

# Renegade Air Ski **ASKI100**



## **FULL BODY WORKOUT**

The Renegade Air Ski ASKI100 strengthens the upper body, abdominal, back and leg muscles that are relevant to skiing. As the fitness machine works with an air and magnetic resistance system, the movements are very fluid. This makes training more fun and reduces the risk of injury.

The Air Ski ASKI100 is a very sturdy training machine. This unit relies on a very strong, elastic rope system, requiring only 8 kg to move from bottom to top. The ASKI100 can be fixed to the wall with mounting brackets wherever you want.

Training on the Air Ski ASKI100 can be done kneeling or sitting in front of the machine. This makes the machine ideal for athletes with physical limitations. You control the training resistance yourself: pulling harder accelerates the flywheel and increases the resistance. The different resistance levels (1-14) make it possible to simulate practical training in all conditions.

This unit has several training programs, allowing you to train in a varied and targeted way. The "quick release" handle allows you to quickly switch between different training programs. In addition, the large blue backlit LCD screen is easier to read during training. The Renegade Air Ski ASKI100 is self-generating so there is no need for electrical cables.



*Manual adjustable magnetic resistance system*



*Stainless Steel quick exchangeable mechanism for handles*



*Lightweight, high-strength drive cords*



*Large adjustable back-lighted LCD Screen display with 8 workout*

## TECHNICAL SPECIFICATIONS

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Smooth, natural, unlimited airflow/magnetic resistance provided by heavy-duty 45 cm aluminum fan with cross-bonded steel blades.

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Double robust 6203 sealed cartridge bearing set in the central hub of on the super steel fan for effortless rotation.

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High performance internal drive mechanism with robust sealed cartridge unidirectional bearings to provide the best performance for both bipolar and conventional (alternating arm) technology. Minimal maintenance required.

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Manual adjustable magnetic resistance system (14 levels) for high intensity training.

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Low maintenance, endless Poly-V double ribbed belt transmission.

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Lightweight, high-strength drive cords for a smooth workout and a long life span.

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Self-levelling pulley system with robust sealed cartridge bearings and a width between 62 cm (max.) and 26 cm (min.).

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The ergonomically designed handle offers horizontal and vertical placement options to train different muscles.

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Stainless steel quick-release mechanism design for vertical & horizontal gripping positions for different exercises.

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2 mm thick square tube frame for a stable construction.

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4 mm thick steel mounting brackets, holder with fixing bolts & washers for various workouts

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## CONSOLE

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<b>Screen</b>	Large back-lighted LCD Screen display 8 workout modes including 20/10, 20/30 custom intervals, 4 target settings and heart rate control.
<b>Feedback</b>	Readouts displayed time, stroke / min., stroke, distance, calories, time/500m, watts, intensity setting & pulse for users's reference.
<b>Heart rate monitoring</b>	Built-In Polar wireless heart rate receiver to monitor your heart rate precisely.
<b>Power supply</b>	Console powered by AA LR6 / 1.5V battery (4 pcs)

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## DIMENSIONS

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<b>Product in use</b>	D 38 x W 62 x H 80 cm
<b>Carton</b>	L 70 x W 58 x H 31 cm
<b>Net/Gross weight</b>	23 kg / 26.5 kg
<b>Max. user weight</b>	150 kg

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