

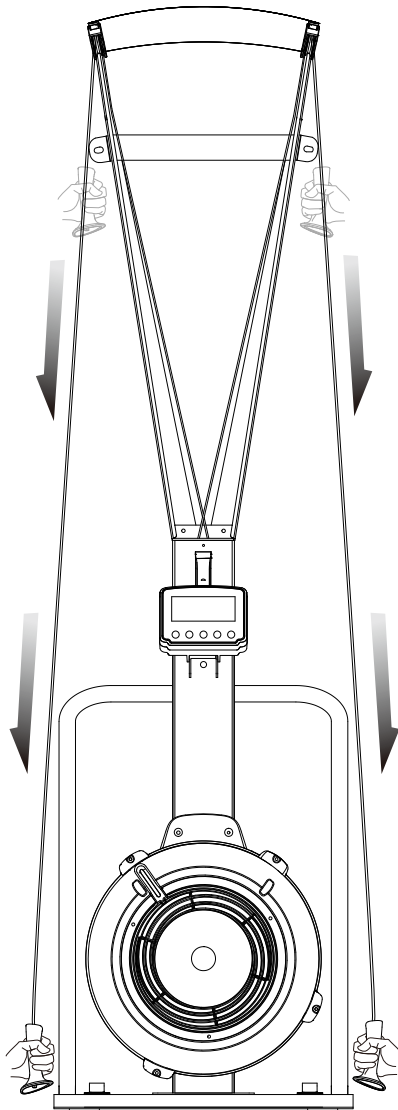
EVERY 250 HOURS OF USE (Weekly for Commercial Setting)

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.

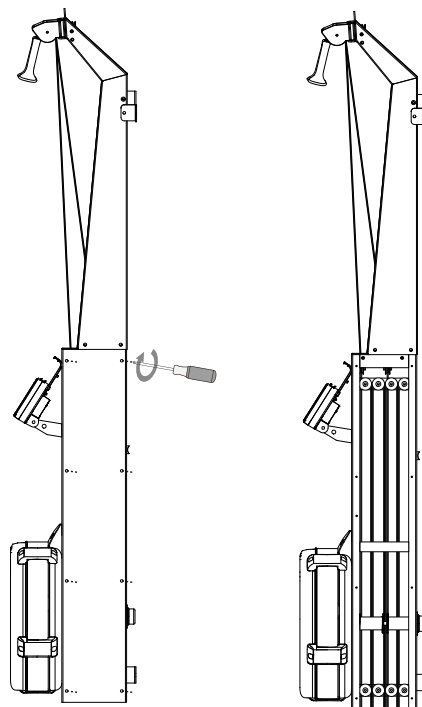
- Pull out both handles as far as you can.
- Hold onto the cords at the top pulley/top bracket, so the cords will dangle from the position you hold. Or use a clip to keep the ropes in place like when received new in packaging.
- Run your hands down each cord to untwist the cord.
- Return handles back 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 become 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.

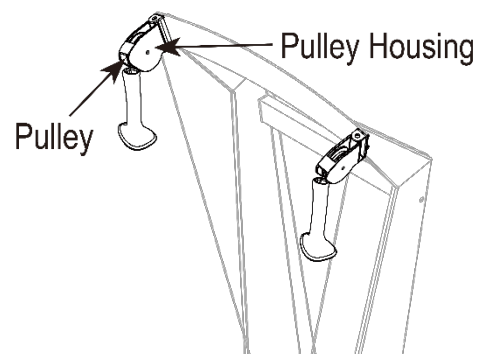


3. Inspect the Fasteners

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

4. Inspect the Top Bracket pulleys

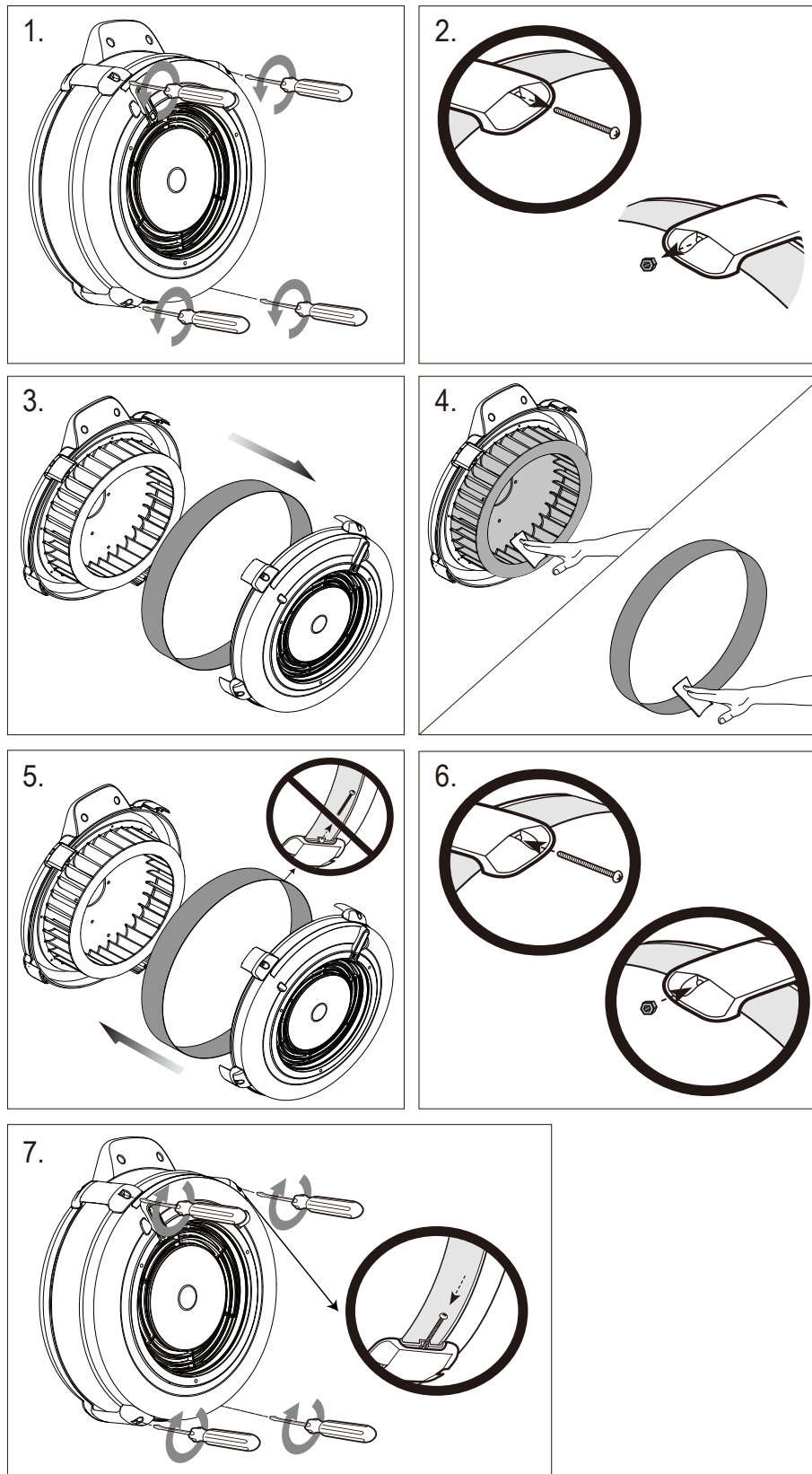
Be sure the pulleys spin freely inside the pulley housing and the pulley housing swing freely on the top bracket.



EVERY 500 HOURS OF USE (Monthly for Commercial Setting)

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.

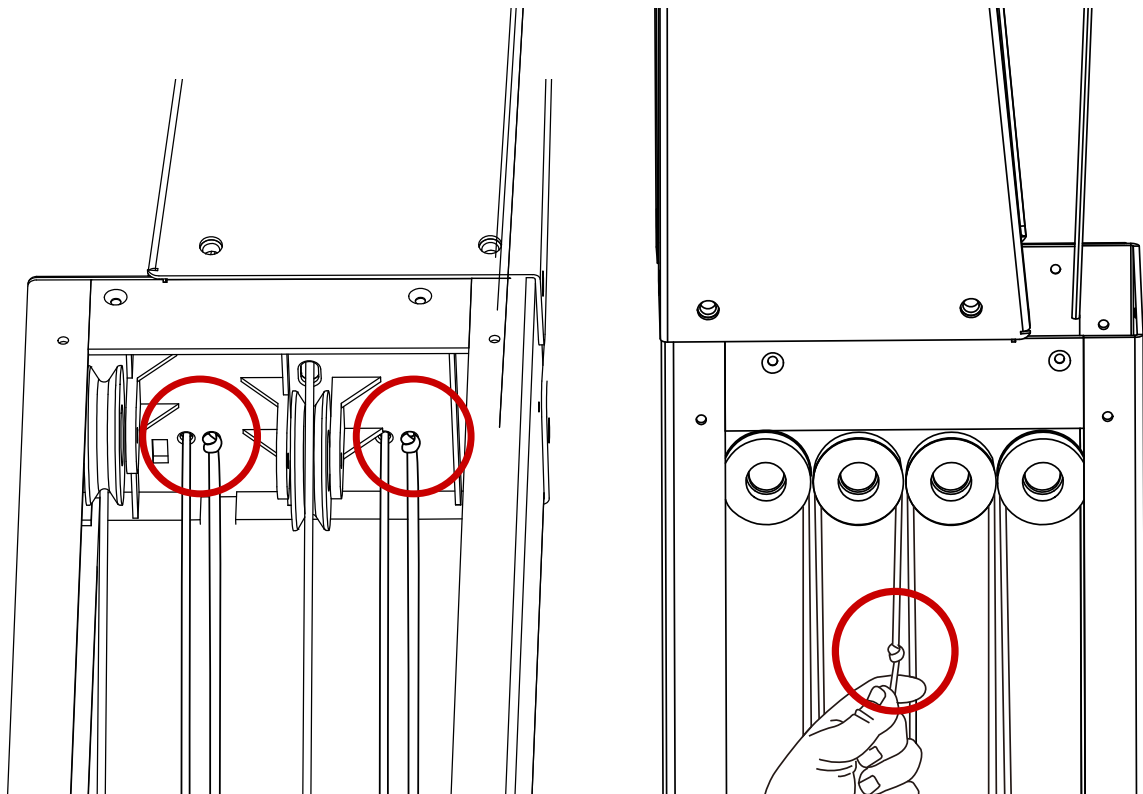


2. Bungee cord adjustment

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 up 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.

