

Master S100 SELF-GENERATED SKI TRAINER PRO



201808



OWNER'S MANUAL

INTRODUCTION

Congratulations!

Welcome to the world of the Ski Trainer. The Ski Trainer is one of the finest and most comprehensive Ski Simulators available.

The Ski Trainer is designed to provide relevant skiing related exercises. In addition, the Ski Trainer gives several options for regular light strength training.

By choosing Ski Trainer, you have made a decision that will improve the health and fitness and well-being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the Ski Trainer provides a more effective workout, producing better results and will encourage you to have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the Ski Trainer.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

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IMPORTANT INFORMATION-PLEASE READ

Medical / Safety

We suggest that you read this User Manual thoroughly to familiarize yourself with the Ski Trainer before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in the chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the Ski Trainer. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout, we advise that a precautionary safety check is wise. All equipment should be safety checked for wear and damage. If you find any damage or defective components stop using the Ski Trainer immediately and contact your dealer for help. Keep the equipment out of use until repaired by a certified technician.

To avoid injury, care should be taken when getting on or off your Ski Trainer.

Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cool" muscles and cooling down after exercise are important injury-prevention measures. If you have not warmed up prior to mounting your Ski Trainer, to avoid injury we suggest you exercise slowly for at least five minutes before beginning any intense exercise programs.

Care and Maintenance

Your Ski Trainer is made of the high quality materials. However it is still important that you take care of your Ski Trainer on a regular basis. Your Ski Trainer is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your after each use. For safety, inspect your Ski Trainer on a regular basis. When used in a domestic environment a safety check and clean before use is advised.

PARTS MOST SUSCEPTIBLE TO WEAR ROPE CLAMP [part# 023 024 210 387C]

The rope clamps are made of plastic and can easily break without warning. We suggest, before your workout you visually check the rope clamps for any sign of stress indicated by white stretch marks. Replacing the rope clamps is a simple procedure that can be done by the user at any time. Spare clamps are available from your dealer. The only tool you need is a phillips screwdriver. Simply remove the screw from old rope clamp and disassemble. The assembly procedure is the reverse of the disassemble procedure taking care not to over tighten the screw.

ROPE ASSEMBLY [part# 009]

The rope suffers a lot of friction and can easily fray. Check for frayed rope consistently. The pulleys are also susceptible to wear however they will last a lot longer than the rope. When the rope is damaged we suggest that you replace it yourself. Contact your dealer for assistance.

FLOOR STAND FASTENERS [part# 001A 001B 416 368 334C 475]

The parts are assembled by the consumer and should be checked regularly to ensure that they remain tight at all times.

ALL FASTENERS [Nuts, Bolts, and Screws]

Due to vibration, over time some of the fasteners may become loose. We strongly suggest the owner periodically check all visible fasteners at least once a year to ensure that they remain tight.

RETURN SYSTEM [part#139A]

If the return system feels slow or slack, contact your dealer for assistance.

BELT TENSION [part# 022 134]

The belt should not need tensioning for years, however, if you feel the resistance system is slipping contact your dealer for assistance.

WARNING: Do not apply oil to any moving parts as this will wash the grease away damaging your Ski Trainer.

WARNING: Use only the accessory attachments recommended by the manufacturer. Do not attempt to modify or alter your Ski Trainer as injury may result.

EU Regulations

The Ski Trainer is designed for Home use ONLY and should not be used in a commercial, therapeutic or medical environment.

The official maximum load is 150 kg.

The Ski Trainer has been tested and certified according to EN ISO 20957-1 and EN 957-7, Class HA.

The braking system is Speed Independent.

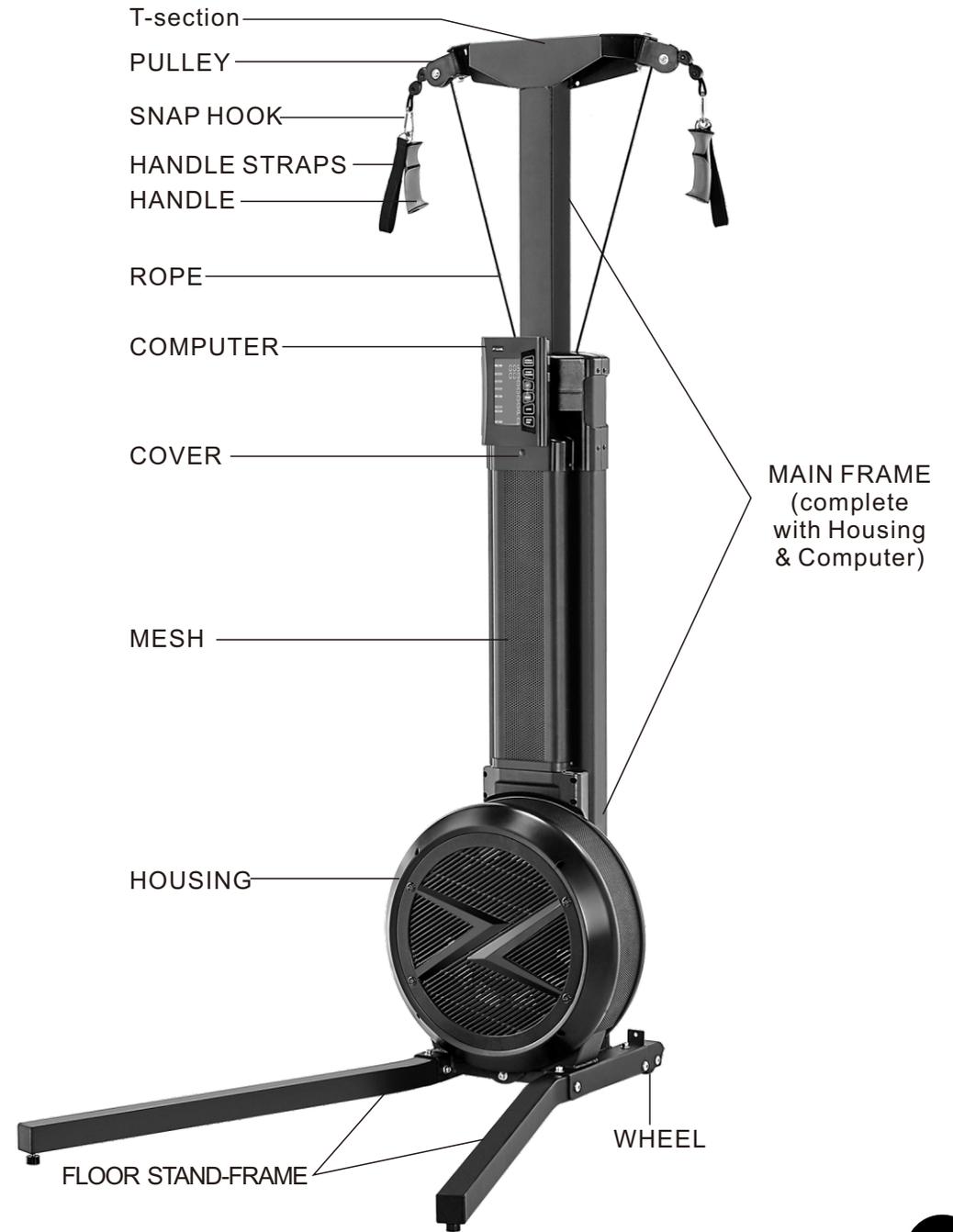
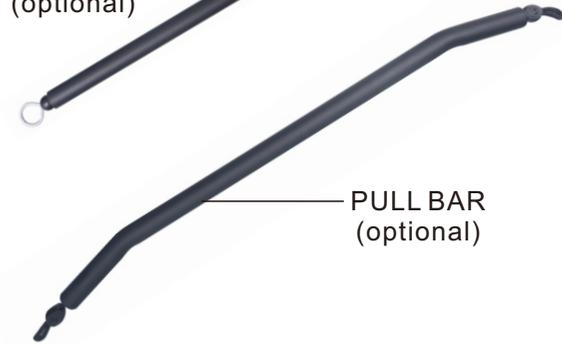
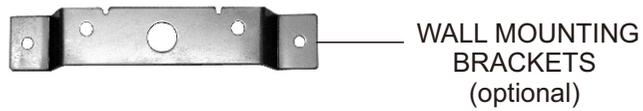
WARRANTY

It is important to keep your purchase receipt! You may be asked to produce it to authenticate your warranty.

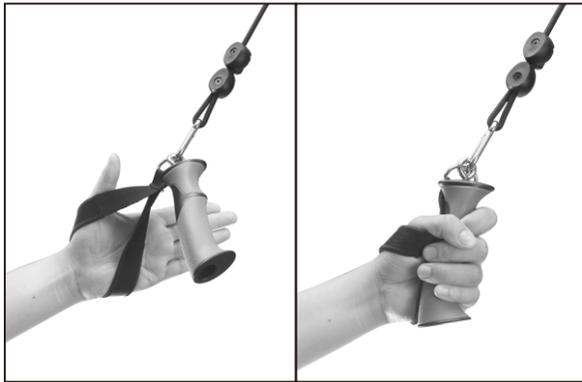
The warranty is valid for a period of one year from the date of purchase.

Do not attempt to fix, repair, modify or alter your Ski Trainer as it will be considered tampering and will invalidate your warranty.

S100 SKI TRAINER GENERAL PARTS IDENTIFICATION

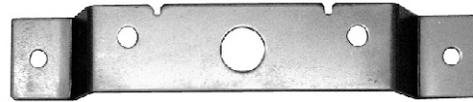


Proper Ski Pole Grip



Optional Accessories

Wall Mounting Bracket



Pull Bar



Oar Bar



Floorstand



Accessory Attachments

Handles

The handles are secured to the snap hooks as shown below



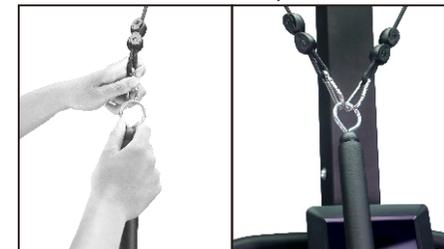
Handle Straps

The handle straps are secured to the snap hooks as shown below



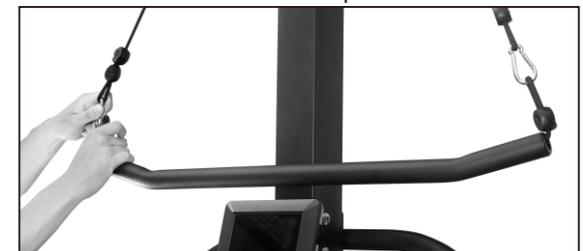
Oar Bar

The Oar bar is secured to the snap hooks as shown below



Pull Bar

The Pull bar is secured to the snap hooks as shown below



EXERCISES

Ski Drive

Accessory Attachments: Handle & Handle Straps



Hands and feet shoulder width apart. Hands above your head. Arms slightly bent



Maintain bent arms and drive the handles downwards using your core abdominal muscles and bending your knees



Finish 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.

EXERCISES

Ski Drive Variations

Accessory Attachments: Handle & Handle Straps



Ski Drive without using your legs will exercise the upper body and core only. Good when you are recovering from a leg or foot injury. You may wish to use a stool and exercise sitting down.



Stand with one foot forward and one foot back, then alternate. This will apply different emphasis on various leg muscles and is a good way to mix up your workout routine.



Extend onto your toes puts extra emphasis on your calf muscles.

EXERCISES

Deltoid Pull



Accessory Attachments: Pull Bar



The deltoid pull will exercise your shoulder deltoid muscles.
Exercise in a smooth rhythmic motion and avoid jerking the rope.
We suggest that you set the resistance Level to maximum.

EXERCISES

The Pull & Twist



Accessory Attachments: Pull Bar



The pull & twist will exercise your core muscles applying emphasis on the abdominal oblique's.

You can alternate between the left and right side on each stroke. Exercise in a smooth rhythmic motion and avoid jerking the rope.

We suggest that you set the resistance Level to maximum.

EXERCISES

Triceps Pull



Accessory Attachments: Pull Bar



The triceps pull will exercise your triceps muscles.
Exercise in a smooth rhythmic motion and avoid jerking the rope.
We suggest that you set the resistance Level to maximum.

EXERCISES

Lat Pull



Accessory Attachments: Pull Bar



The lat pull will exercise your latissimus muscles.
Exercise in a smooth rhythmic motion and avoid jerking the rope.
We suggest that you set the resistance Level to maximum.

EXERCISES

The Pull



Accessory Attachments: Oar Bar



You can alternate between the left and right sides.
Exercise in a smooth rhythmic motion and avoid jerking the rope.
WARNING: Beware of rope chafing against clothes or skin.

EXERCISES

The Kayak



Accessory Attachments: Oar Bar



Similar to rowing a kayak
You can alternate between the left and right sides.
Exercise in a smooth rhythmic motion and avoid jerking the rope.
WARNING: Beware of rope chafing against clothes or skin.

EXERCISES

SUP

Accessory Attachments: Oar Bar



Similar to Stand Up Paddle boarding (SUP).
You can alternate between the left and right sides.
Exercise in a smooth rhythmic motion and avoid jerking the rope.
WARNING: Beware of rope chafing against clothes or skin.

TRANSPORTATION



- A) Position yourself at the FLOOR STAND FRAME and with your both hand take a firm grip of the FLOOR STAND FRAME and gently lift up.
- B) Hold onto the Ski trainer with both hands. Using your body weight, slowly tip the Ski trainer towards the front whilst at the same time move around to the front of the machine to support the weight.
- C) Use your body weight gently lower the FLOOR STAND FRAME to the floor.

COMPUTER(SM5873) INSTRUCTION

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	-Count up – No preset target, Time will count up from 00:00 to maximum. -Count down - If training with preset Time, Time will count down from reset to 00:00. -Display range: 0:00~99:59.
TIME/500m	-Display the remain time to finish 500, and meters rowing according to current speed. -Display range: 0:00~59:59
DISTANCE (METER)	-Display range: 0~99999m
CALORIES	-Burned calories during rowing. -Display range: 0~9999 (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
SPM	-Strokes per minute
STROKES	-The movements when complete rowing. -Display range: 0 ~ 9999
PULSE	-Computer buzzer will beep when actual heart rate is over the target value during workout. -Display range: 0-30~230Bpm
WATTS	-Workout power consumption -Display range: 0 ~ 999 *Press UP/DOWN key to preset level value when computer works.

KEY FUNCTIONS

ITEM	DESCRIPTION
INTERVAL PROGRAM	- Function selection. - Interval Program 20/10 、 10/20 、 Customer.
TARGET PROGRAM	- Function selection - Target Time 、 Target Distance 、 Target Calories 、 Target Pulse 、 Target Watts.
START/STOP KEY	- Press Start to row training. - Press Stop to display workout results.
UP	- In setting mode, adjust the values. - Increase resistance levels.
DOWN	- In setting mode, adjust the values. - Decrease resistance levels.
ENTER /MODE	- Confirm setting or selection.
RESET	- In Ready mode, hold on pressing UP key + DOWN key, computer will reboot.

OPERATION: POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



(Drawing 1)

COMPUTER(SM5873) INSTRUCTION

QUICK-START

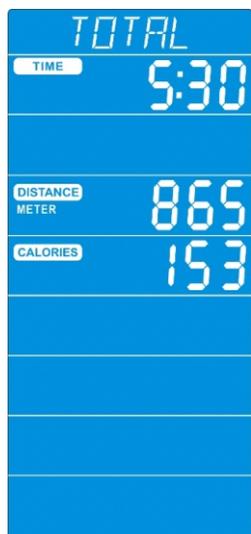
1. Then into READY mode (Drawing 2), press START / STOP key to start workout (Drawing 3).
2. Press START/STOP key to stop, into workout results (TOTAL / AVERAGE / MAX) (Drawing 4~6).
3. In STOP mode, hold on START/STOP key, monitor return to READY mode.



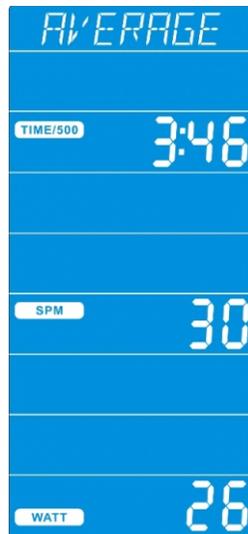
(Drawing 2)



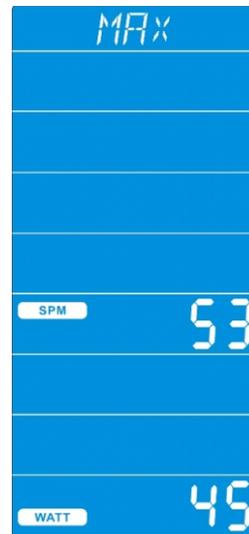
(Drawing 3)



(Drawing 4)



(Drawing 5)

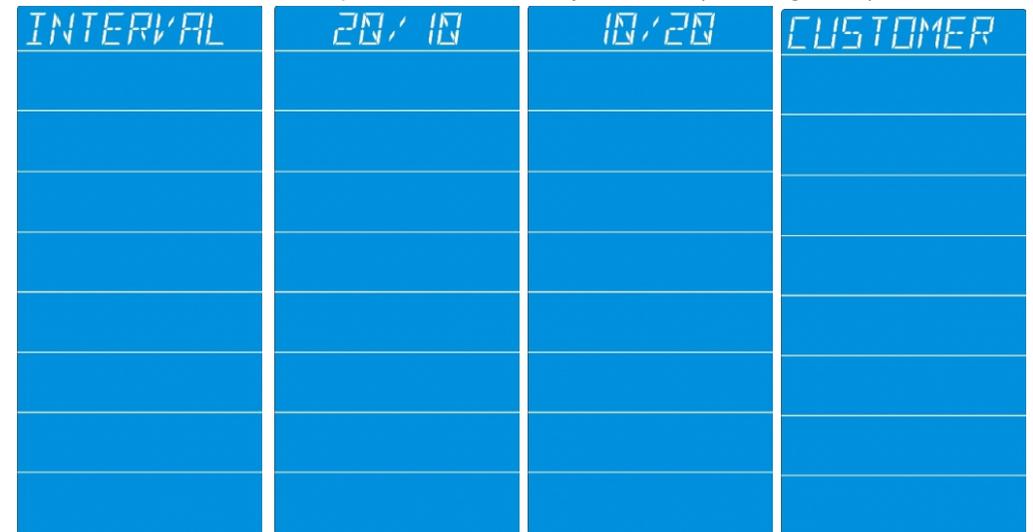


(Drawing 6)

INTERVAL PROGRAM

Sections

20/10 → 10/20 → CUSTOM, press UP/DOWN key to select. (Drawing 7~10)



(Drawing 7)

(Drawing 8)

(Drawing 9)

(Drawing 10)

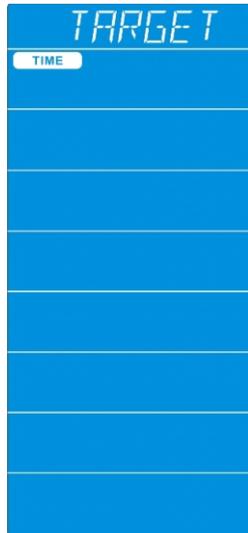
1. (20/10): Work for 20 seconds and rest for 10 seconds for 8 times.
 - A. Select (20/10) then press START/STOP key to begin.
 - B. As work, time would count down from 20 seconds.
 - C. Then as rest, time would count down from 10 seconds.
 - D. B&C would continue for 8 times till end.
 - E. In STOP mode, hold on START/STOP key, monitor return to READY mode.
2. (10/20): Work for 10 seconds and rest for 20 seconds for 8 times.
 - A. Select (10/20) then press START/STOP key to begin.
 - B. As work, time would count down from 10 seconds.
 - C. Then as rest, time would count down from 20 seconds.
 - D. B&C would continue for 8 times till end.
 - E. In STOP mode, hold on START/STOP key, monitor return to READY mode.
3. CUSTOMER: User can set up the time for exercise and rest.
 - A. Select CUSTOMER and Press ENTER/MODE key to enter.
 - B. SET ROUND would show up. Press UP/DOWN key to select exercise terms.
 - C. Then press ENTER/MODE key to select Work / Rest time. Press UP/DOWN key to select exercise time.
 - D. Press START/STOP key to begin.
 - E. As exercise, time would count down as setting.
 - F. Then as rest, time would count down as setting.
 - G. E&F would continue as setting till end.
 - H. In STOP mode, hold on START/STOP key, monitor return to READY mode.

COMPUTER(SM5873) INSTRUCTION

TARGET PROGRAM

Sections

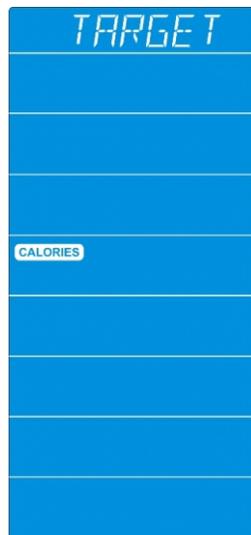
TIME →DISTANCE(METER) →CALORIES →PULSE →WATT, press UP/DOWN key to select. (Drawing 11~15)



(Drawing 11)



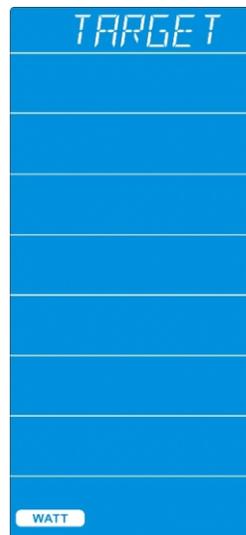
(Drawing 12)



(Drawing 13)



(Drawing 14)



(Drawing 15)

Target Time

1. Press UP/DOWN key to set Target TIME, press STRAT/STOP key to workout in Target Time mode.
2. TIME begins to count down from Target value, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Target Distance

1. Press UP/DOWN key to set Target DISTANCE, press STRAT/STOP key to workout in Target Distance mode.
2. DISTANCE begins to count down from Target value, TIME/500 /DISTANCE(METER) / CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Target Calories

1. Press UP/DOWN key to set Target CALORIES, press STRAT/STOP key to workout in Target Calories mode.
2. CALORIES begins to count down from Target value, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Target Pulse

1. Press UP / DOWN key to set AGE and enter by pressing ENTER / MODE. Choose 60% →75% →85% →TARGET.
Pulse 60% - Here you are rowing in the very efficient range of 60%, ideal for beginners and for general fat Burning.
Pulse 75% - This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.
Pulse 85% - The anaerobic range of 85% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.
TAG - The computer uses your Age to calculate a target pulse rate, which you can change as per your willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.
2. TIME begins to count up, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
3. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
4. In STOP mode, hold on START/STOP key, monitor return to READY mode.

COMPUTER(SM5873) INSTRUCTION

Target Watt

1. Press UP/DOWN key to set Target WATT, press STRAT/STOP key to workout in Target Watt mode.
2. Press UP/DOWN key to preset TIME.
3. TIME begins to count up, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
4. Press STRAT/STOP key to stop workout, into workout results (TOTAL / AVERAGE / MAX).
5. In STOP mode, hold on START/STOP key, monitor return to READY mode.
 - A. Press UP/DOWN key to set Target WATT, press STRAT/STOP key to workout in Target Watt mode.
 - B. Press UP/DOWN key to preset TIME.
 - C. TIME begins to count up, TIME/500 /DISTANCE(METER)/ CALORIES/ SPM/ STROKES/ PULSE/ WATT will display value accordingly.
 - D. Press STRAT/STOP key to stop workout, into workout results (TOTAL/ AVERAGE / MAX).
 - E. In STOP mode, hold on START/STOP key, monitor return to READY mode.

Noted

1. After 1 minute without pedaling or pulse input, console will turn off backlight, and will enter into power saving mode after 3 minutes. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

APP(optional)

1. This console can connect APP on the smart device by Bluetooth.
2. Once console is connect to smart device via Bluetooth, the console will power off.

