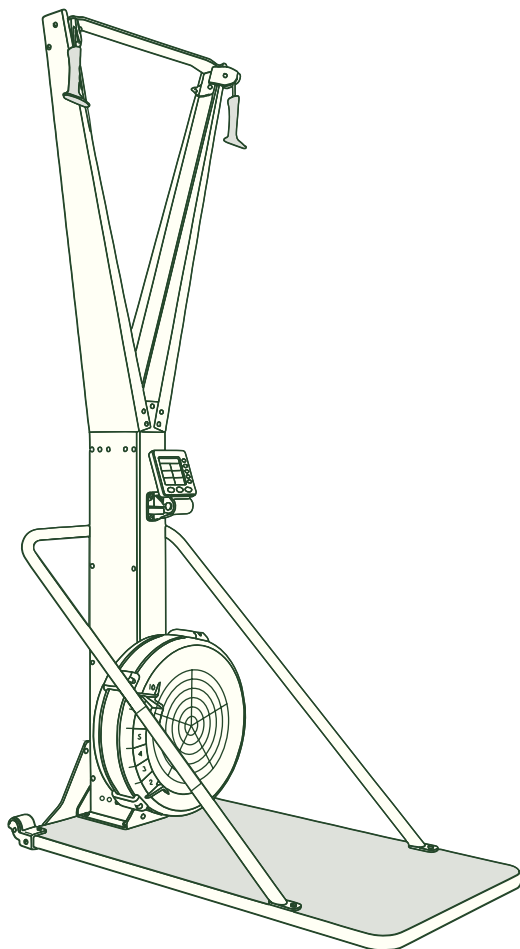


User Guide

Ski Machine



• ISSUE: MWI0004_V1 • ISSUE DATE: 09-09-2026 •



Model Number:

- › YL-AS004
- › YL-AS005

*Styles may vary.



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Introduction

Incorporating a ski machine into your routine is an excellent choice for your personal fitness, offering high-intensity exercise for the entire body. The equipment enables you to train with the double-pole motion that is essential to both skate and classic skiing.

A ski machine is designed to safely challenge your frame by engaging the legs, arms, shoulders, and core in a downwards "crunch". Using your body weight to help accelerate the handles provides an adaptable yet low-impact way to improve your physical wellbeing. Each pull finishes by extending the arms down along the hips with the knees partly bent to ensure an efficient full-body workout.



Safety Note

Please consult a qualified health care professional before starting any new exercise program, especially if you have any medical condition, injury, or pregnancy. Wear comfortable athletic clothing that allows you to move freely. Stop exercising if you feel pain, dizziness, or discomfort. Listen to your body and rest as needed. This device is used by one person at a time. Children are not allowed on or around the equipment without adult supervision.

A Ski Machine can be used for:

- › Developing full-body cardiovascular endurance
- › Providing a high-intensity, low-impact workout
- › Engaging key upper-body muscles, including the lats and triceps
- › Strengthening core stability and downward pulling power
- › Improving lower-body explosiveness and coordination
- › Maximising calorie expenditure during interval training
- › Offering scalable resistance for all fitness levels
- › Simulating the mechanics of Nordic skiing indoors



Exercise Guidelines

Ensure you consult a medical professional before starting any new physical routine, particularly if you are managing pre-existing health conditions.

Consistent movement is an effective method for managing your weight, enhancing your general fitness, and mitigating the physical impacts of both stress and aging. For the most beneficial results, aim to integrate these movements into your daily life in a way that feels sustainable and enjoyable.

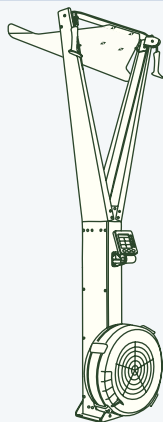
Warm-Up Phase

Begin every session with five to ten minutes of light mobility work and stretching. This safely elevates your core body temperature, heart rate, and blood circulation before you begin. Ease gradually into your main routine. Once properly warmed up, you can increase the pace to match your target program, maintaining a steady intensity to optimise your physical performance. Remember to maintain deep, consistent breathing throughout exercise.

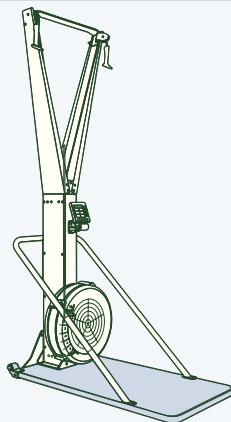
Cool-Down Protocol

Conclude your routine with at least one minute of light, continuous movement, such as a gentle walk or jog. Follow this with an additional five to ten minutes of dedicated stretching. This controlled deceleration supports muscle flexibility and significantly helps to prevent post-exercise physical complications.

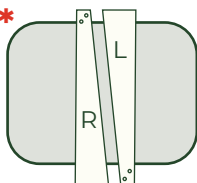
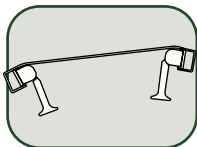
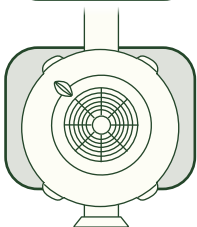
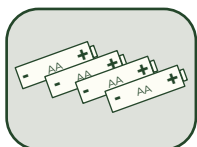
Package Contents



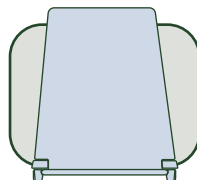
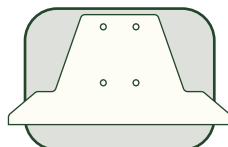
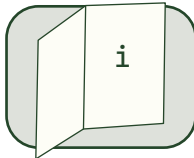
Wall-Mounted



Floor-Mounted



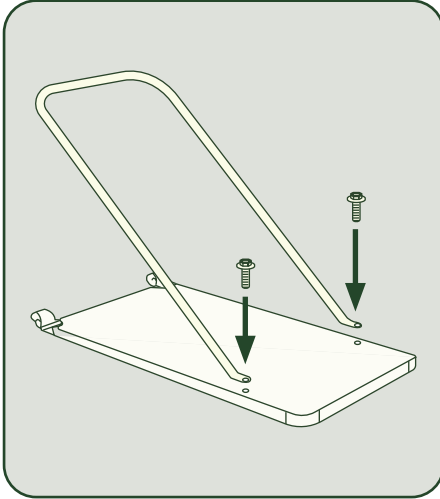
*Compare hole position to determine L/R



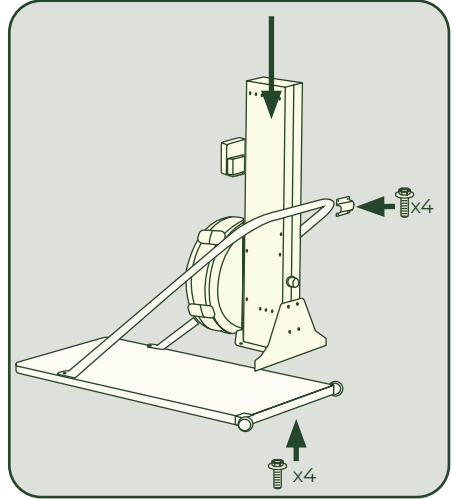


Floor Mounted Assembly

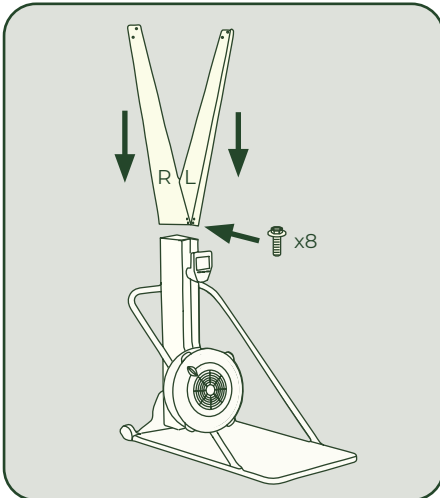
Step 1.



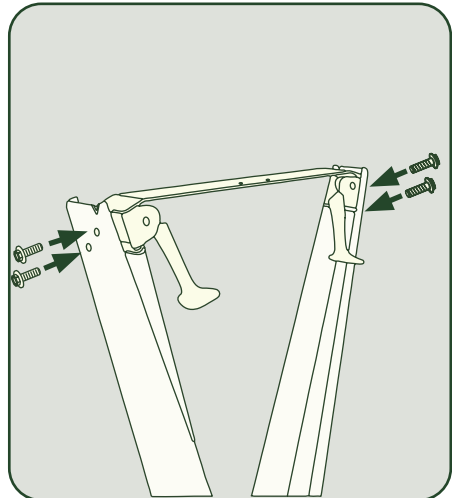
Step 2.



Step 3.

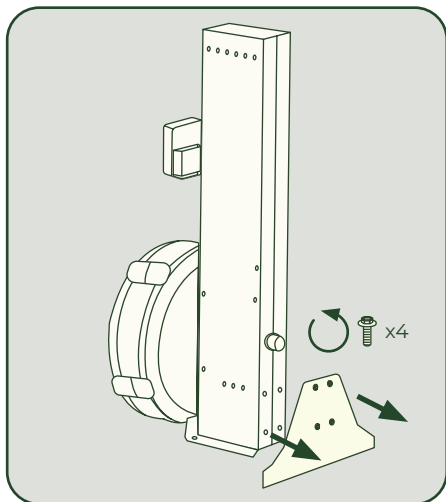


Step 4.

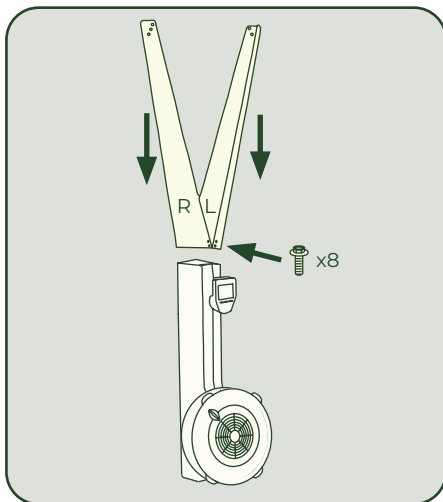




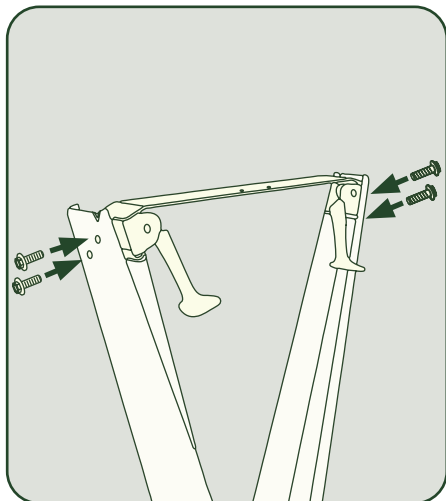
Step 1.



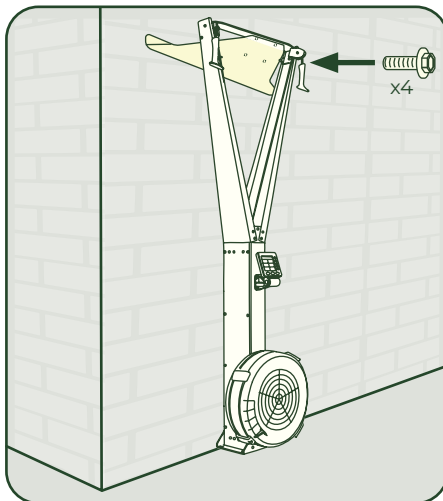
Step 2.



Step 3.



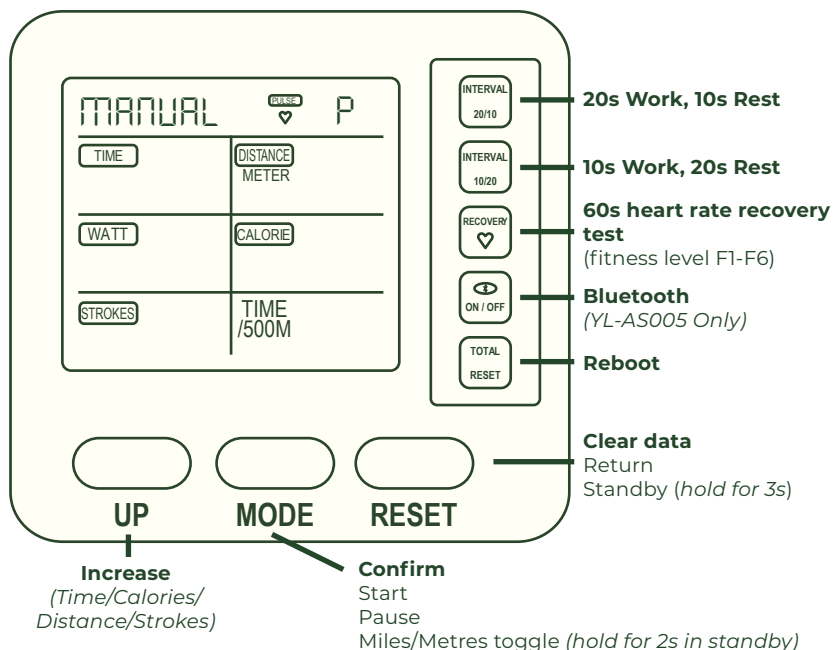
Step 4.





Product Information

Display Panel



Before use, remove the rear cover on the display unit and insert 4x AA batteries.

TIME, DISTANCE & CALORIES: Metrics count upward. If a specific target is set beforehand, metrics will count downward and sound an alarm when zero is reached.

SPM & WATT: Displays Strokes Per Minute and power output, alternating every 5 seconds.

STROKES & TOTAL STROKES: Displays strokes for the current session versus the machine's lifetime total, alternating every 5 seconds.

PULSE: Displays active heart rate (30–230 BPM). Will sound an alarm if the heart rate exceeds your pre-set target.



Workout Intensity & Resistance

The machine uses air resistance, which is generated by the spinning flywheel. The harder you pull, the more resistance you will feel. The faster you get the wheel spinning, the greater the resistance will be.

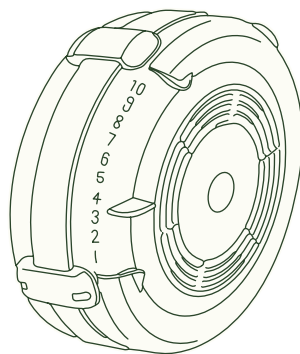
Damper Settings

The machine features a spiral damper with a 1–10 scale that acts as a reference for "gearing," much like a bicycle; it alters the feel of the skiing motion, but does not directly affect the resistance.

Simulating Terrain: By changing the damper setting, you can simulate the range of skiing speeds that occur on snow.

Settings 1–4 (Lower): Lower numbers feel like skiing in faster snow conditions, on flat terrain, and downhill. Use a setting between 1 and 4 for general fitness and a good aerobic workout.

Settings 5–10 (Higher): Higher numbers feel more like skiing in slow conditions or uphill.





Product Information

Usage Instructions

1. Select A Workout Mode

Use the monitor to choose Manual (Quick Start), an Interval program, or a Target Mode (countdown for Time, Distance, Calories, Strokes, or Pulse).

2. Begin Your Workout

Warm-Up - Ski at a low intensity for 1–2 minutes using the double-pole technique to practice the movement.

Finding a Rhythm - Ski at a steady, moderate pace for 3 minutes to establish a consistent cadence.

Active Recovery - Step off the machine to walk or stretch for 2–3 minutes.

Interval Sets - Ski at a relaxed pace for 3–5 minutes, followed by 1–2 minutes of rest. Repeat this cycle 2 to 3 times.

3. Safety and Progression

Pacing - Gradually increase your workout duration and intensity over the first two weeks.

Effort Limits - Do not ski at maximum effort until you have practiced the correct technique for at least one full week.

Injury Prevention - Always warm up, maintain proper form, and avoid increasing your workout intensity too rapidly.

Product Information

Maintenance



- › Lubricate moving parts regularly.
- › All parts of the product must be inspected and secured before use. Be sure all fasteners are tight and have not become loose during use.
- › Be sure the pulleys spin freely in the pulley housings and that the pulley housings swing freely in the pulley brackets.

Clean Grips: Wipe down the grips and surfaces using a mild soap or cleaning product every few workouts, or as needed.

Untwist the Cords: Grasping the handles can inadvertently twist the cords over time, causing a "lumpy" feeling during your pull and leading to premature wear. Periodically untwist them using these steps (Note: This is easier with two people):

- › Pull both handles out as far as they will go.
- › Hold the cords at the top bracket, allowing the handles to dangle and spin freely.
- › Run your hand down the length of each cord to manually untwist it.
- › Return the handles to the top position.
- › Repeat this entire process at least twice.

EVERY 50 HOURS (OR 500,000 METERS)

Inspect All Cords: There are two handle cords and two internal bungee cords to inspect. Each cord is a specific type and must be replaced with the appropriate replacement cord if significant damage is observed.

External Inspection: Pull the handles all the way out and visually check the exposed handle cords for wear.

Internal Inspection: Remove the lower right side cover by unscrewing the 8 screws with the provided 6-lobe driver to reveal the internal cords and pulleys.



Product Information Maintenance

Have a helper slowly pull the handles all the way out so you can observe the condition of the entire working length of both the handle cords and the bungee cords.

Identifying Cord Wear: Over time, the cord surface will naturally show acceptable "fuzzing". However, if this fuzzing worsens in a localised spot on the cord, it is time for a replacement. It is highly recommended to replace both cords at the same time.



New Cord



Acceptable Wear



Excessive Wear -
Replace



Getting Started

- › Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- › If needed, research proper skiing technique information. Improper technique can result in injury.

IMPORTANT SAFETY NOTES

- › 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, it is strongly advised that it be replaced immediately. Use only genuine parts from the manufacturer. Use of other parts may result in injury or poor performance of your machine.
- › Replace defective components immediately to ensure safety and performance, or keep the machine out of use until it is repaired.
- › The machine must be positioned on a stable, level surface when used with the optional floor stand.
- › If wall-mounted, the machine must be securely fixed to the wall at the top and bottom brackets. Ensure the mounting bolts go into a solid material such as wood or concrete, using appropriate hardware for the wall material.
- › Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.
- › Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them.
- › Perform regular inspection and maintenance as recommended.
- › **WARNING!** Keep unsupervised children away from the machine.
- › **WARNING!** Incorrect or over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



Safety Information

CAUTIONS

DO'S

- › **WARNING!** Consult a physician before beginning any exercise programme. This is especially important for individuals with pre-existing health conditions.
- › **WARNING!** Over-exercising may result in serious injury or death. If you feel faint, dizzy, short of breath, or experience pain, stop exercising immediately.
- › Ensure the ski machine is securely mounted to a solid, load-bearing wall using appropriate heavy-duty fixtures, or firmly attached to its designated floor stand on a flat, solid, dry, and stable surface prior to use.
- › Examine the equipment for damage and wear before each use to maintain safety. Pay special attention to the drive cords, handles, pulleys, and wall/stand fasteners, as these are highly susceptible to wear.
- › Replace defective components immediately and keep the equipment out of use until repaired.
- › Maintain a free safety area of at least 0.6m (24 inches) greater than the training area in the directions from which the equipment is accessed.
- › Wear appropriate athletic footwear and snug-fitting clothing to prevent entanglement in the moving parts.

DON'TS

- › Keep children and pets away from the equipment at all times; do not leave them unattended in the same room as the machine. The internal mechanisms and cords present an entrapment and strangulation hazard.
- › Do not let go of the handles while the cords are under tension. Always allow the handles to retract slowly and in a controlled manner against the machine frame to prevent damage to the console, cords, or pulley system.
- › Do not place fingers, hair, or clothing near the flywheel enclosure, pulleys, or cord entry points during operation.
- › Do not use outdoors, near water, or in highly humid environments to prevent damage to the electronic monitor and internal rusting.
- › Do not attempt to pull the cords beyond their maximum extension limit, as this will damage the internal recoil mechanism.
- › Do not dispose of batteries in household waste. Recycle them at an authorised local collection point or retail recycling facility.



GUARANTEE

Your product carries a minimum 12 month guarantee from the date that the original purchaser receives it. If your product fails to operate to its specification due to faulty workmanship or materials during the guarantee period, we will either repair or replace the product. We will use our discretion to determine whether to offer a repair or provide a replacement. The product will not be covered by the guarantee if it has been misused, transformed, modified or altered in any way.

If your product fails within the guarantee period please ensure that you have all necessary documentation available including proof of purchase (receipt or invoice with serial number, location and date of purchase) in addition to all original undamaged packaging and leaflets etc. It is strongly recommended that you inspect your product carefully before it is used or installed. For full details of your product you should refer to the instruction manual which accompanies the product. You are strongly advised to read this manual carefully in its entirety and to retain it for future reference.

This product guarantee does not affect your statutory rights.



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