

ASK-2 XEBEX FITNESS SKI TRAINER

Enjoy the Sensation



ASSEMBLY INSTRUCTION

ASK-2 SKI TRAINER with FLOOR STAND ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of the **ASK-2 Ski Trainer**. This product has been designed and manufactured to meet the needs and requirements of domestic use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

If you have any further questions, please contact us. We wish you lots of success and fun while training.

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Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.

		<p>M6</p> <p>M10</p> <p>TOOLS</p> <p>M13</p>	
	<p>OAR BAR optional</p> <p>PULL BAR optional</p>		

ASK-2 SKI TRAINER with FLOOR STAND ASSEMBLY INSTRUCTIONS

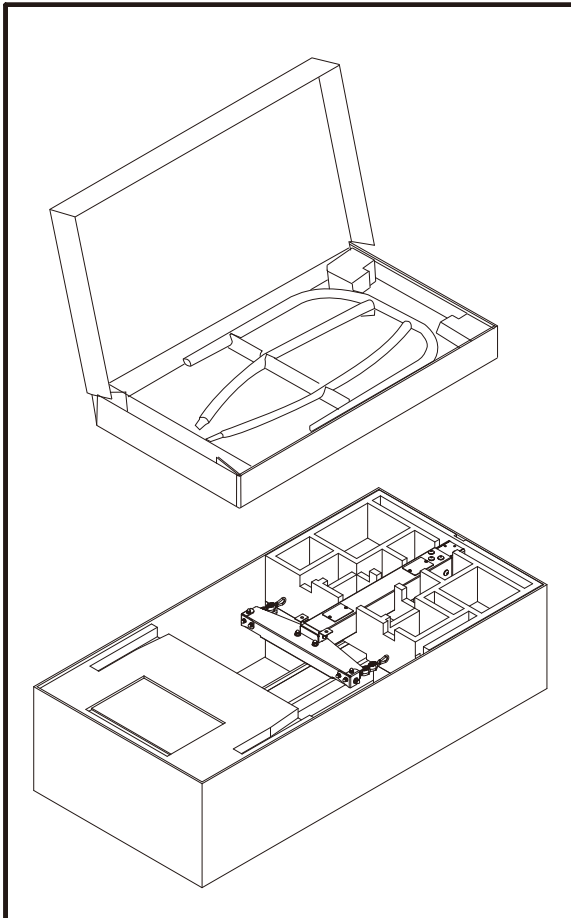
STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your ASK-2 Ski Trainer.

STEP 2

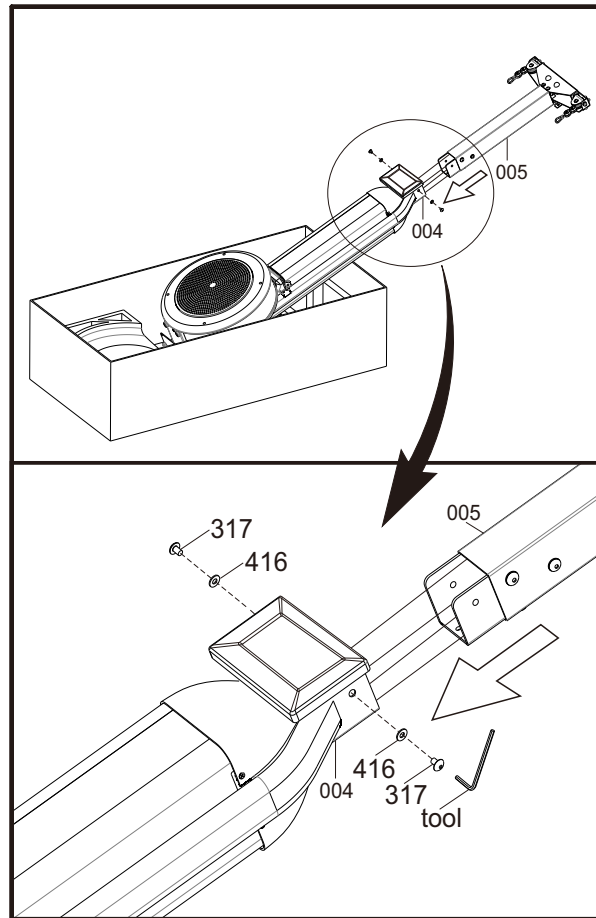
- Use a sharp knife, open the carton and lay it flat on the floor.
- Remove all loose components.
- Refer to the checklist and check that everything is present.

NOTE: To protect the ASK-2 Ski Trainer while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



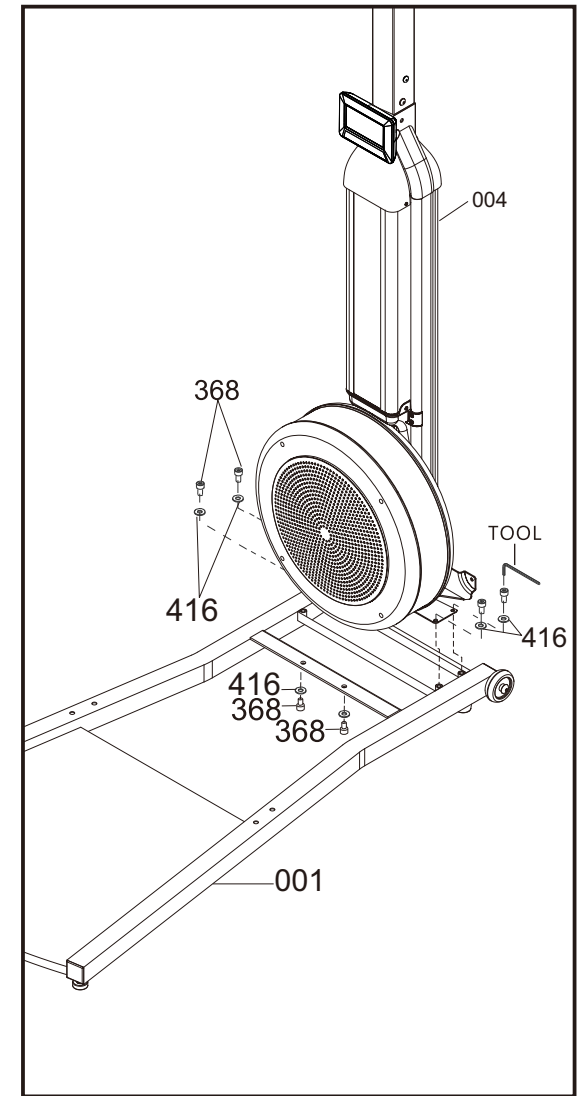
STEP 3

- Lift the MAIN FRAME [004] from the carton and place it on the top of the carton lid as shown in the diagram below.
- With VERTICAL BEAM - TOP [005] inserted into MAIN FRAME [004].
- Assemble 2 x WASHER [416] and 2 x BOLT [317] and do not tighten too firmly with TOOL provided.



STEP 4

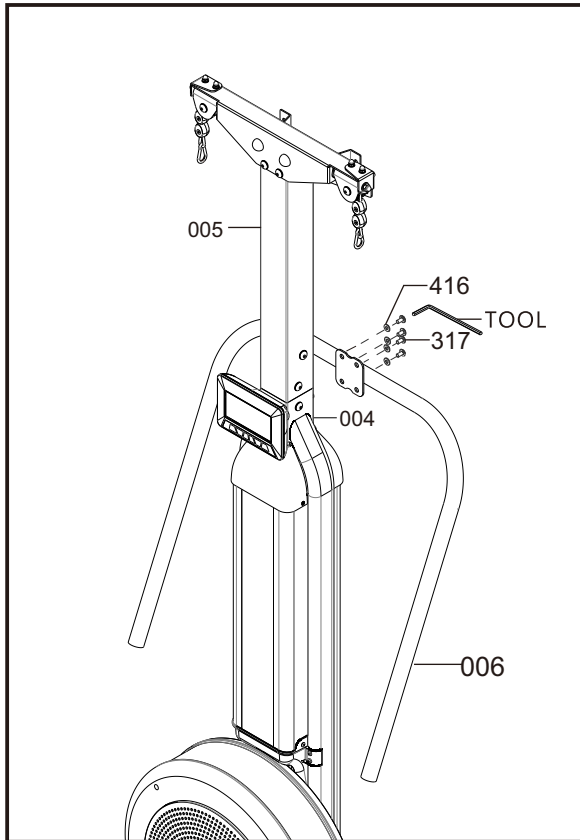
- Lift up MAIN FRAME [004].
- Assemble the FLOOR STAND - FRAME [001] to MAIN FRAME [004] with 6 x BOLT [368] + 6 x WASHER [416] with TOOL provide and do not tighten too firmly.



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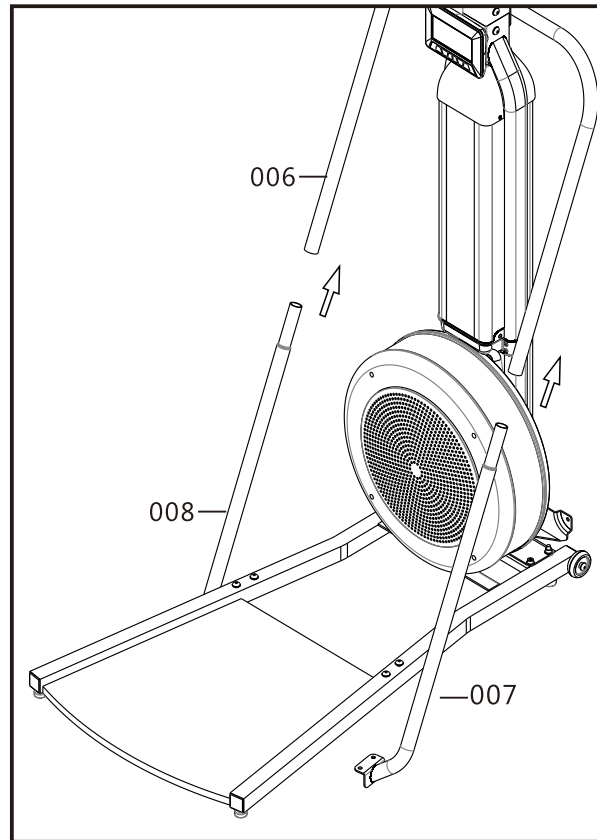
STEP5

Assemble the FLOOR STAND - HANDRAIL TOP[006] to MAIN FRAME [004] with 4 x BOLT [317] + 4 x WASHER [416] with TOOL provided and tighten firmly.



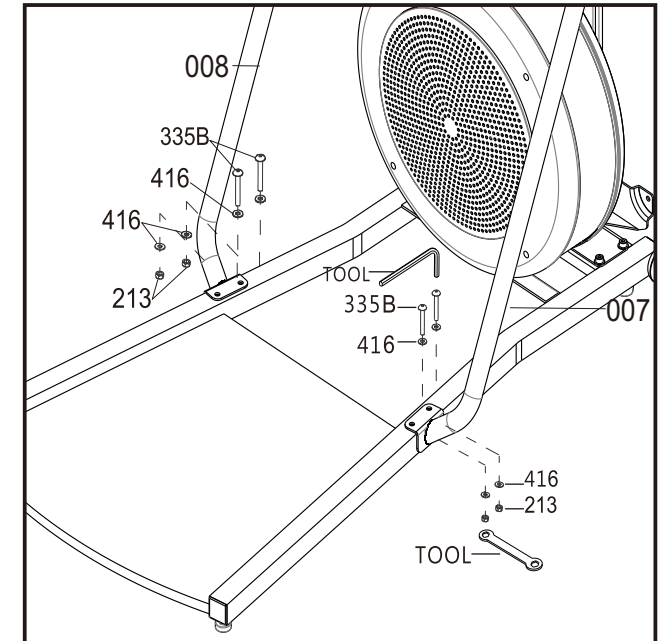
STEP6

Wiggle and slide FLOOR STAND - HANDRAIL BOTTOM RIGHT[007] and FLOOR STAND - HANDRAIL BOTTOM LEFT [008] into FLOOR STAND - HANDRAIL TOP [006].



STEP7

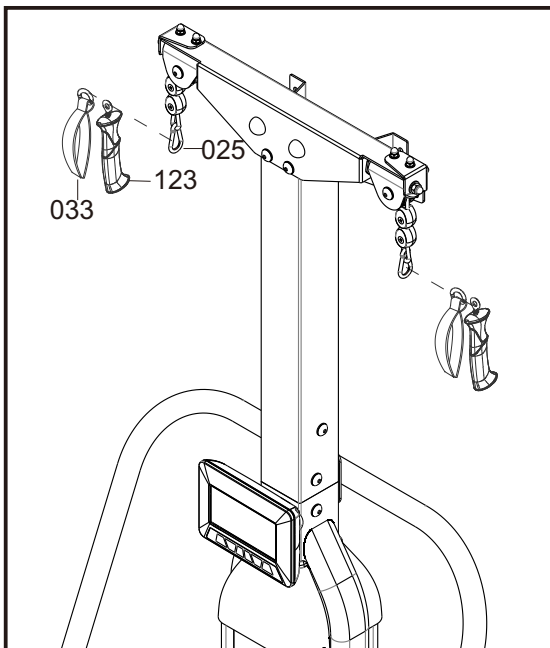
Assemble FLOOR STAND - HANDRAIL BOTTOM RIGHT [007] and FLOOR STAND - HANDRAIL BOTTOM LEFT [008] to FLOOR STAND - FRAME [001] with 4 x BOLT [335B] + 8 x WASHER [416] + 4 x NUT [213] with TOOLS provide and tighten firmly.



ASK-2 SKI TRAINER with FLOOR STAND ASSEMBLY INSTRUCTIONS

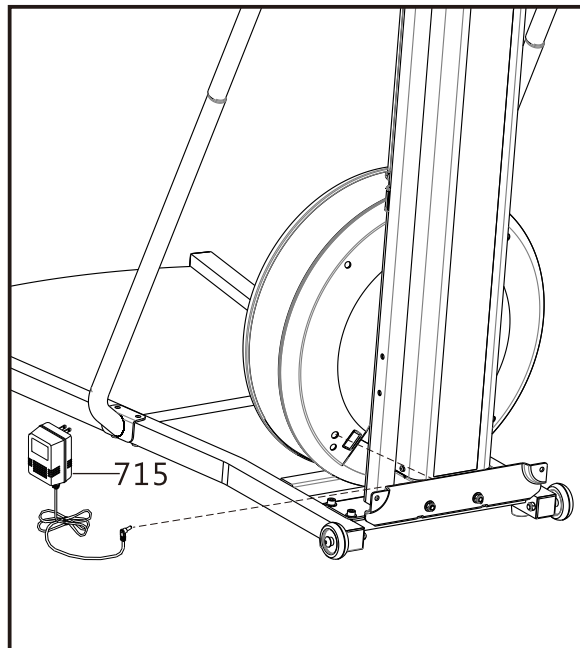
STEP8

Attach the HANDLES [123] + HANDLE STRAPS [033] to the SNAP HOOKS [025].



STEP9

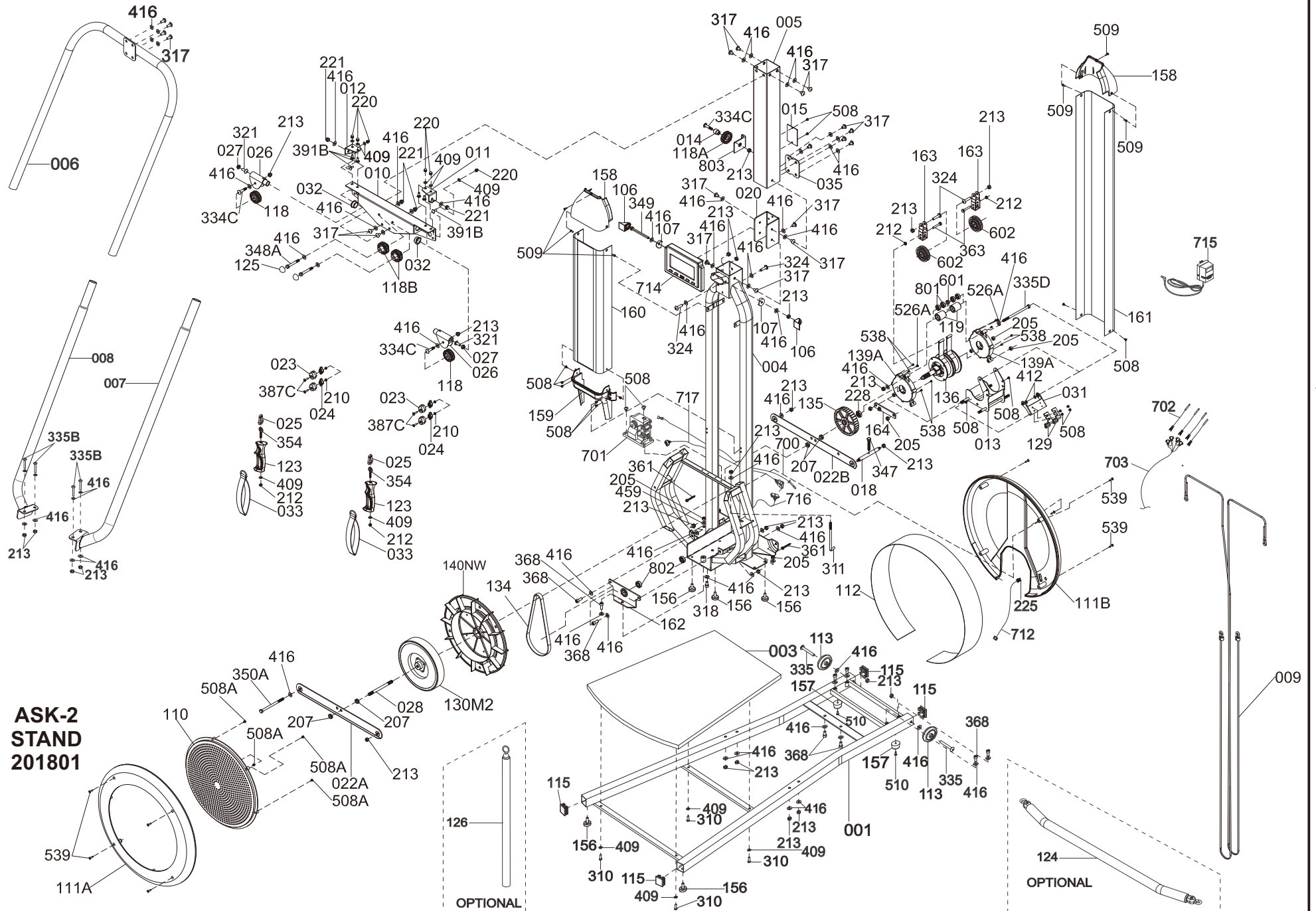
- a) Tighten all BOLTS and WASHERS firmly with TOOL provided.
- b) Plug-in the AC ADAPTOR[715].



ASK-2 SKI TRAINER with FLOOR STAND PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	FLOOR STAND - FRAME	1	119	BINOCULAR BEARING HOUSHING	2	335D	BOLT- M8 x 150L	1
003	BASE	1	123	HANDLES	2	347	BOLT- M8 x 50L	1
004	MAIN FRAME	1	124	PULL BAR(OPTIONAL)	1	348A	BOLT- M8 x 60L	2
005	VERTICAL BEAM-TOP	1	125	NUT COVER	2	349	BOLT- M8 x 90L	1
006	FLOOR STAND - HANDRAIL TOP	1	126	OAR BAR(OPTIONAL)	1	350A	BOLT- M8 x 120L	1
007	FLOOR STAND - HANDRAIL BOTTOM(R)	1	129	SENSOR HOLDER	2	354	BOLT- M8 x 84L x Ø10	2
008	FLOOR STAND - HANDRAIL BOTTOM(L)	1	130M2	RESISTANCE HUB	1	361	BOLT- ¼ x 2"	2
009	ROPE	1	134	POLY "V" DRIVE BELT	1	363	BOLT- M6 x 30L	2
010	T-SECTION	1	135	DRIVE PULLEY (SKI)	1	368	BOLT- M8 x 20L	9
011	CORNER BRACKET-RIGHT	1	136	STRAP DRUM	1	387C	BOLT- 3/16 x 3/4	4
012	CORNER BRACKET-LEFT	1	139A	RETURN SPRING-SET	2	391B	BOLT- M6 x 16L	6
013	DRIVE BRACKET	1	140NW	FAN SET	1	409	WASHER- M6 x Ø13 x 1T	13
014	T-PULLET HOLDER	1	156	STABILIZER FOOT-FRONT	2	412	WASHER- M8 x Ø12 x 1T	2
015	VERTICAL BEAM-PLATE	1	157	STABILIZER FOOT	2	416	WASHER- M8 x Ø18 x 1.5T	65
018	BELT TENSION SHAFT	1	158	COVER-TOP	2	508	SCREW- M4 x 12L	18
020	HINGE-BRACKET	1	159	COVER-BOTTOM	1	508A	SCREW- M4 x 10L	6
022A	BELT TENSION PLATE-FRONT	1	160	MESH-FRONT	1	509	SCREW- M4 x 12L	6
022B	BELT TENSION PLATE-REAR	1	161	MESH-REAR	1	510	SCREW- M4 x 16L	2
023	ROPE CLAMP-OUTER	4	162	CLUTCH SHAFT BRACKET	1	526A	SCREW- round head 1/8 x 3/8L	2
024	ROPE CLAMP-INNER	4	163	ROPE PULLEY BRACKET	2	538	SCREW- flat head 1/8 x 3/8L	8
025	SNAP HOOK	2	164	RETURN SPRING PLATE	1	539	SCREW- 5/32 x 3/4L	8
026	U-PULLEY HOLDER	2	205	NUT- M5	4	601	SPACER JCA002F	1
027	SPACER JCA002	2	207	NUT- ¾ x 26UNC x 6T	4	602	CARRIAGE ROLLER (Ø 64 x Ø 50.1)	2
028	FLYWHEEL SHAFT	1	210	NUT- 3/16	4	700	MOTOR TENSION CABLE	1
031	SENSOR HOLDER BRACKET	1	212	NUT- M6	4	701	MOTOR	1
032	SPACER 379B	2	213	NUT- M8	25	702	COMPUTER SENSOR CABLE	4
033	HANDLE STRAPS	2	220	NUT- M6	6	703	SENSOR CABLE	2
035	SQUARE PLATE	1	221	NUT- M8	4	709	DRIVE STRAP ASSEMBLY	2
106	COMPUTER CASE-NUT COVER	2	225	NUT	1	712	AC ADAPTOR CABLE	1
107	COMPUTER ARM SPACER	2	228	NUT- M16 x P1.5 x 8T	1	714	COMPUTER	1
110	COVER-HUB	1	310	BOLT- M6 x 20L	4	715	AC ADAPTOR	1
111A	MAIN COVER-FRONT	1	311	TENSION ADJUSTMENT BOLT	1	716	COMPUTER CABLE	1
111B	MAIN COVER BACK	1	317	BOLT- M8 x 12L	16	717	COMPUTER CABLE	1
112	MESH	1	318	BOLT- M8 x 16L	1	801	BALL BEARING	4
113	WHEEL	2	321	BOLT- M8 x 20L	2	802	BALL BEARING	2
115	STANDARD CAP	4	324	BOLT- M8 x 30L	2	803	PULLEY BRACKET	1
118	CARRIAGE ROLLER	2	334C	BOLT- M8 x 38L	3			
118A	CARRIAGE ROLLER	1	335	BOLT- M8 x 75L	2			
118B	CARRIAGE ROLLER	2	335B	BOLT- M8 x 55L	4			

ASK-2 SKI TRAINER with FLOOR STAND EXPLODED DRAWING

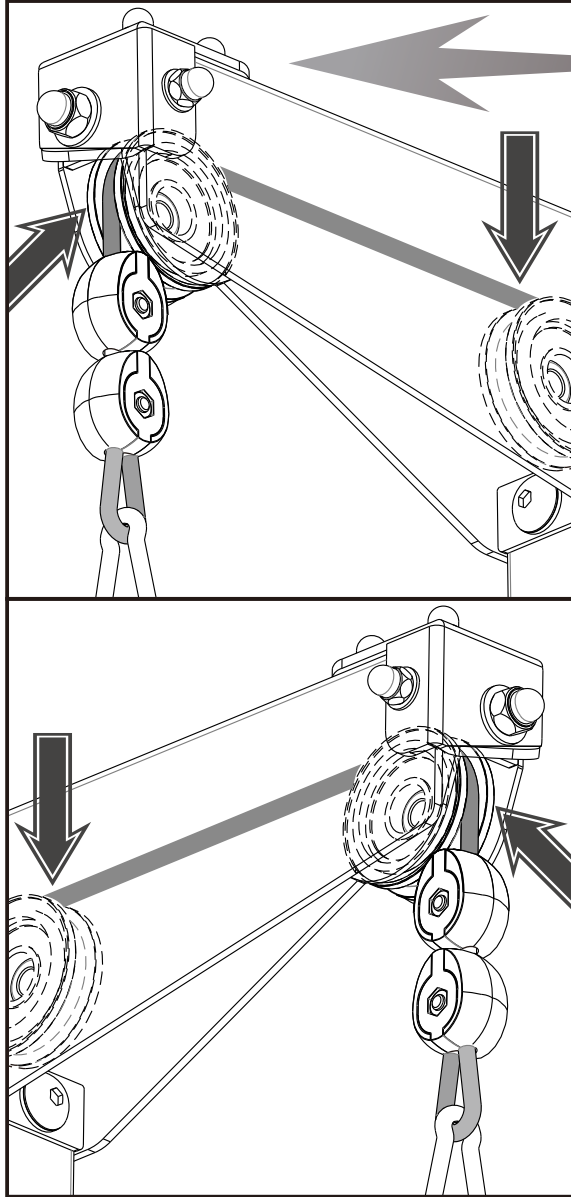


ROPE WARNING CHECK ~ Last Assembly Procedure "BEFORE USE!"

Because the ROPE can fall off the PULLEYS it is extremely important to check all PULLEYS "BEFORE USE!".

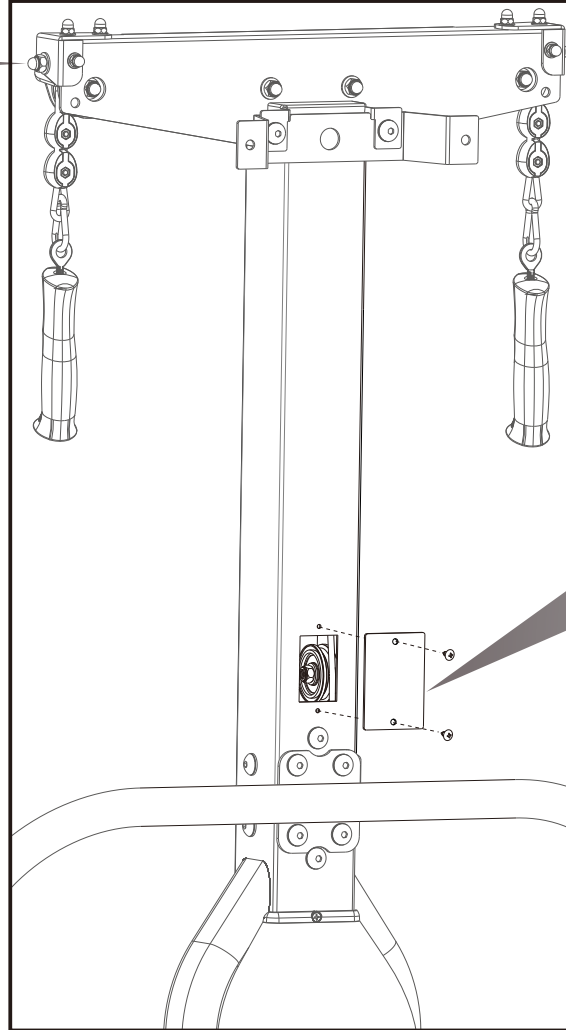
STEP 1

During transit the ROPE can fall off the PULLEYS so visually check that the ROPE is on the PULLEYS both "LEFT" and "RIGHT" sides.



STEP 2

On the back of the machine remove both INSPECTION PLATES with the TOOL provided.



STEP 3

Visually check that the ROPE is on the PULLEY. If the ROPE is OFF the PULLEY then just push the ROPE back on the PULLEY with your fingers.

