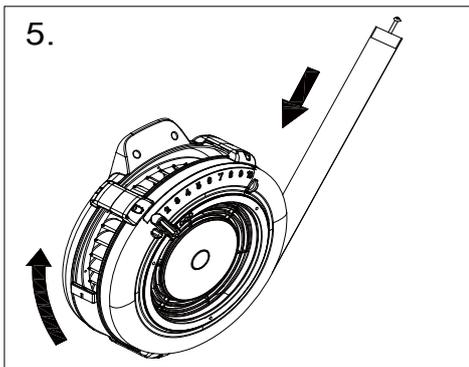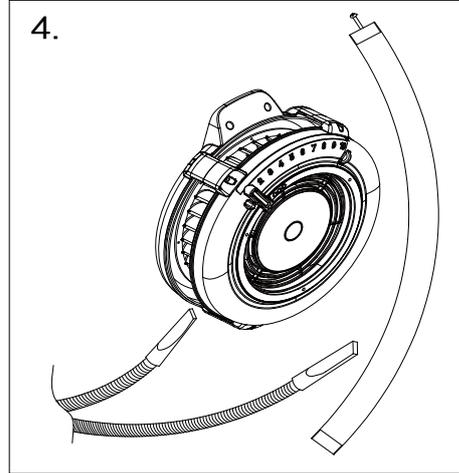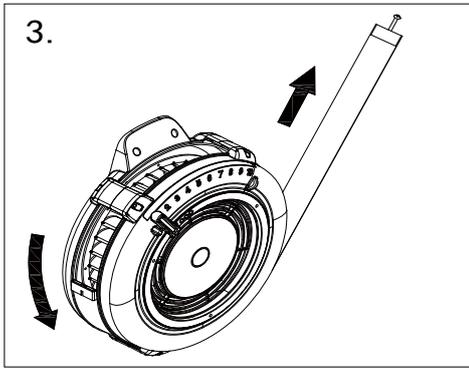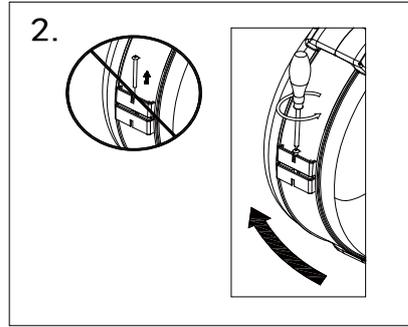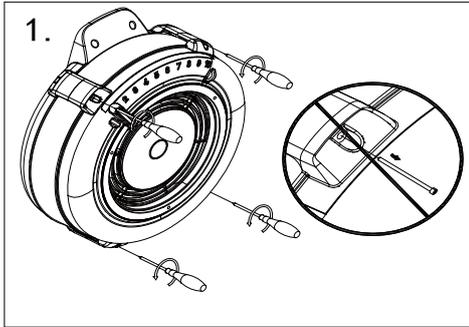
2. Bungee cord adjustment

After a period of use if you feel the return of the cords aren't as smooth or as fast as before you can adjust the tightness of the bungee cords.

- Open the right side cover
- Look under the top cover and there should be tied knots of the bungee cord under
- Pull down the bungee cord by the knot area
- Tie another knot above the original knot to make it tighter
- You may cut off the extra length

Note: There should be white markings on the bungee cord, move up one marking at a time. If moved up too much it may cause too much stress on the bungee cord and may result in faster wear of the bungee cord. Also make sure both cords are adjusted at the same.
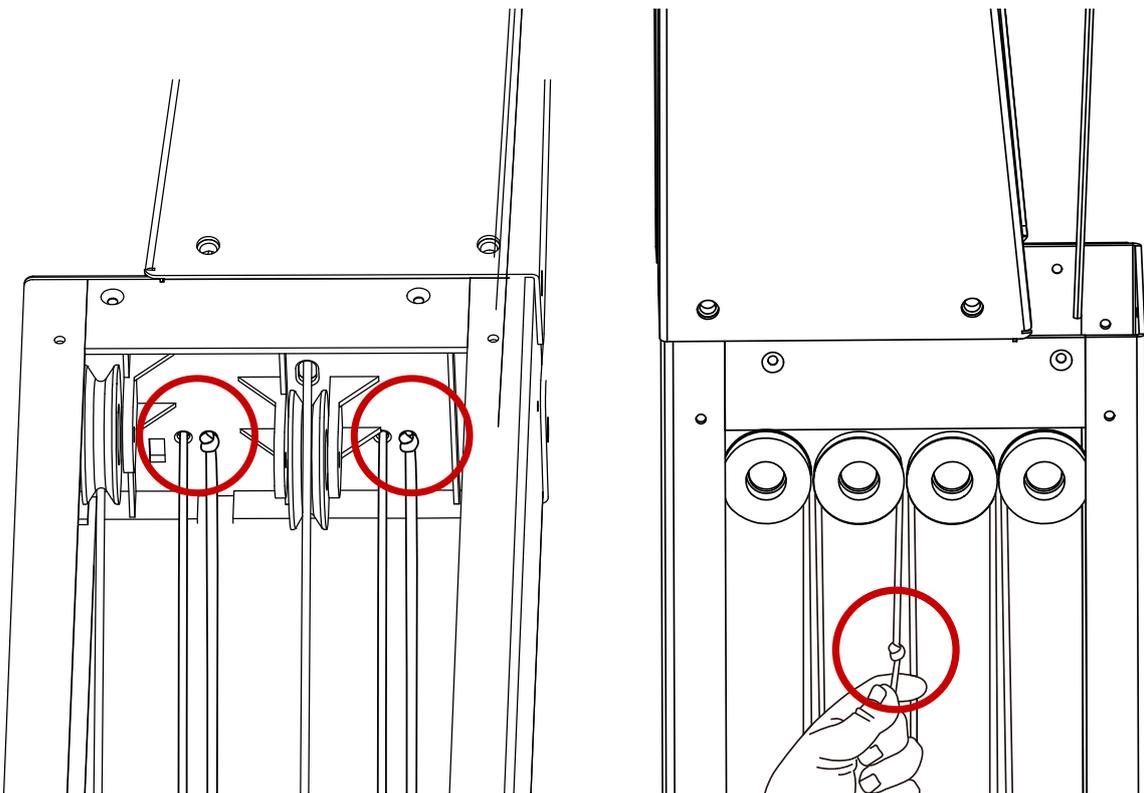
3. Clean Inside the Body

After period of use, some dust or lint may also collect inside the body. Remember to clean it periodically. To clean inside the body do the following.

- Open the right side cover
- Use a towel to clean the insides of the body.
- Be sure to clean around the generator

Note: When cleaning around generator do not use damp or wet towels. You may damage the generator.
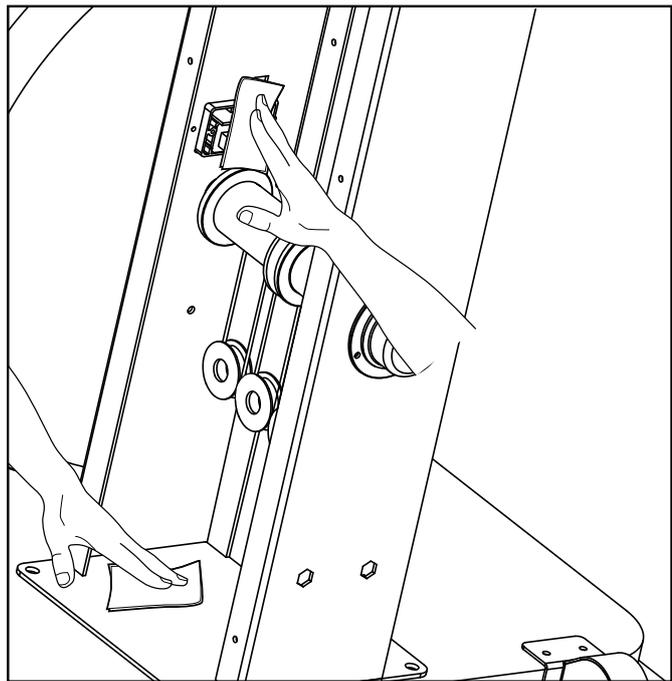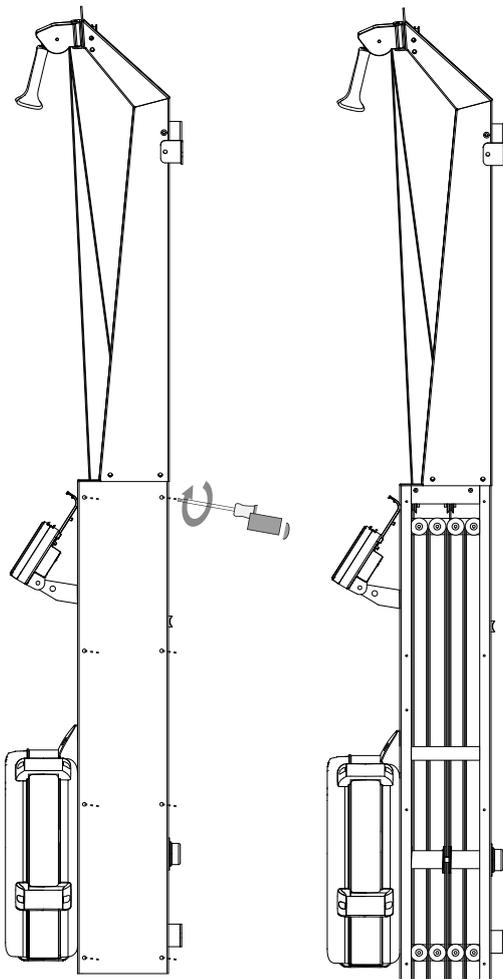
S T O R A G E

1. To store the **SKI**, 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** for one year or more.

3. Move the **SKI** with the **Transport Wheels (49)** on the **Wooden Base (18)**. Lift one end of **Wooden Base (18)** to move the **SKI**. Refer to the illustration below. Do not use the **U-bar Bracket (6)** to move the **SKI**. It may cause danger.

49
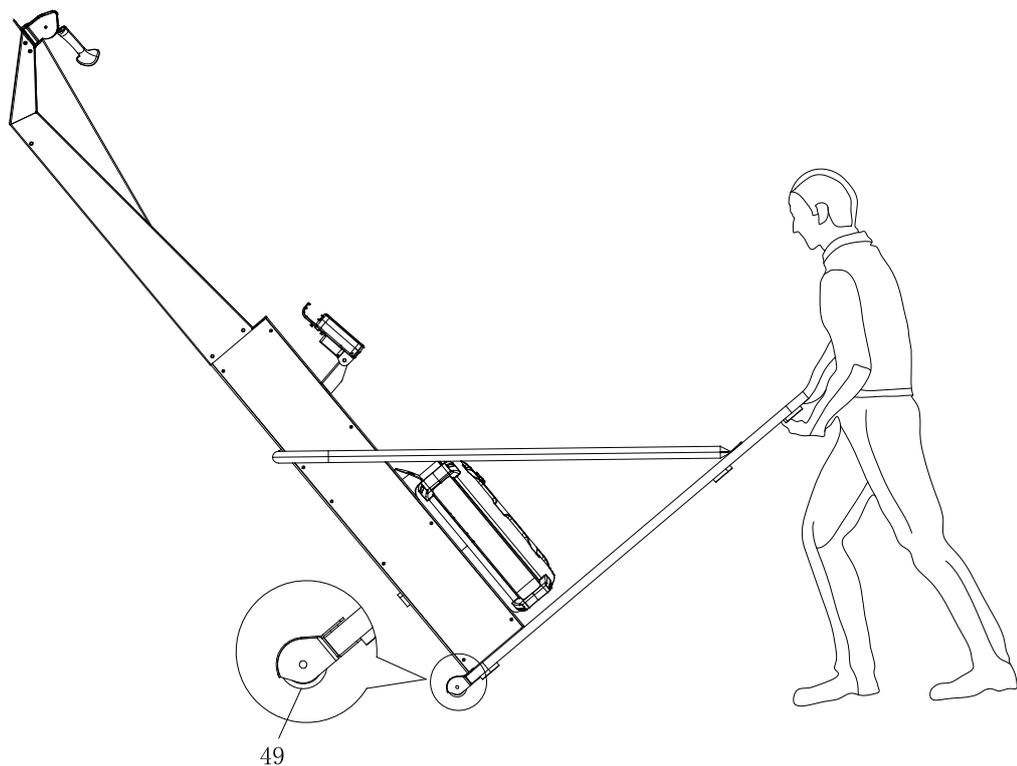
EXPLODED DRAWING
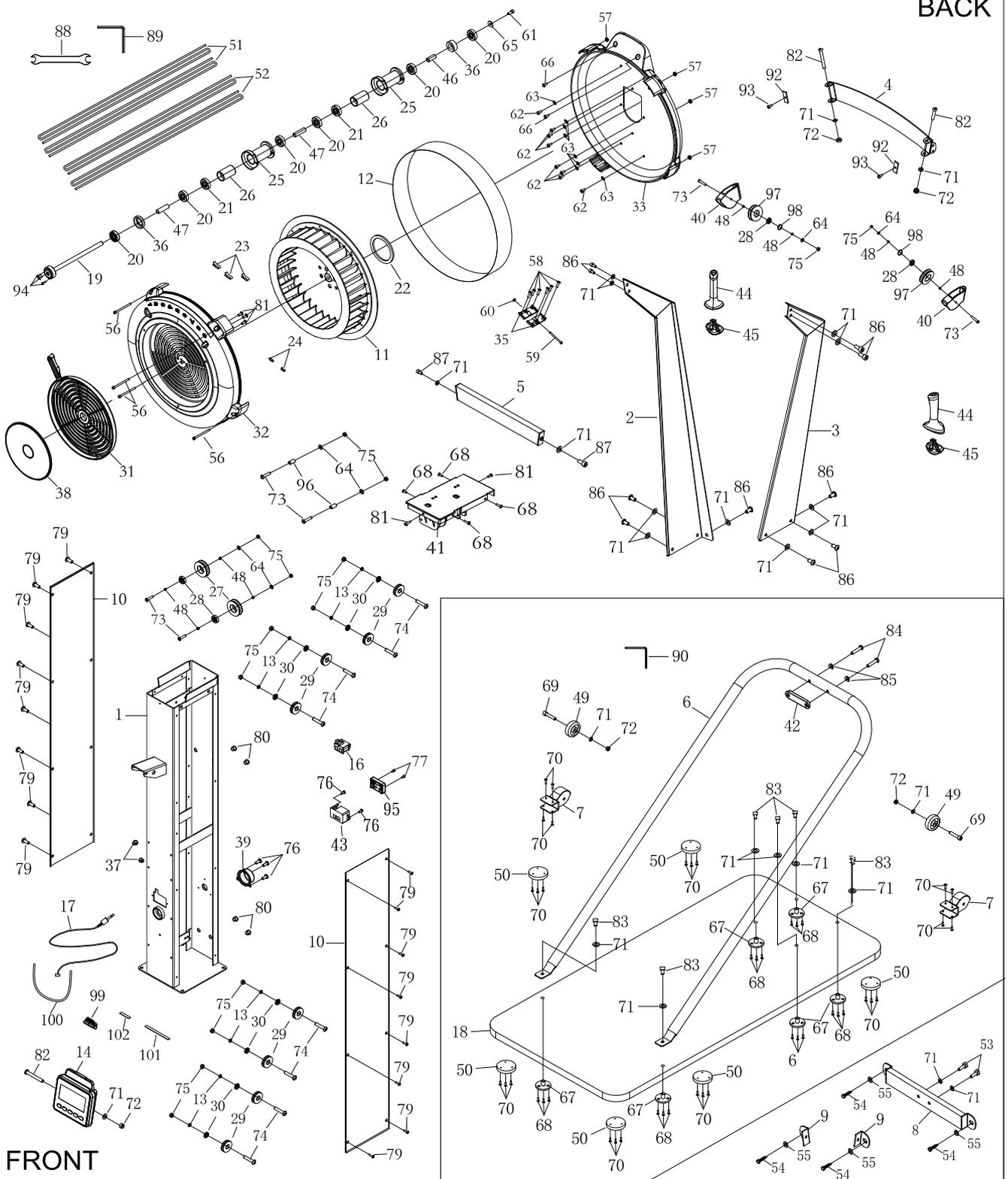
FRONT

PARTS LIST

PART#	DESCRIPTION	Q'TY	PART#	DESCRIPTION	Q'TY
1	Main Body	1	43	Generator Base	1
2	Left Upper Arm	1	44	Handle	2
3	Right Upper Arm	1	45	Handle Plug	2
4	Top Bracket	1	46	Short Spacer	1
5	Arm Connection Bracket	1	47	Long Spacer	2
6	U-bar Bracket	1	48	Cord Pulley Spacer	8
7	Transport Wheel Cover	2	49	Transport Wheel	2
8	Lower Wall Mounting Bracket	1	50	Wooden Base Cushion	6
9	Upper Wall Mounting Bracket	2	51	Bungee Cord	2
10	Body Cover (Left/Right)	2	52	Drive Cord	2
11	Fan	1	53	Socket Head Cap Screw, M8x35 mm	2
12	Perforated Steel Mesh	1	54	Socket Head Cap Screw, ST8.0x50mm	4
13	Console Pulley Spacer	8	55	Flat Washer, <D22x<D9x2.0mm	4
14	Console Monitor	1	56	Socket Head Cap Screw, M5x92mm	4
16	Generator	1	57	Hex Nut, M5	4
17	Sensor Cable	1	58	Philips Head Screw, ST4.2x6mm	6
18	Wooden Base	1	59	Philips Head Screw, M4x45mm	1
19	Fan Axle	1	60	Hex Nut, M4	1
20	Bearing 6001RS	6	61	Socket Head Cap Screw, M6x12mm	1
21	One Way Bearing (HF1212,12t)	2	62	Philips Head Screw, M6x10mm	8
22	Magnet	1	63	Lock Washer, Internal Tooth M6	8
23	Balance Weight	3	64	Flat Washer, M6	6
24	Small Balance Weight	2	65	Flat Washer, 016x06.2x1.5mm	1
25	Cord Pulley	2	66	Philips Head Screw, M6x16mm	2
26	Pulley Spacer	2	67	Cushion Nut, M8	6
27	Cord Pulley	2	68	Philips Head Screw, ST4.2x16mm	22
28	Bearing 6000ZZ	4	69	Socket Head Cap Screw, M8x40mm	2
29	Console Pulley	8	70	Philips Head Screw, ST4.2x25mm	26
30	Bearing 606ZZ	8	71	Flat Washer, M8	25
31	Damper	1	72	Nylon Nut, M8	5
32	Upper Fan Shroud	1	73	Button Head Cap Screw, M6x35mm	6
33	Bottom Fan Shroud	1	74	Philips Head Screw, M6x20mm	8
35	Steel Plate	2	75	Nylon Nut, M6	14
36	Bushing 6001	2	76	Philips Head Screw, ST4.2x10mm	5
37	Cable Plug	2	77	Philips Head Screw, ST3.0x20mm	2
38	Damper Cap	1	79	Philips Head Screw, M5x8mm	16
39	Pulley Cover	1	80	Hex Nut, M8	4
40	Pulley Bracket	2	81	Philips Head Screw, ST4.2x16mm	5
41	Body Upper Cover	1	82	Button Head Cap Screw, M8x75mm	3
42	U-bar Bracket Cushion	1	83	Socket Head Cap Screw, M8x30mm	6

PART#	DESCRIPTION	Q' TY	PART#	DESCRIPTION	Q' TY
84	Button Head Cap Screw, M8x50mm	2	92	Rubber Cushion	2
85	Arc washer, M8	2	93	Philips Head Screw, M5x8mm	2
86	Socket Head Cap Screw, M8x12mm	10	94	Socket Head Cap Screw, M4x12mm	3
87	Socket Head Cap Screw, M8x15mm	2	95	Generator Cover	1
88	Wrench	1	96	PU Stopper	2
89	Allen Wrench 6mm	1	97	Aluminum Cord Pulley	2
90	Allen Wrench 5mm	1	98	Stopper Ring	2
92	Rubber Cushion	2	99	Phone Holder	1
93	Philips Head Screw, M5x8mm	2	100	Bungee Cord for Phone Holder	1
94	Socket Head Cap Screw, M4x12mm	3	101	Long EVA Pad	1
89	Allen Wrench 6mm	1	102	Short EVA Pad	1
90	Allen Wrench 5mm	1			

BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

BEFORE YOU START

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN/MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

- Start with two or three 15-minute sessions per week with a rest day between workouts.

- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.

- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.

- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.

- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.

- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.

- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.

- Start with your legs, and steadily work up the body.

- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.

- Do not stretch until it hurts. If there's any pain, ease off.

- Don't bounce. Stretching should be gradual and relaxed.

- Don't hold your breath during a stretch.

- Stretch after exercising to prevent muscles from tightening up.

- Stretch at least three times a week to maintain flexibility.

WARM-UP AND COOL-DOWN

A successful cardio-vascular exercise program consists of a full-body 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 minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

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. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over- stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.

Toe Touch

Inner Thigh Stretch

Calf-Achilles Stretch

Hamstring Stretch

Side Stretch

Always remember 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, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

⚠ TRAINING SAFETY WARNINGS

Consult a physician before starting an exercise program.
Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.
Contact your doctor before using the equipment again.
Choose your training intensity according to the training difficulty, training time, etc.
For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

CUSTOMER **SUPPORT**

CONTACT INFORMATION

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

Serial No – this can be found on the label on the product.
Original purchase date
Place of purchase
Precise details of the issue of defect
Information about the place and conditions of use

Important- please retail your sales receipt, Half Human customer care may request proof pf purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website:
www.wearehalfhuman.com
Email: **support@halfhuman.com**

ADDRESS
Sweatband.com
Unit 5 Mill Square
Feathersone road,
Wolverton Mill, Milton Keynes,
MK12 5ZD

HALF | HUMAN

CLASS: S | MAX USER WEIGHT = 180KG

WEAREHALFHUMAN.COM | AIR SKI | CE

EN/ISO 20957 | SN:

UNIT 5 - MILL SQUARE, FEATHERSTONE ROAD
VOLVERTON MILL, MILTON KEYNES MK12 5ZD

MANUFACTURERS WARRANTY

Half Human warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Half Human. To qualify for this please complete the warranty registration form on the Half Human website **www.wearehalfhuman.com.** Full details of warranty extensions and the Half Human manufacturer's warranty are available online at **www.wearehalfhuman.com**

TERMS

This warranty extends only to the original purchaser and is not transferable.
The warranty does not cover:

01   Normal wear and tear.

02   Any changes to the upgrade this products from its normal state or use other than as described in the user manual.

03   Damage resulting from:

    a.   Transport
    b.   Abuse, misuse, failure to follow instructions or improper or abnormal use.
    c.   Non-home use - including commercial, professional or rental purposes.
    d.   Repairs not provided by Half Human
    e.   Accidents, lightning, water, fire or any other causes beyond the control of Half Human.
    f.   Improper location including but not limited to, garden sheds, uninsulated garages, humid, damp, cold, hot, dusty, or outdoor environments, or near water e.g. swimming pool.

Half Human is not responsible or liable for direct or indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the product requiring a repair, this may need to be performed at a Half Human authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

The best way to contact us is via the website:
www.wearehalfhuman.com
or e-mail: **support@wearehalfhuman.com**

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