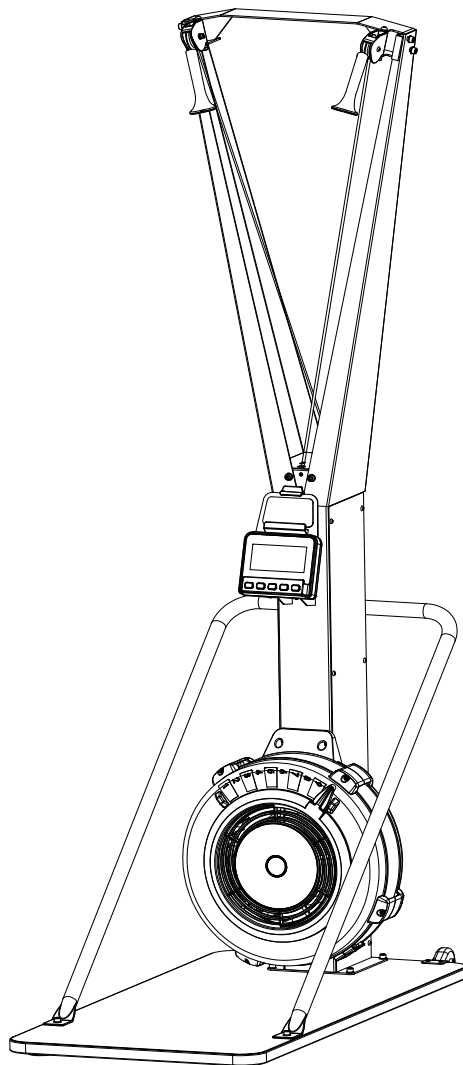


FORCEUSA

SKI TRAINER



OWNERS MANUAL | **F-SKI-TRAINER & STAND**

SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the Force USA Ski Trainer
2. Save these instructions and ensure that other exercisers read this manual prior to using the Force USA Ski Trainer for the first time.
3. Read all warnings and cautions posted on the Force USA Ski Trainer.
4. The Force USA Ski Trainer 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 Force USA Ski Trainer. Do not allow children to use or play on the Force USA Ski Trainer. Keep children and pets away from the Force USA Ski Trainer 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 Force USA Ski Trainer on a solid level surface. Do not position the Force USA Ski Trainer on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the Force USA Ski Trainer.
10. Before using, inspect the Force USA Ski Trainer for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. 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.
12. 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.
13. Do not wear loose or dangling clothing while using the Force USA Ski Trainer.
14. 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.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Force USA Ski Trainer, loss of balance may result in a fall and bodily injury.

SAFETY PRODUCT INFORMATION

Maximum user weight for this product is 200kg / 440lbs

BEFORE YOU START

We thank you for choosing the Force USA Ski Trainer. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the Force USA Ski Trainer. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

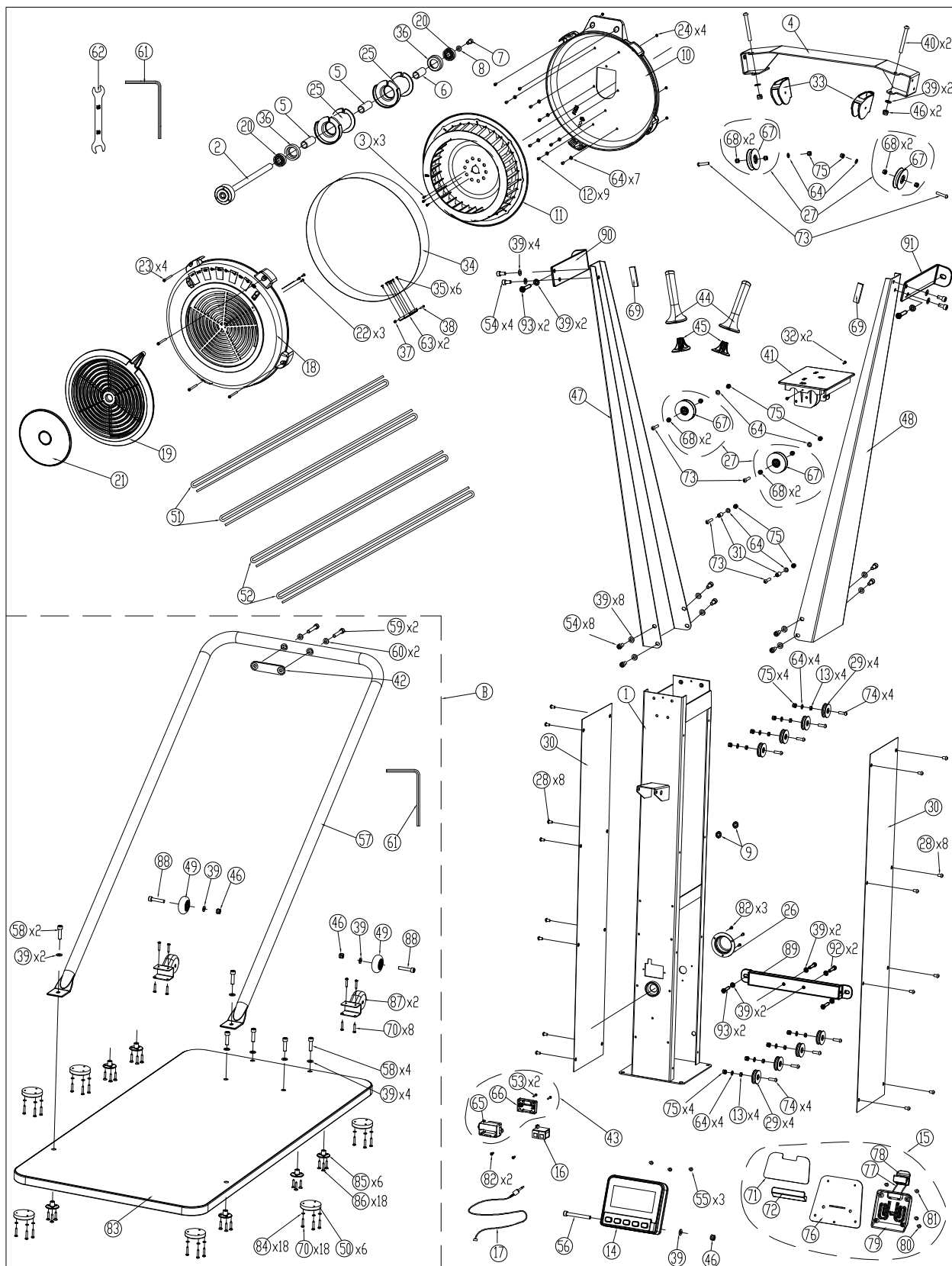
Label is larger than actual size.

WARNING

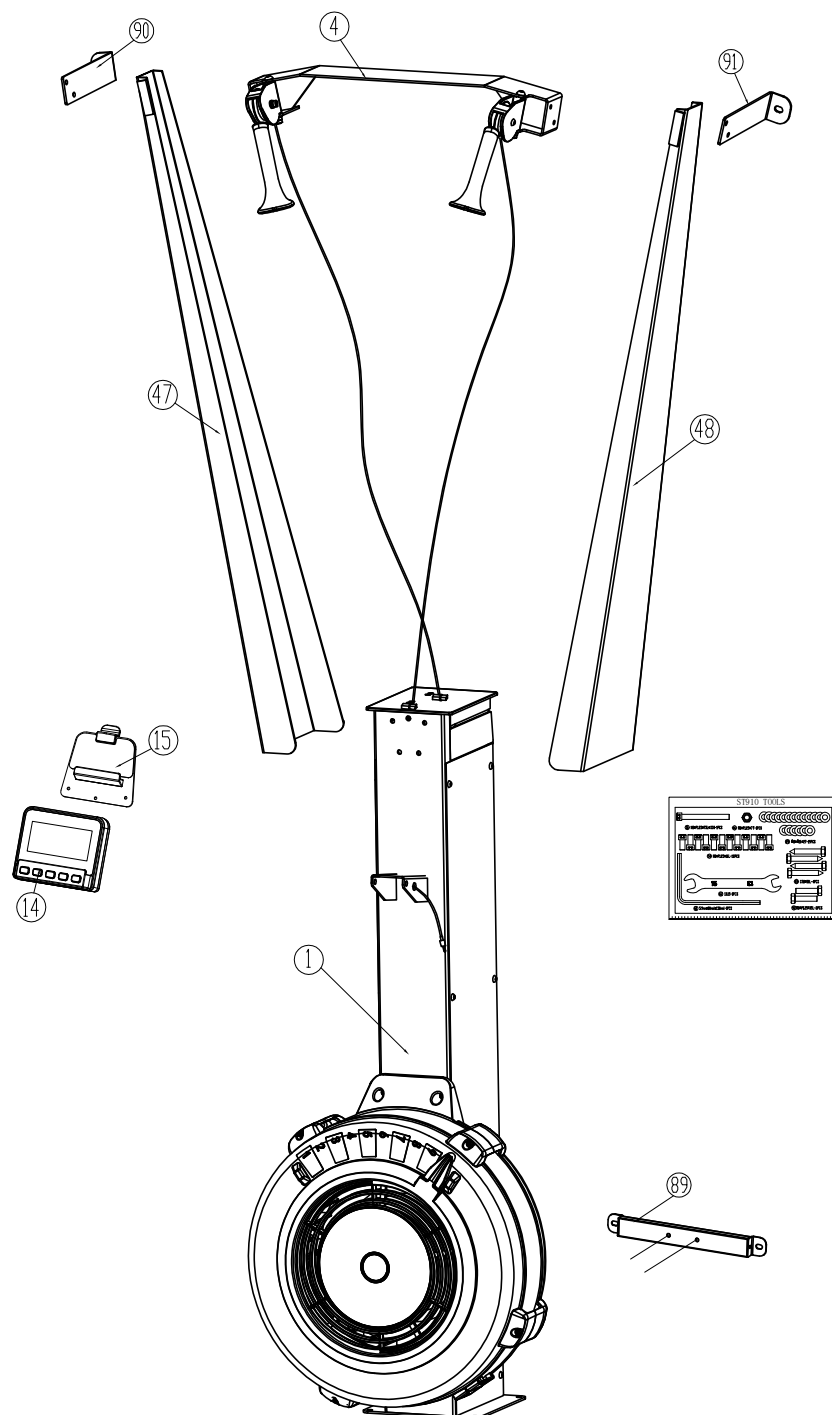
**IMPROPER USE OF THIS EQUIPMENT
CAN RESULT IN SERIOUS INJURY.
USE STATIONARY TRAINING EQUIPMENT
IN A SUPERVISED ENVIRONMENT.
YOU ASSUME A RISK OF INJURY WHEN
USING THIS TYPE OF EQUIPMENT.**

- Before beginning any fitness program, get a thorough physical examination.
- Keep children away from this equipment.
- Read the owner's manual or ask for help before use.
- If you feel pain, faintness, or dizziness, stop exercising immediately.
- Set up and operate the rowing machine on a solid level surface.
- Max user weight: 200kg / 440 lbs.
- Replace label if damaged or illegible.

EXPLODED DRAWING



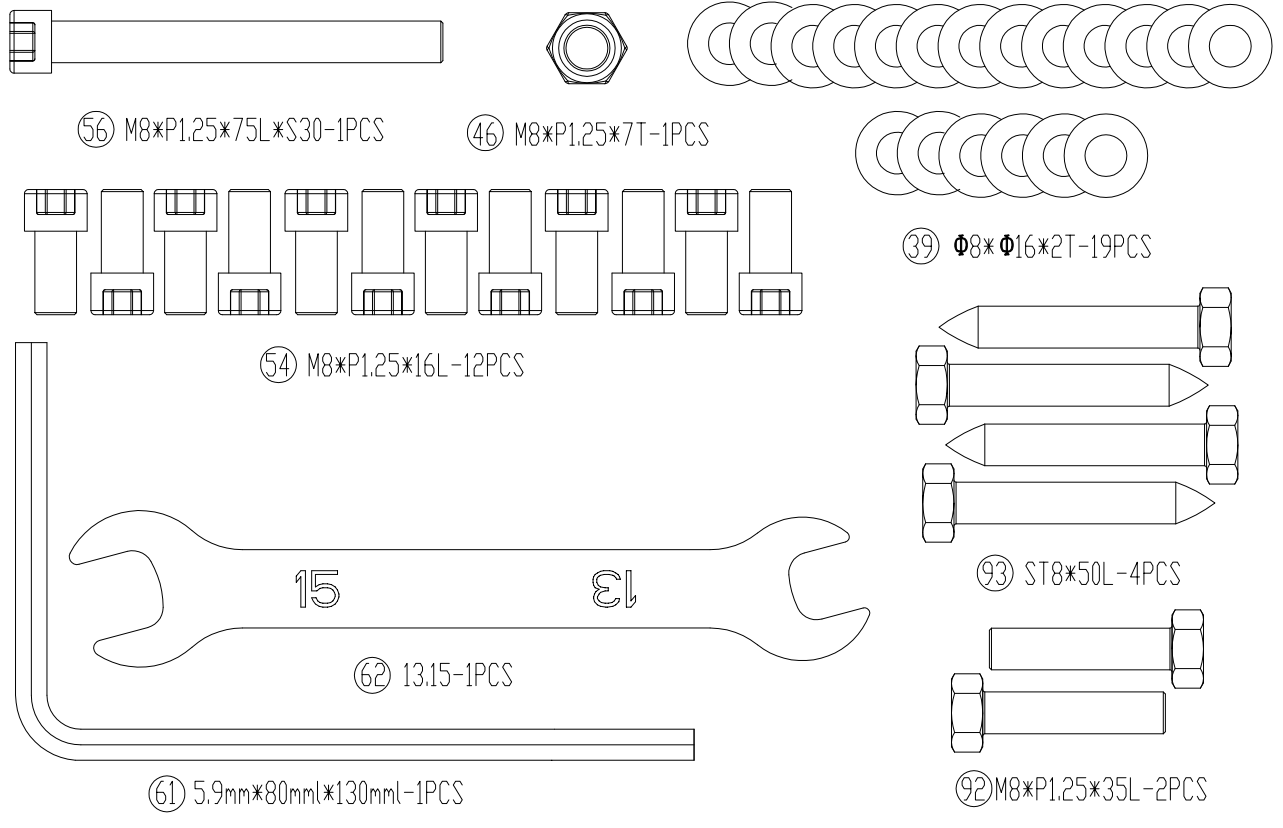
ASSEMBLY PICTURE

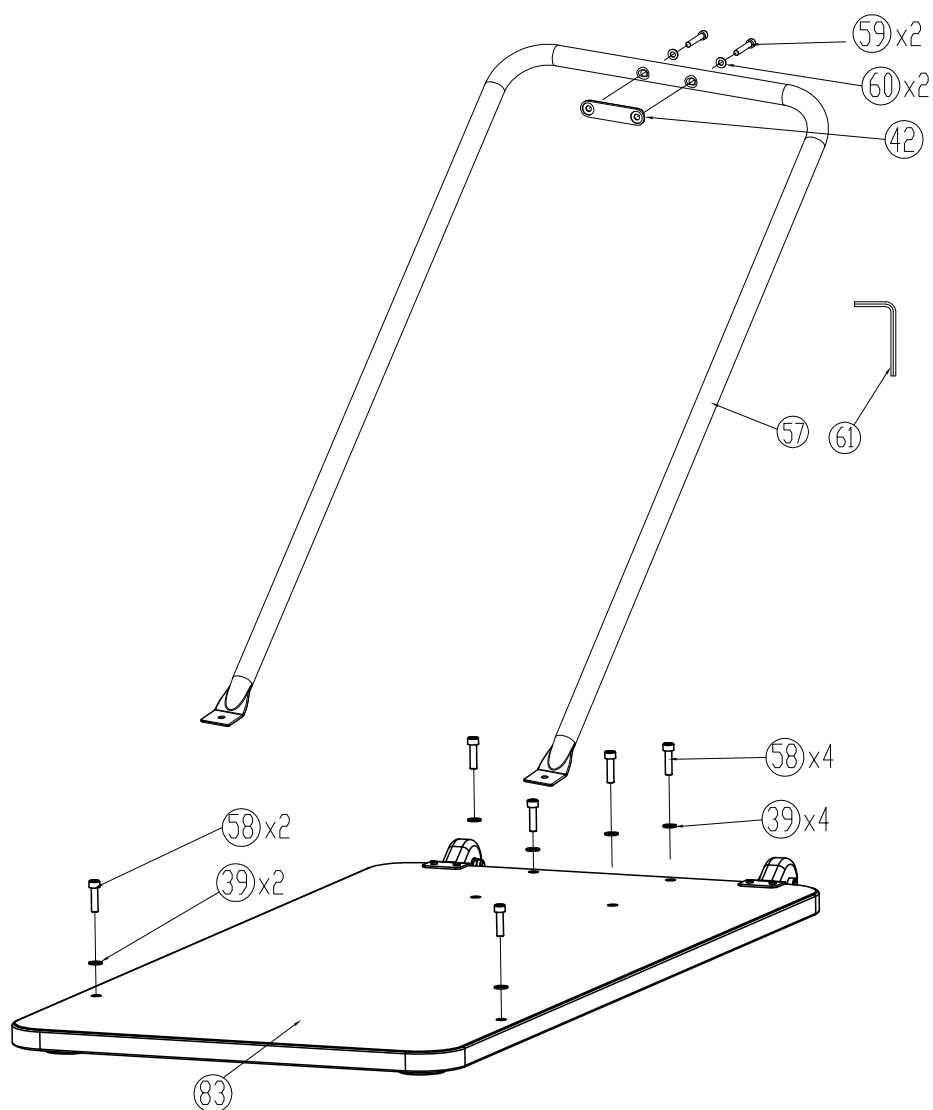


PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Frame	1
4	Top Bracket	1
14	Console Monitor	1
15	Cell Phone Bracket	1
47	Left Upper Arm	1
48	Right Upper Arm	1
	Blister Parts Bag	1

ST910 TOOLS





PART NO.	DESCRIPTION	QTY	
39	Flat Washer	Φ8*Φ16*2T	6
42	U-Bar Bracket Cushion		1
57	Connecting Pipe		1
58	Hexagon Socket Set Screw With Cylindrical Head	M8*P1.25*30L	6
59	Hexagon Socket Set Screw With Cylindrical Head	M8*P1.25*50L*S20	2
60	Semicircle Washer	Φ8*Φ19*2T	2
61	Socket Head Wrench	5.9mm*80mm*130mm	2
83	Glued Wood		1

STAND TOOLS

NO.	DESCRIPTION	MATERIAL	SPEC	QTY
1	Frame			1
2	Roller			1
3	Hexagon Socket Screw With Cylindrical Head		M4*P0.7*12L	3
4	Top Bracket			1
5	Long Spacer Sleeve	POM		2
6	Short Spacer Sleeve	POM		1
7	Hexagon Socket Screw With Cylindrical Head		M6*P1.0*12L	1
8	Flat Washer		Φ6*Φ16*2T	1
9	Terminal Plug	PVC70 degrees		2
10	Lower Fan Cover	ABS		1
11	Fan			1
12	Umbrella Head Cross Screw		M6*P1.0*10L	9
13	Console Pulley Spacer	PA6+15%GF		8
14	Console Monitor			1
15	Cell Phone Bracket			1
16	Generator			1
17	Sensor Cable			1
18	Upper Fan Cover	ABS		1
19	Fan Adjusting Panel	ABS		1
20	Bearing		6001	2
21	Adjusting Plate Fixed Seat	ABS		1
22	Shot Head Cross Tapping Screws		ST4.2*16L	3
23	Hexagon Socket Screw With Cylindrical Head		M5*90L*S22	4
24	Hex Nut		M5*P0.8*3.5T	4
25	Cord Sleeve			2
26	Hubcap	ABS		1
27	Cord Pulley			4
28	Umbrella Head Cross Screw		M6*P1.0*8L	16
29	Console Pulley	POM		8
30	Frame Cover Plate			2
31	Pull Wire Limit Sleeve		Φ6*Φ10*17L	2
32	Umbrella Head Cross Screw		ST3.5*12L	2

NO.	DESCRIPTION	MATERIAL	SPEC	QTY
33	Fixed Seat On Pulley	PA6		2
34	Mesh Enclosure			1
35	Umbrella Head Cross Tapping Flat Tail Screws		ST3.9*7L	6
36	Bearing Pedestal	Rubber		2
37	Nylon Nuts		M4	1
38	Pill Head Cross Screw		M4*45L	1
39	Flat Washer		Φ8*Φ16*2T	23
40	Hex Socket Screw With Umbrella Head		M8*P1.25*72L*S20	2
41	Upper Body Cover	ABS		1
42	U-Bar Bracket Cushion	Rubber		1
43	Generator Base			1
44	Handle			2
45	Handlebar Plug	ABS		2
46	Nylon Nuts		M8*P1.25*7T	5
47	Left Upper Arm			1
48	Right Upper Arm			1
49	Transport Wheel	PU+ABS		2
50	Wooden Base Cushion	Rubber		6
51	Bungee Cord			4
52	Drive Cord			4
53	Ball Head Cross Tapping Screw		ST2.9*20L	2
54	Hexagon Socket Screw With Cylindrical Head		M8*P1.25*16L	12
55	Umbrella Head Cross Screw		M5*P0.8*8L	3
56	Hexagon Socket Cap Screw		M8*P1.25*75L*S30	1
57	Connecting Pipe			1
58	Hexagon Socket Set Screw With Cylindrical Head		M8*P1.25*30L	6
59	Hexagon Socket Set Screw With Cylindrical Head		M8*P1.25*50L*S20	2
60	Semicircle Washer		Φ8*Φ19*2T	2
61	Socket Head Wrench			2
62	VM230 Open Spanner			1
63	P910 Net Cover Fixed Seat	PP		2
64	Flat Washer M6		Φ6*Φ13*1T	21

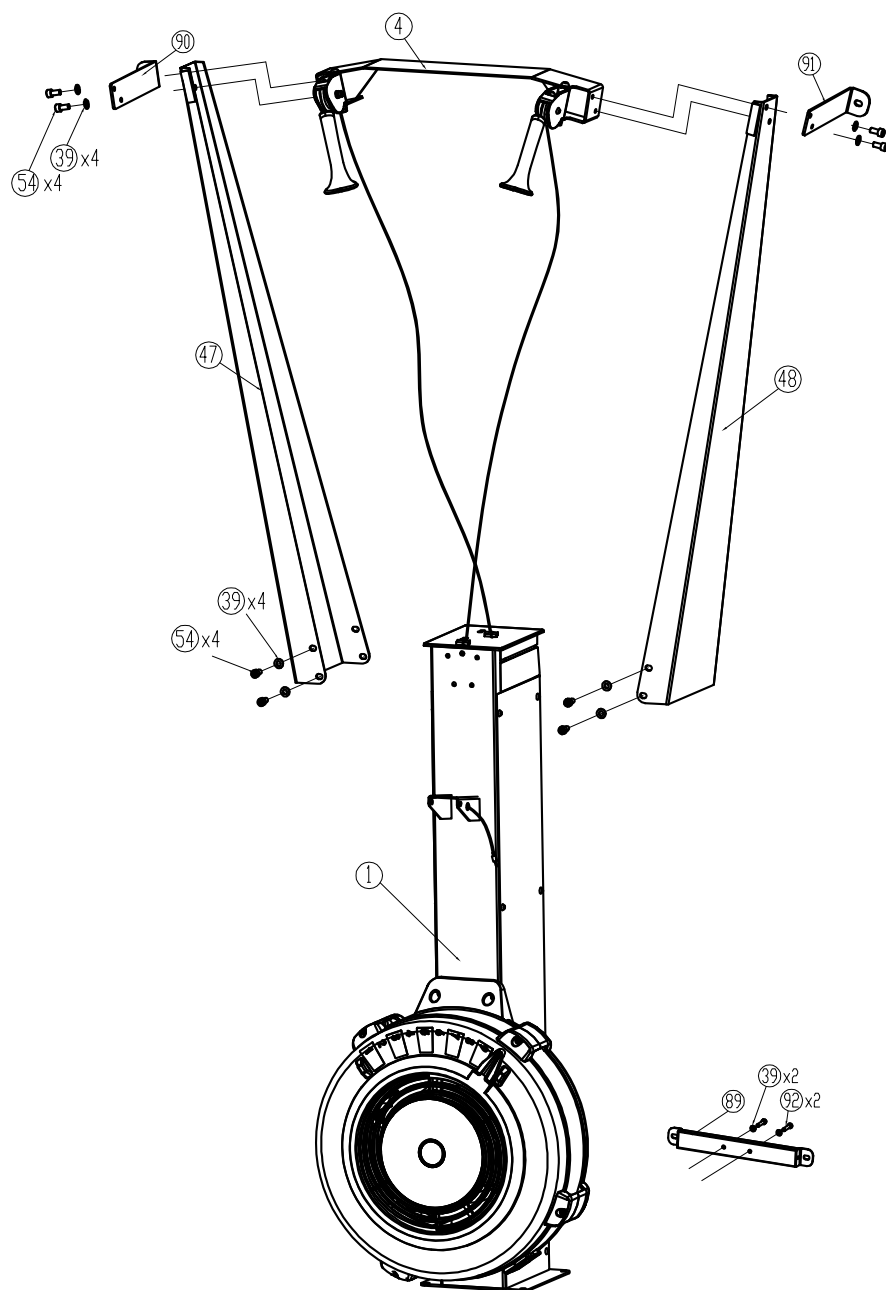
NO.	DESCRIPTION	MATERIAL	SPEC	QTY
65	Electromagnet Fixed Seat Upper Cover	PP		1
66	Electromagnet Fixed Seat Lower Cover	PP		1
67	Large Pulley	POM		4
68	Large Pulley Bushing	PA6+15%GF		8
69	EVA Cushion			2
70	Phillips Head Screw		ST4.2*25L	26
71	EVA Cushion			1
72	Upper cover Of Cell Phone Bracket	ABS		1
73	Button Head Cap Screw		M6*P1.0*35L*S11	6
74	Phillips Head Screw		M6*P1.0*20L	8
75	Nylon Nut M6		M6*P1.0*5.5T	14
76	Electronic Watch Connector			1
77	Thin Elastic Rope			1
78	Holder Buckle	ABS		1
79	Lower cover Of Cell Phone Bracket	ABS		1
80	Shot Head Cross Tapping Screw		ST3.5*12L	2
81	Pill Head Cross Screw		M5*P0.8*8L	2
82	Umbrella Head Cross Tapping Screw		ST3.9*12L	5
83	Glued Wood			1
84	Flat Washer		Φ4*Φ8*1T	26
85	M8 Three Hole Nut		M8*Φ12*Φ36.5*2.5T*16.5L	6
86	Countersunk Head Cross Tapping Screw		ST4.2*20L	18
87	Moving Wheel Holder			2
88	Hexagon Socket Cap Screw		M8*P1.25*40L*S15	2

STATE A ASSEMBLY STEP DIAGRAM

STEP 1

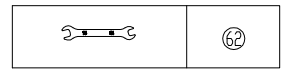
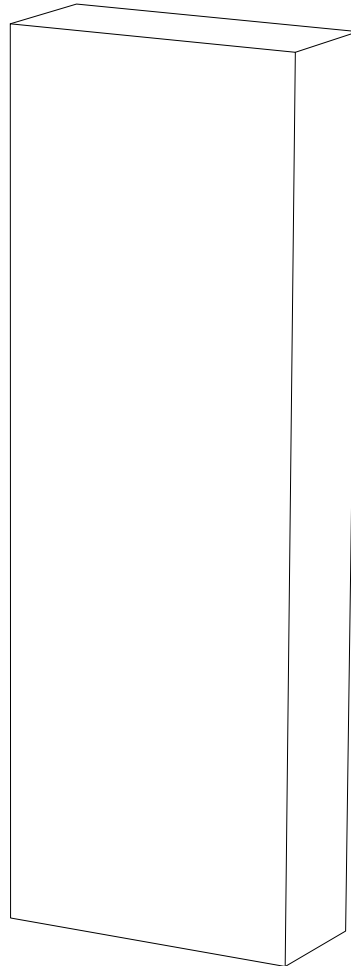
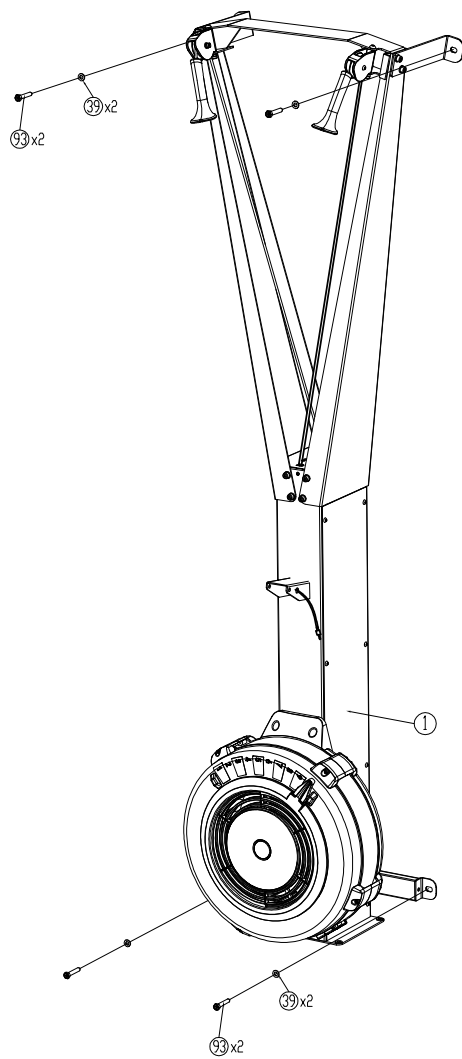
STEP 2

STEP 3



STATE A ASSEMBLY STEP DIAGRAM

STEP 4

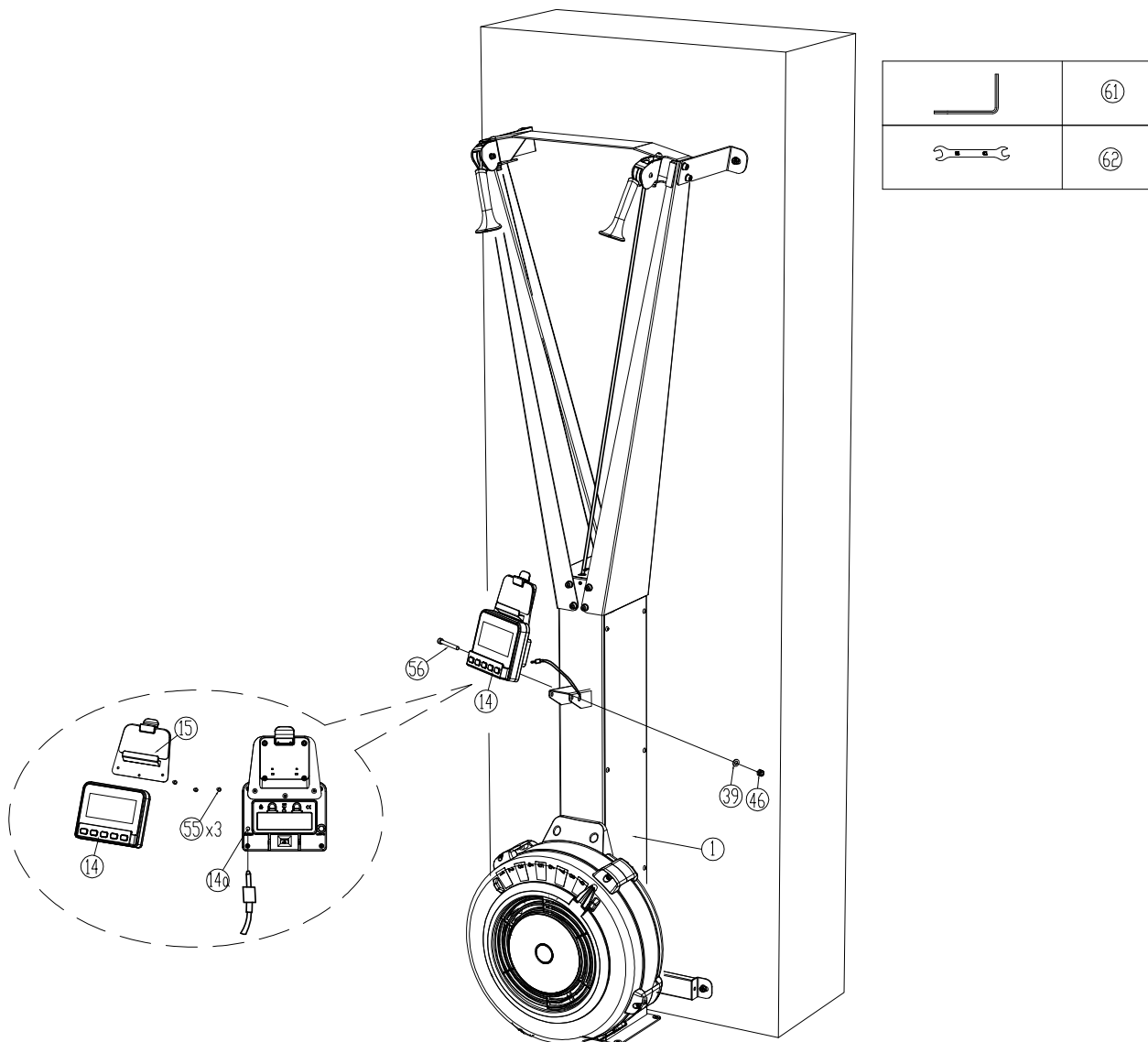


STATE A ASSEMBLY STEP DIAGRAM

STEP 5

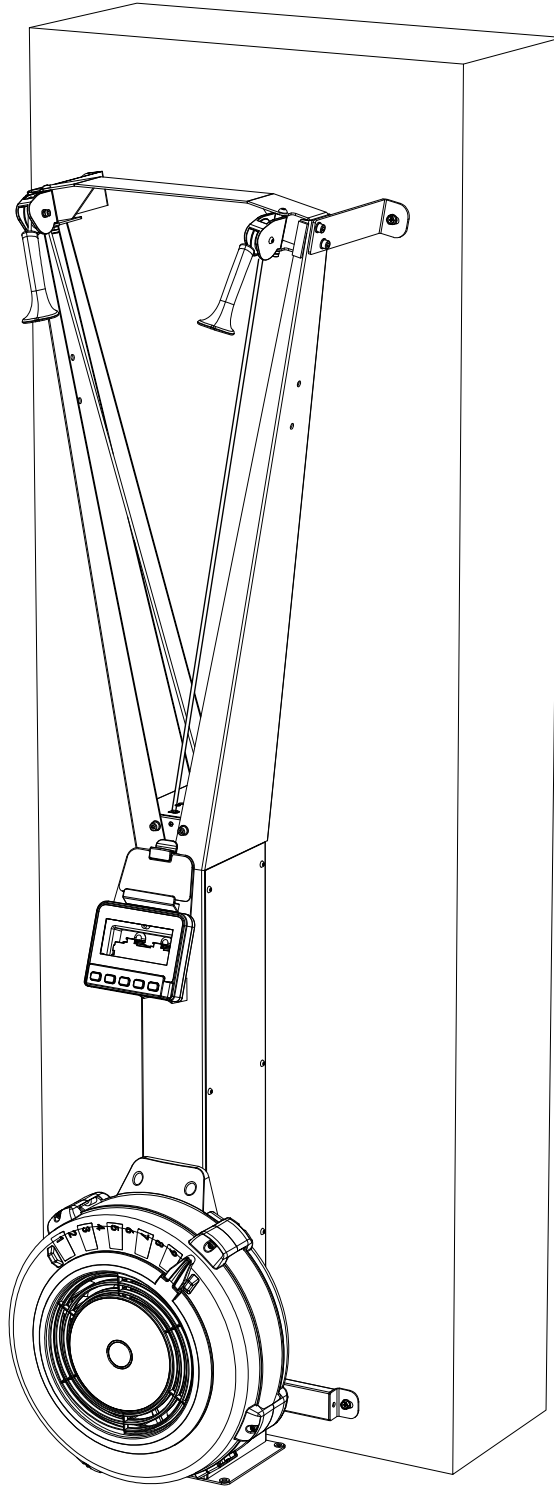
STEP 6

STEP 7



STATE A ASSEMBLY STEP DIAGRAM

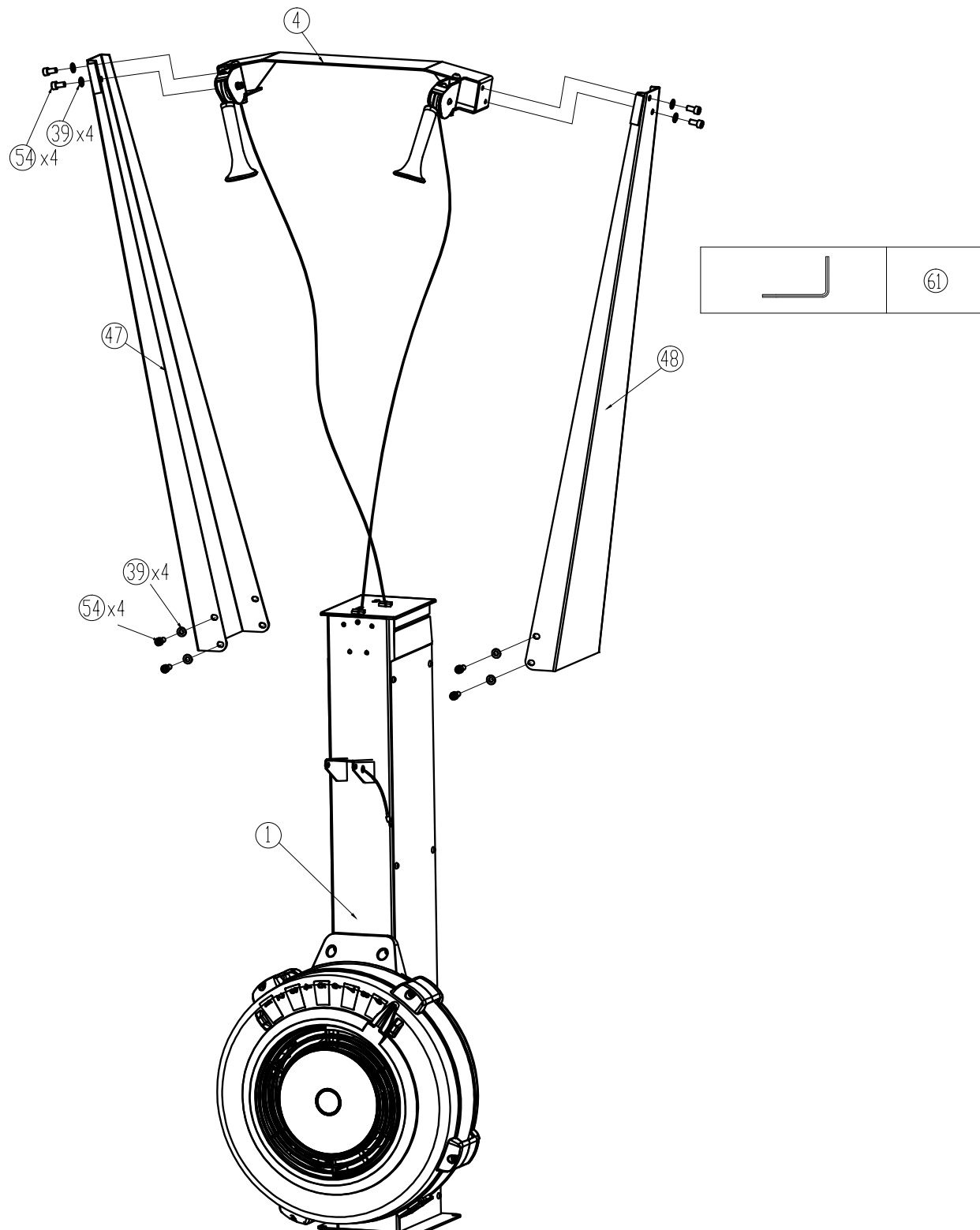
STEP 8



STATE B ASSEMBLY STEP DIAGRAM

STEP 1

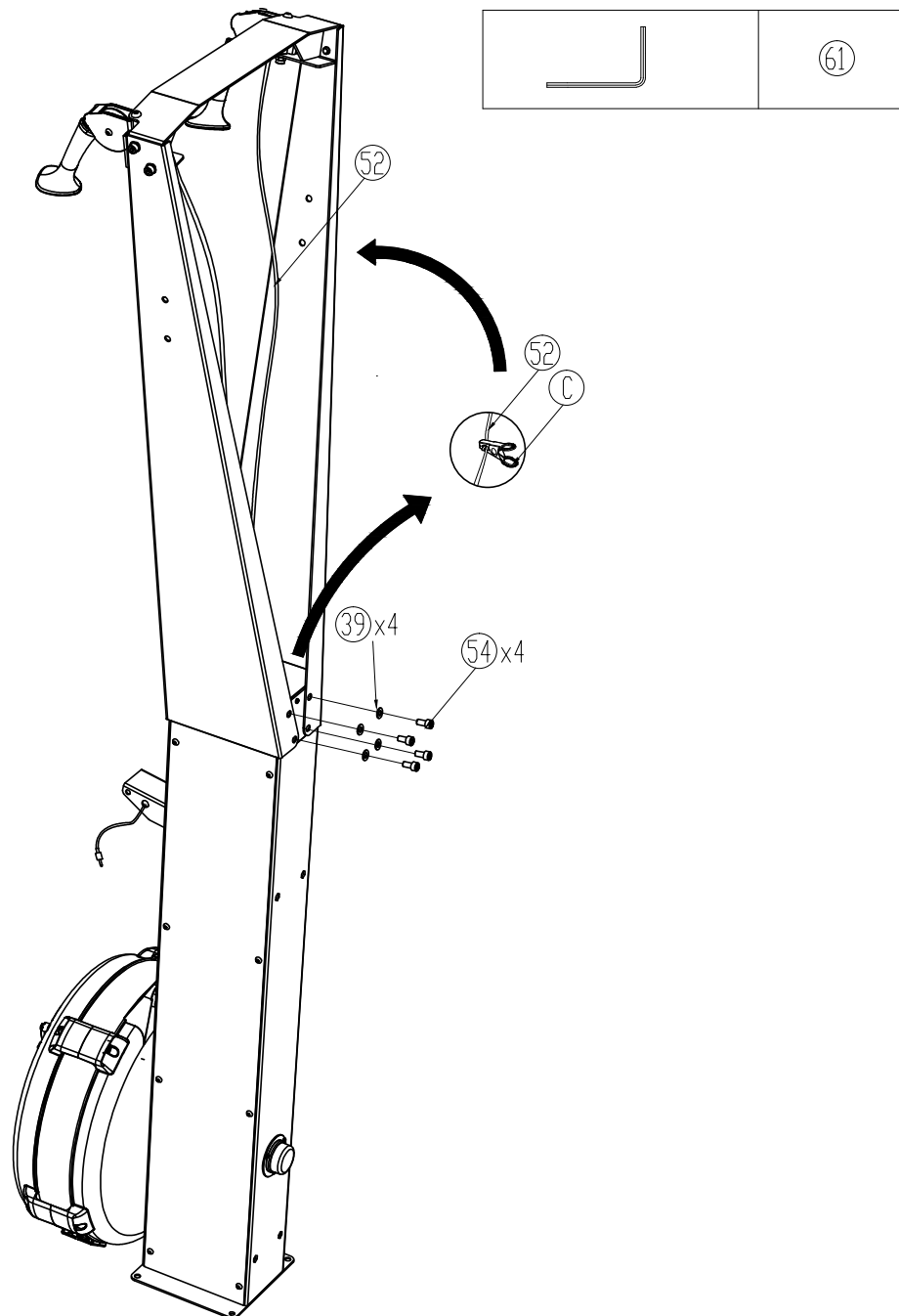
STEP 2



STATE B ASSEMBLY STEP DIAGRAM

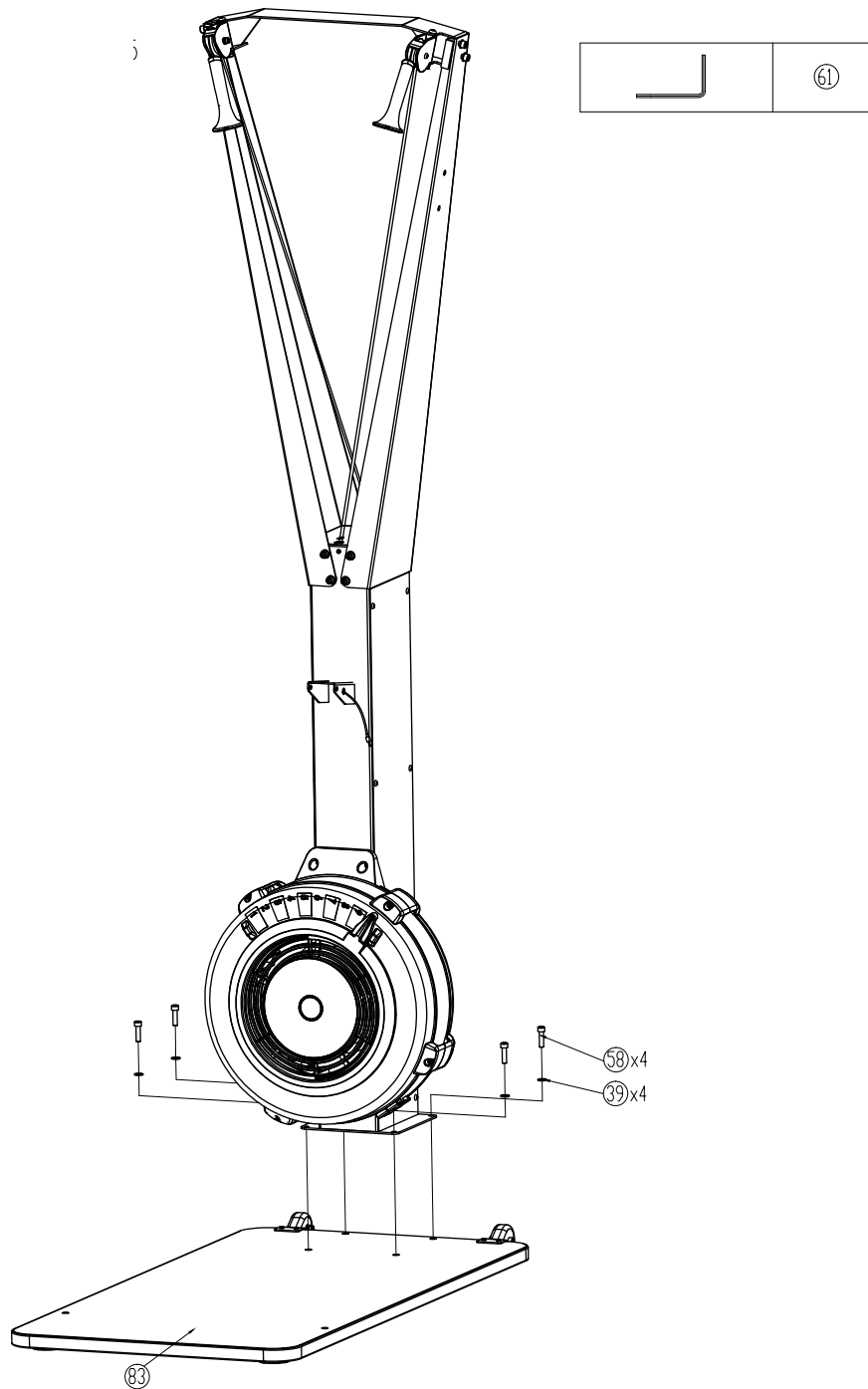
STEP 3

STEP 4



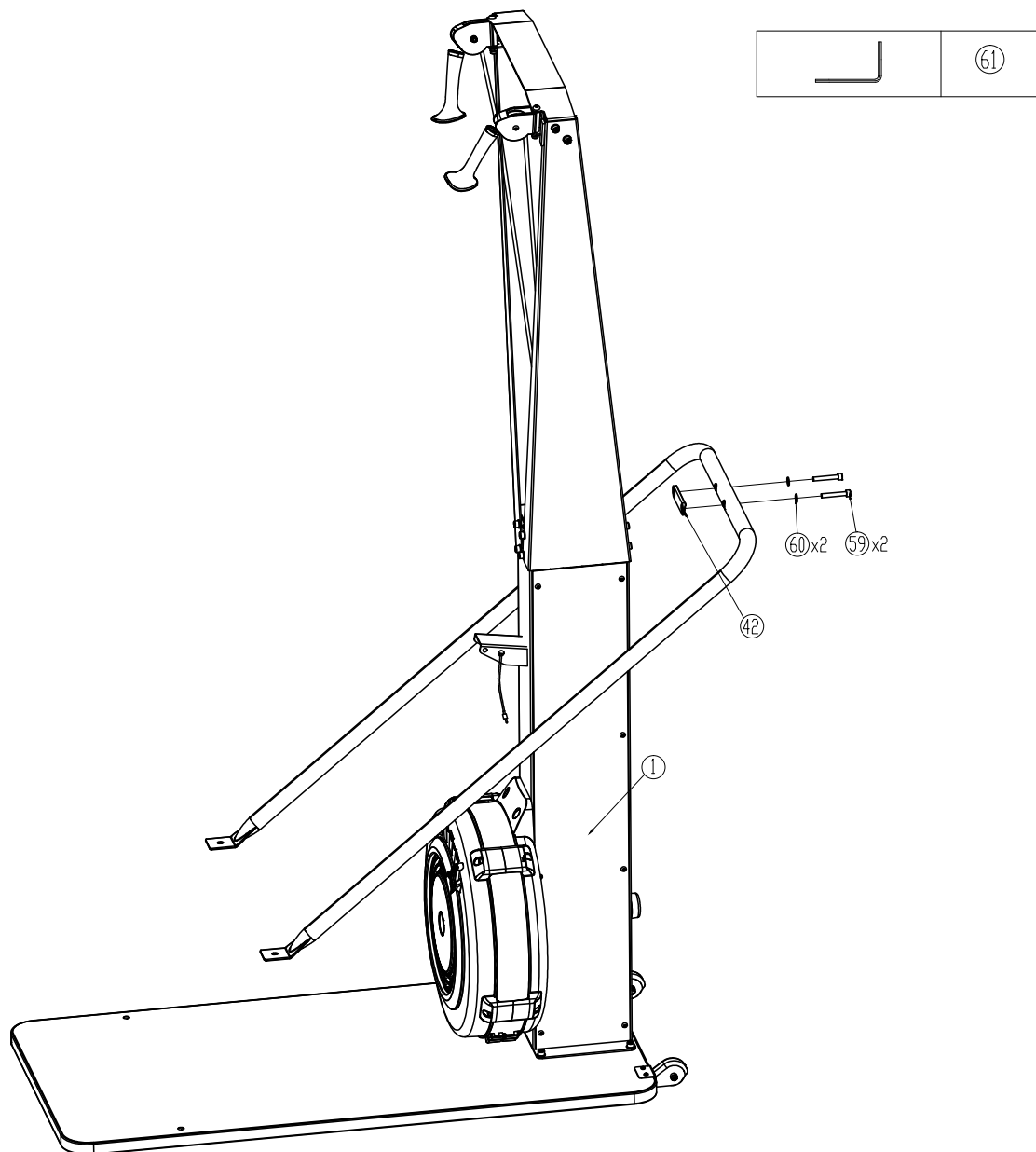
STATE B ASSEMBLY STEP DIAGRAM

STEP 5



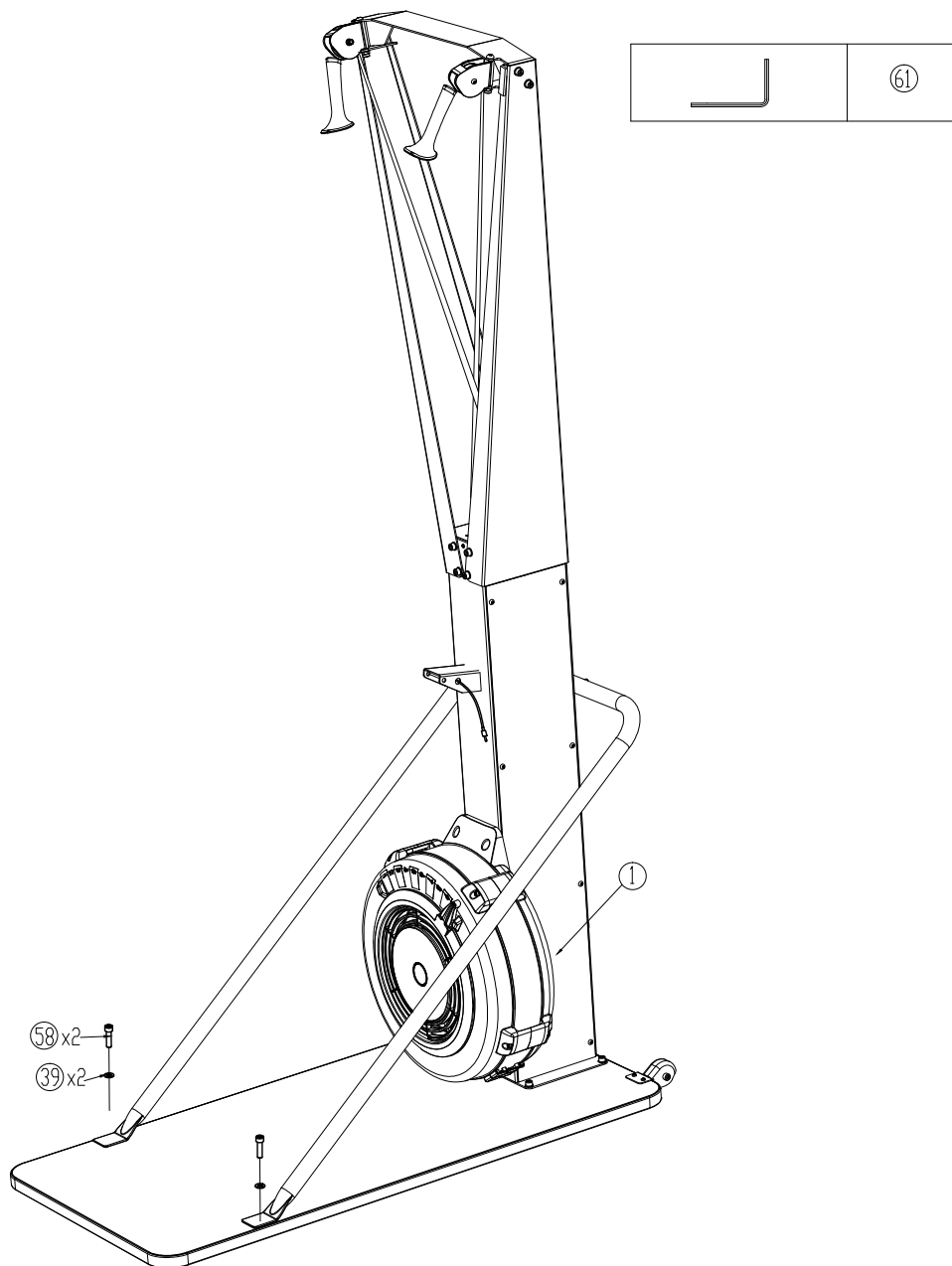
STATE B ASSEMBLY STEP DIAGRAM

STEP 6



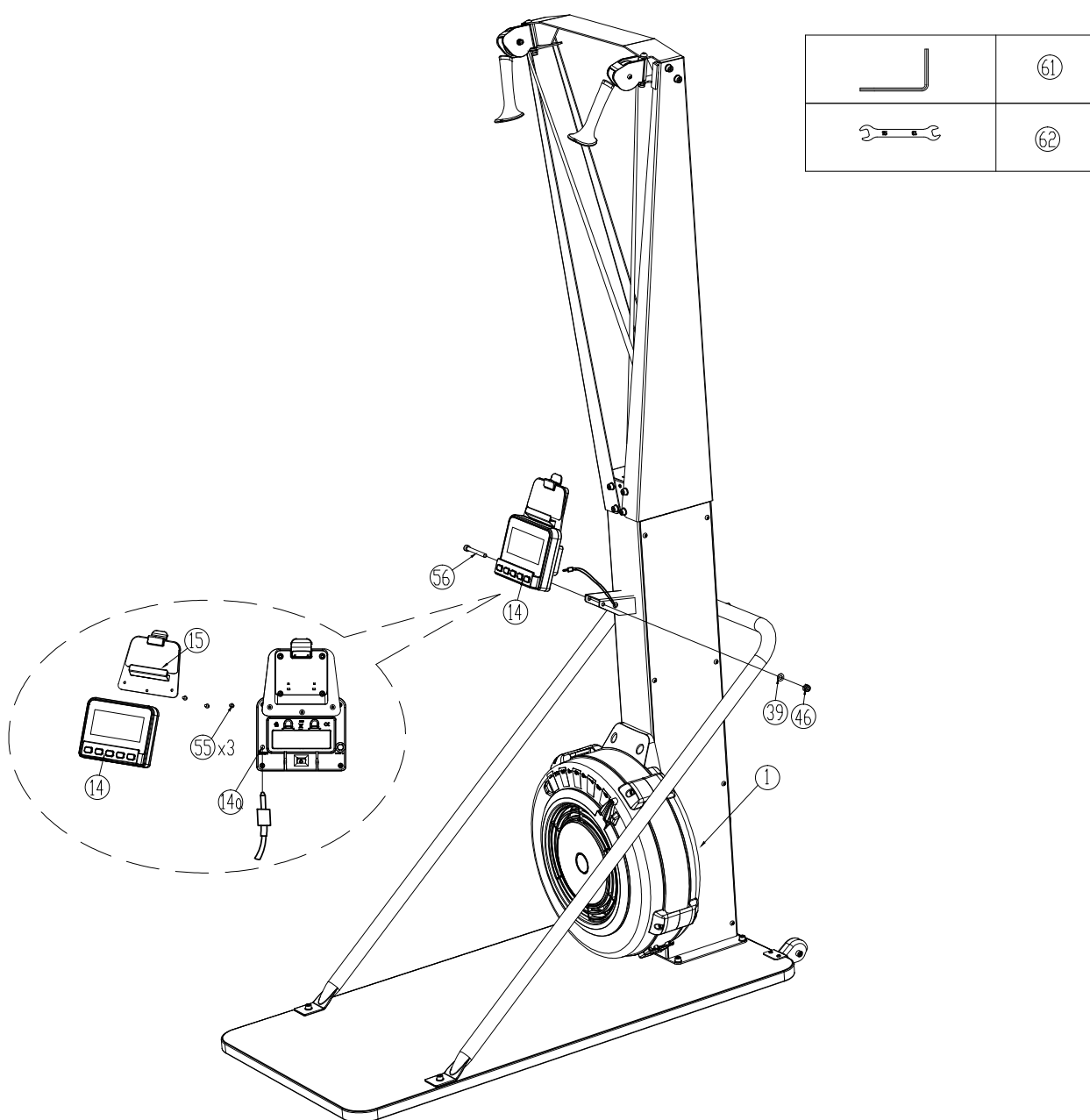
STATE B ASSEMBLY STEP DIAGRAM

STEP 7



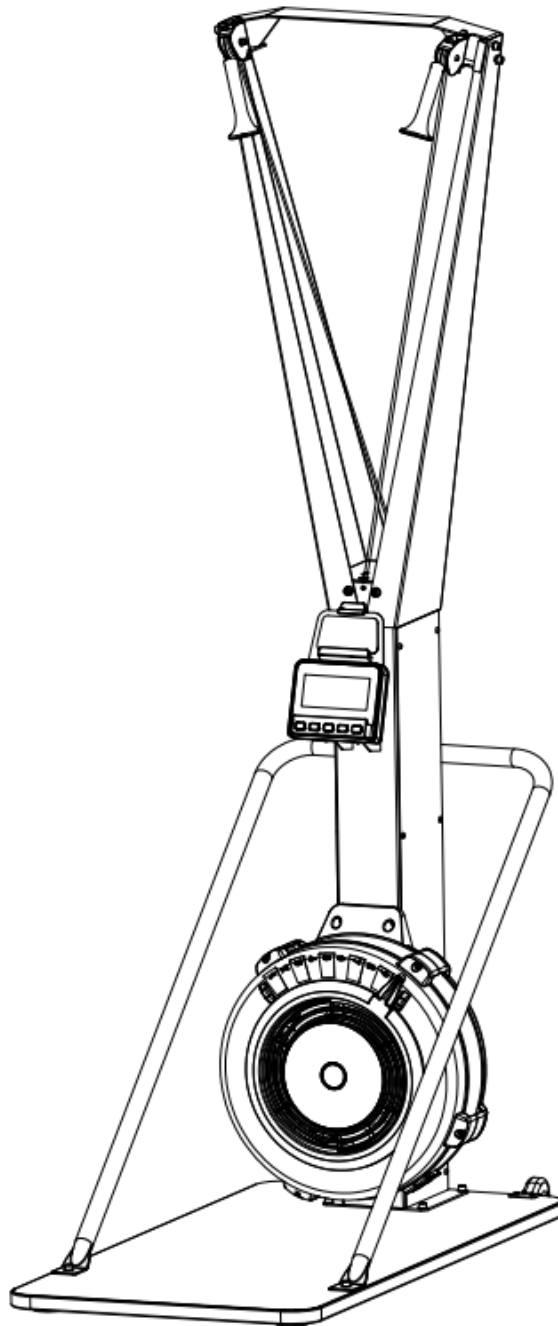
STATE B ASSEMBLY STEP DIAGRAM

STEP 8
STEP 9
STEP 10



ASSEMBLY INSTRUCTION

STEP 11



CONGRATULATIONS!

Assembly is now completed