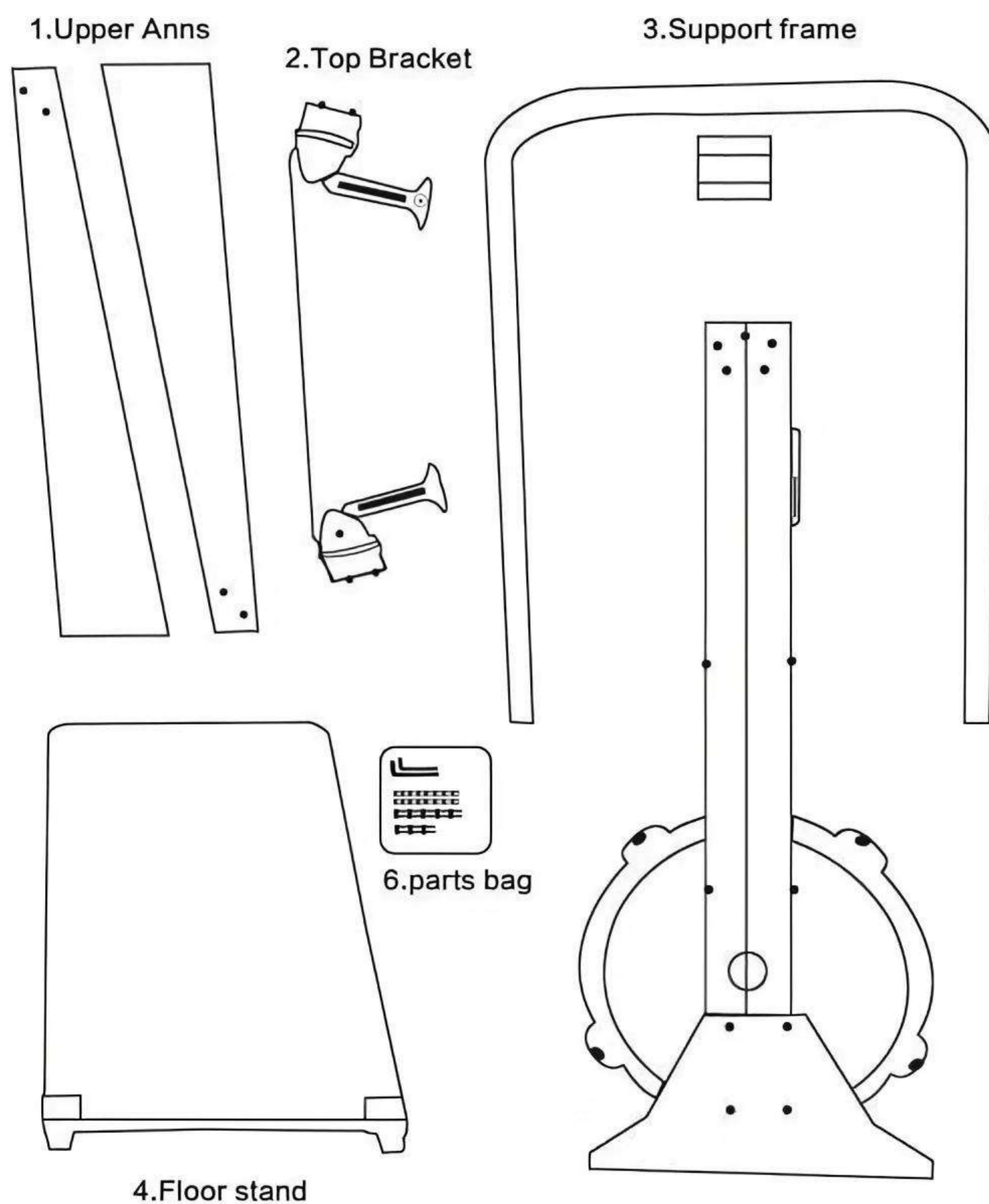


PACKING LIST

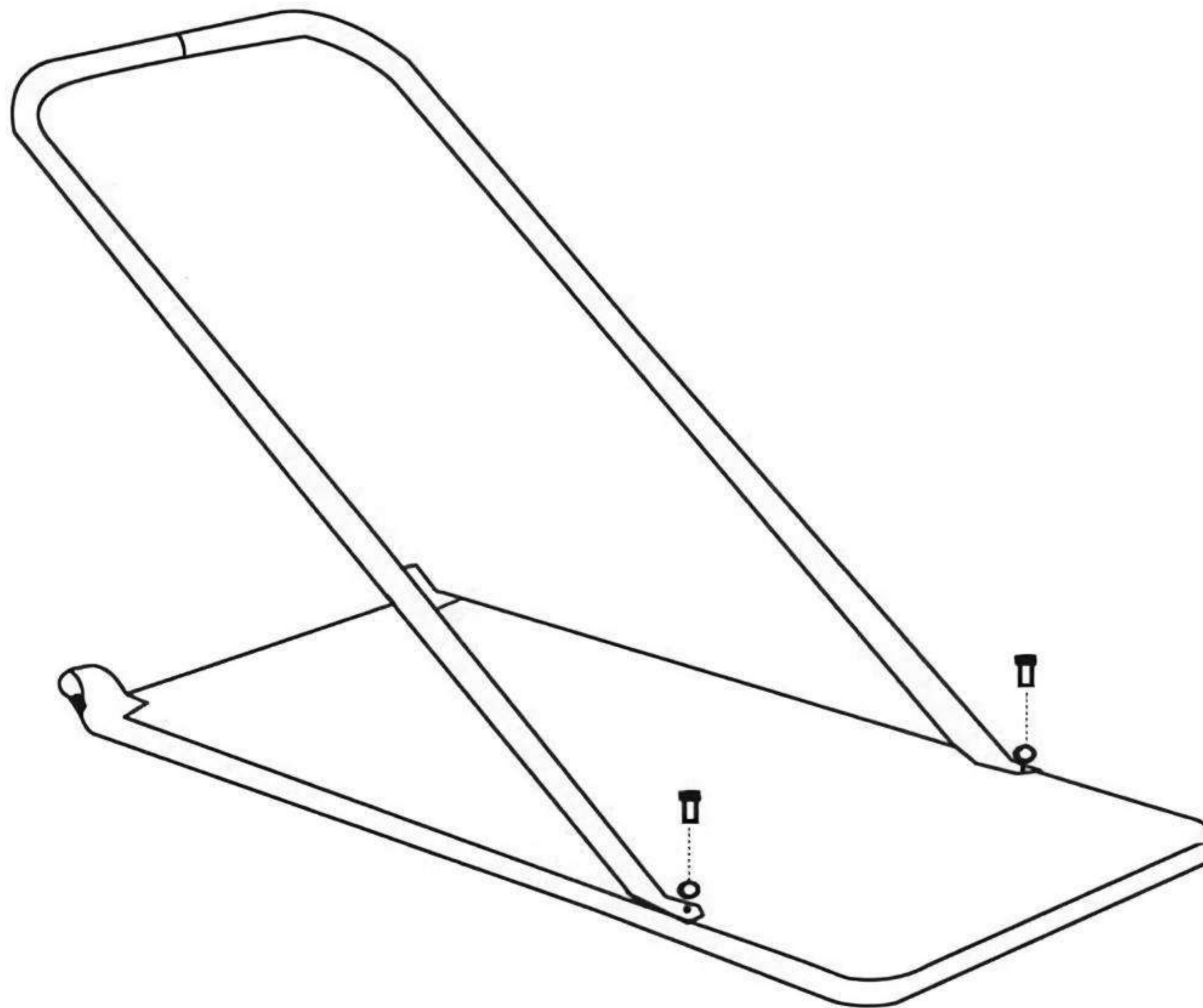


No	Description	Qty
1	Upper anns(left&night)	2
2	Top Bracket	1
3	Support frame	1
4	Floor stand	1
5	Body (incildes flywheel and Monitor)	1
6	Parts bag	1
7	6*10 Screw	16
	8*25 Screw	8
	5mm Allen wrench	1
	4mm Allen wrench	1
	Screw set	1

INSTALLATION GUIDE

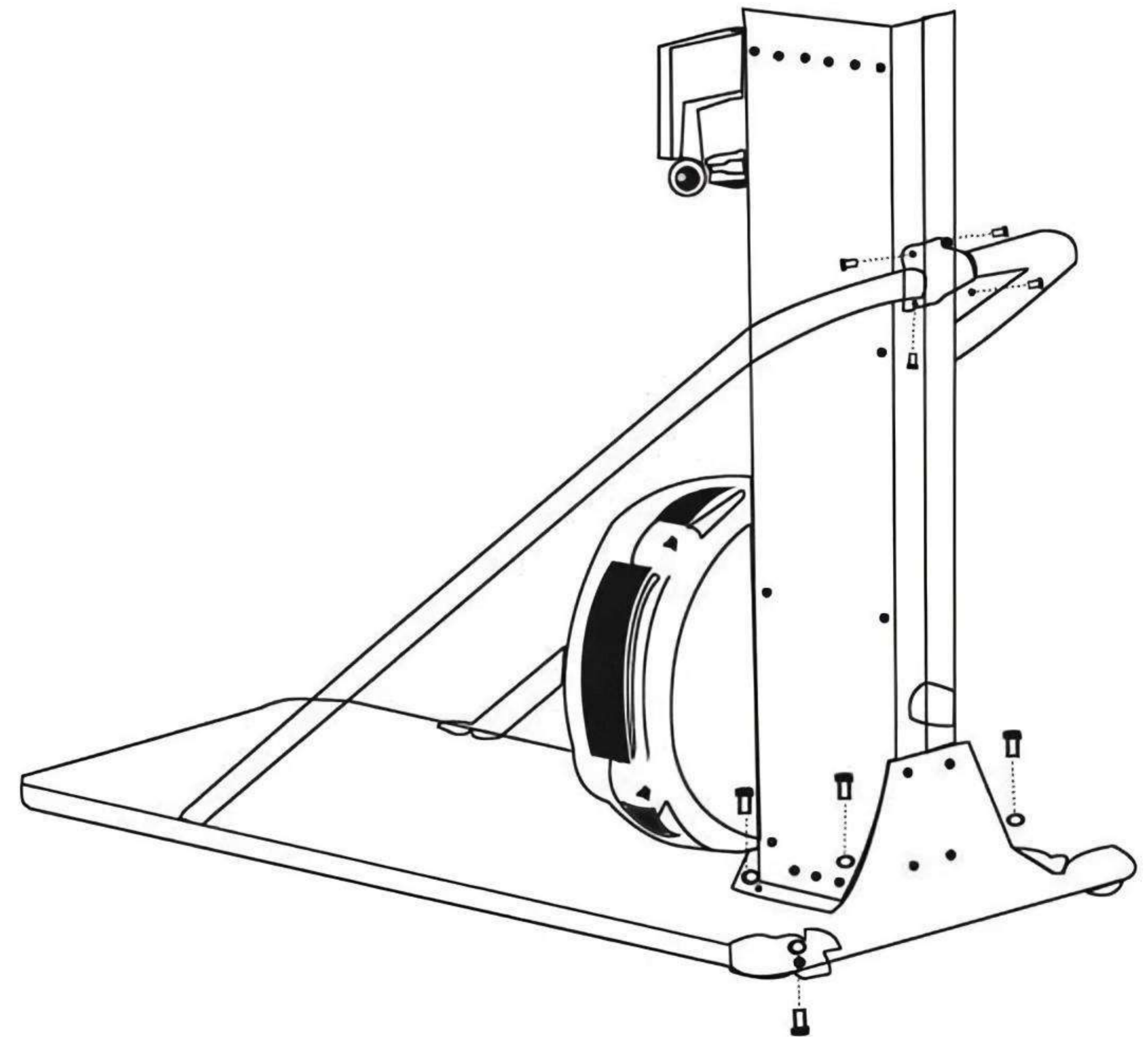
STEP1: INSTALL SUPPORT FRAME AND FLOOR STAND

M8*25 Screw*2
Washer*2



STEP2: INSTALL BODY FLOOR STAND

M8*25 Screw*6
Washer*6
M6*10 Screw*4
Washer*4

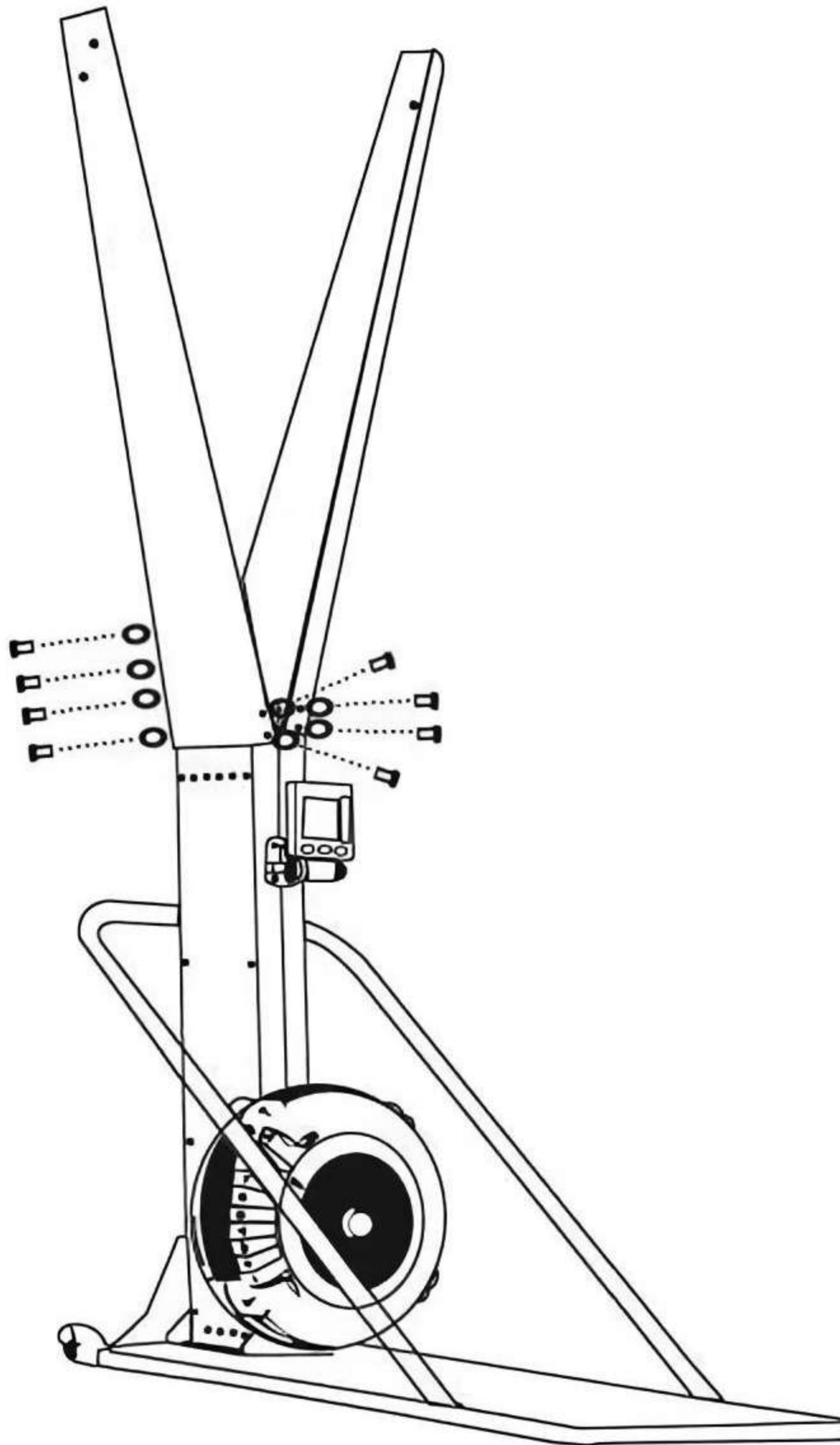


INSTALLATION GUIDE

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

M6*10 screw*8

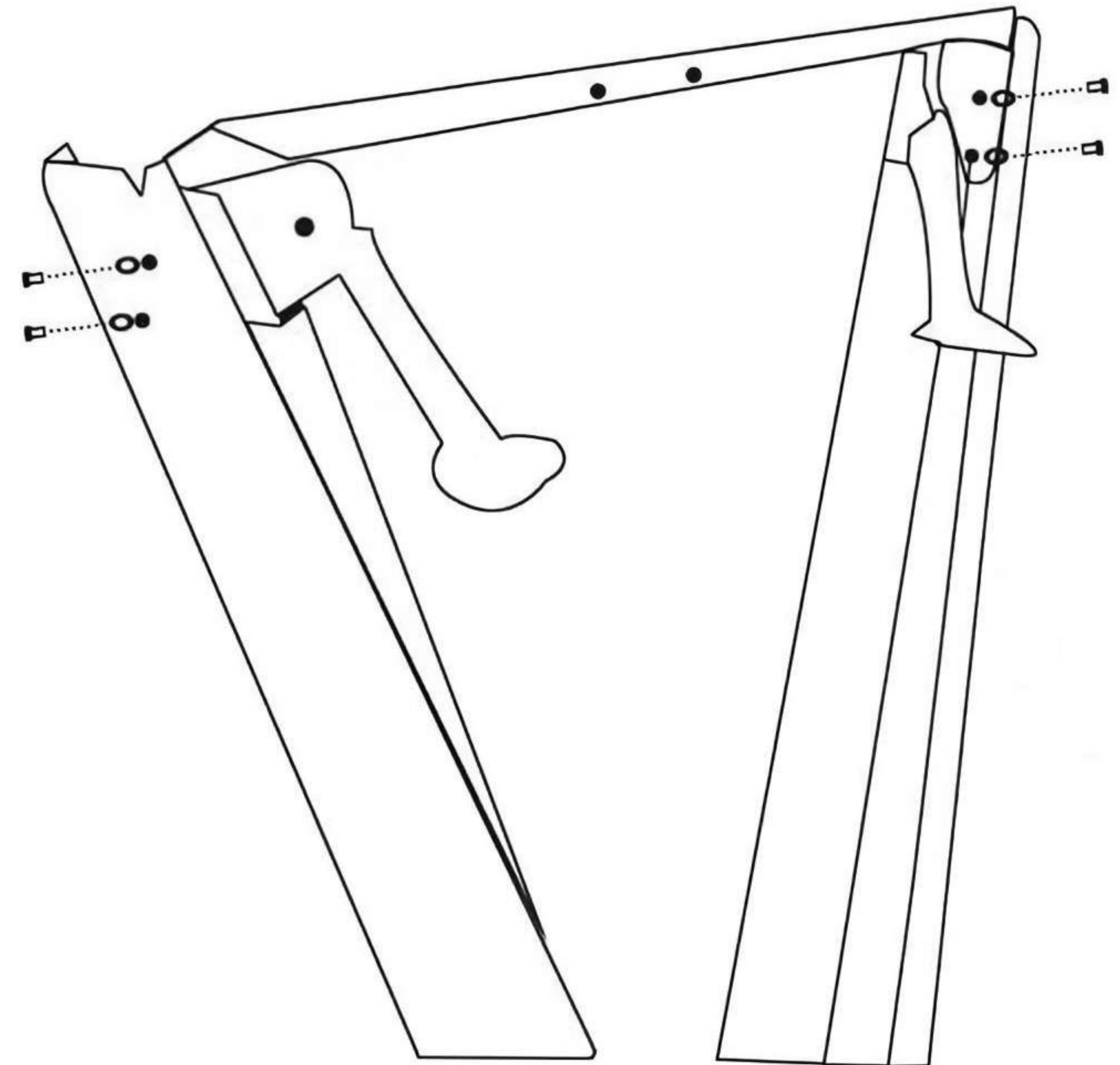
Washer*8



STEP4:Instill Top Bracket

M6*10 screw*4

Washer*4

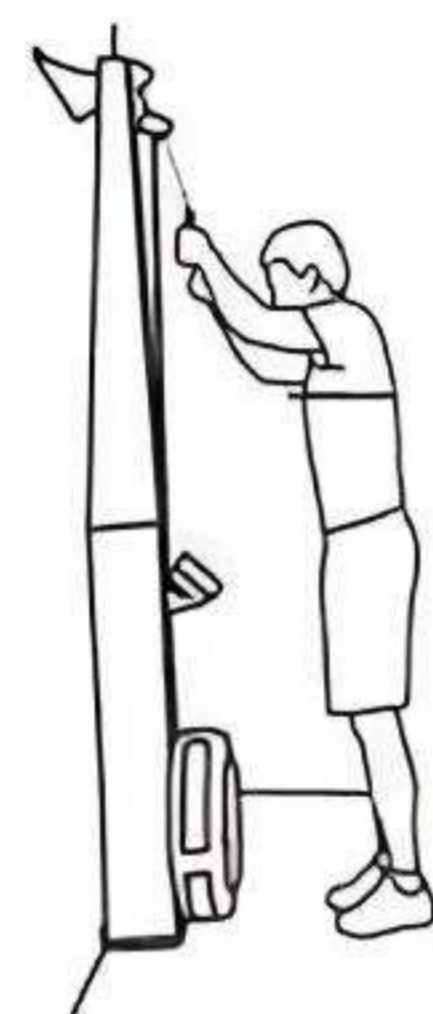


OPERATION INSTRUCTIONS

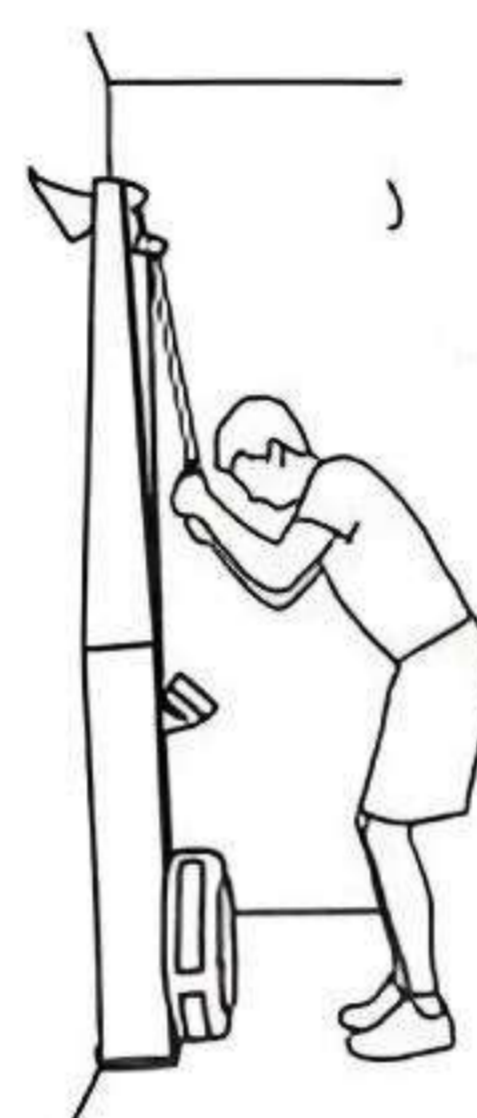
1. USE & TRAINING

1) Double-Pole Technique

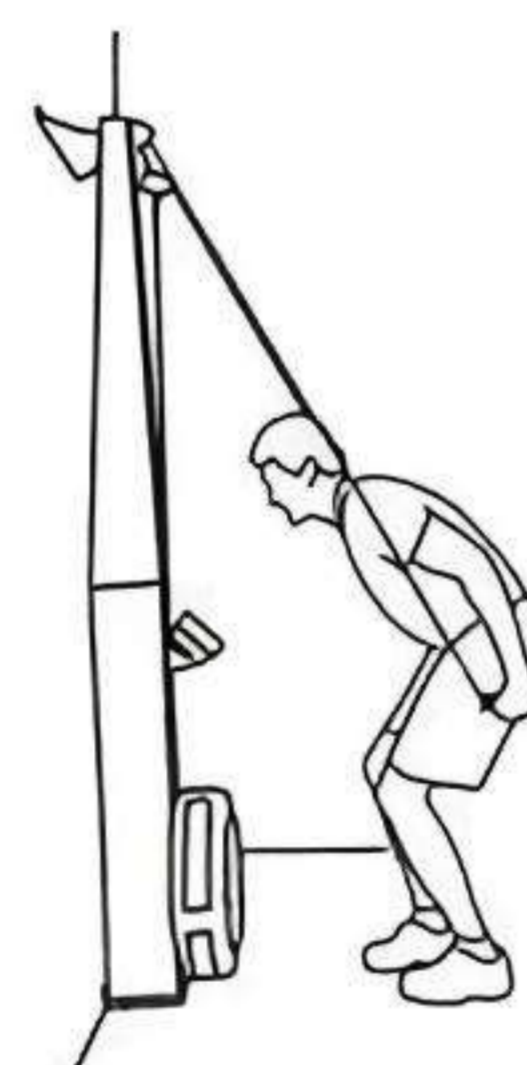
Begin with your hands shoulder-width apart at about eye level. Your arms should be bent. Your feet should be shoulder-width apart.



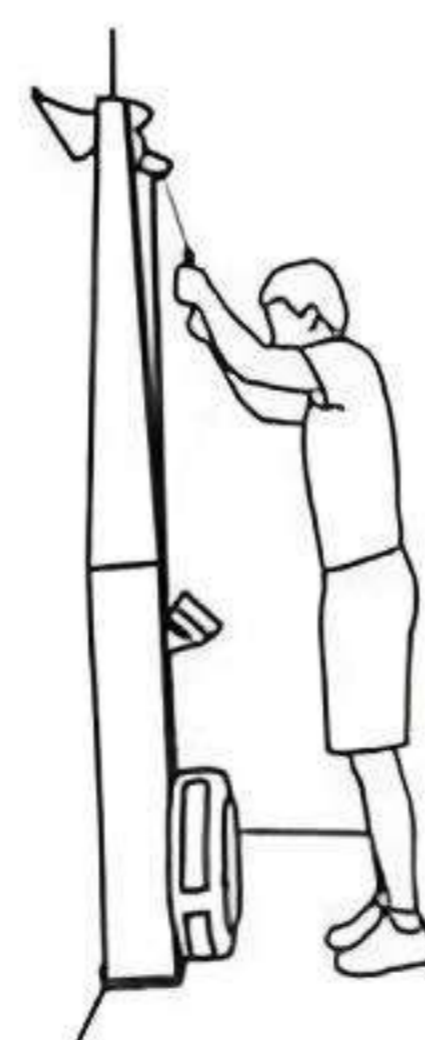
2) Drive the handles downward by engaging your abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.



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



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



MAINTENANCE

- The bungee cord consists of elastic fibers encased in a braided covering. some "fuzzing" of the covering is normal. but once the white fibers are exposed the cord should be replaced immediately.

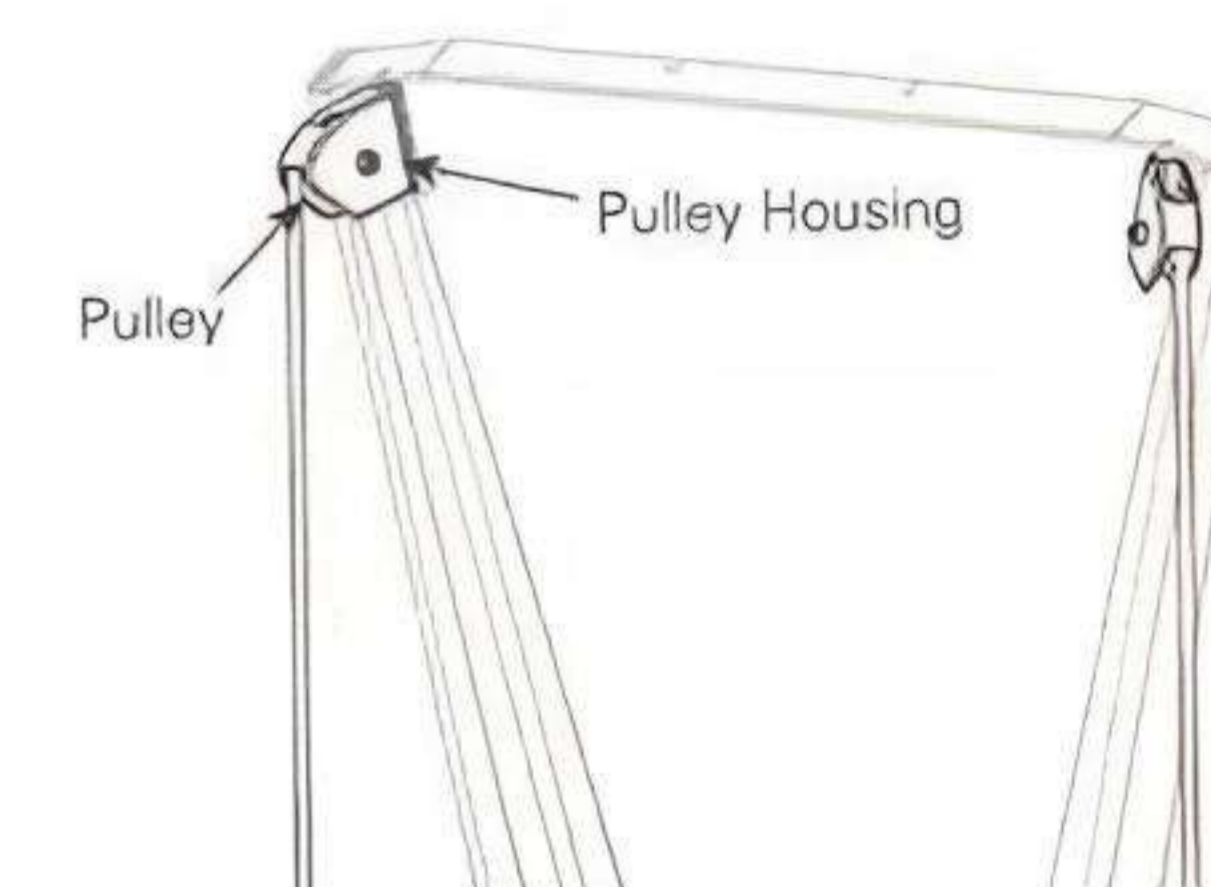


Inspect the fasteners

Be sure all fasteners are tight and have not become loose during use. if your skierg is wall mounted examine the wall mount fasteners carefully

Inspect the Bracket pulleys

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



As Needed

- Clean surfaces of the SkiErg. including. Floor or floor stand base with any non-abrasive household cleaner DO NOT spray any fluid onto the PM
- Dust and lint can collect inside of the flywheel enclosure. This buildup can restrict airflow reducing the resistance of the fan. the outer cover of enclosure can be removed cleaning by removing the four screws that hold the cover together. see illustrations