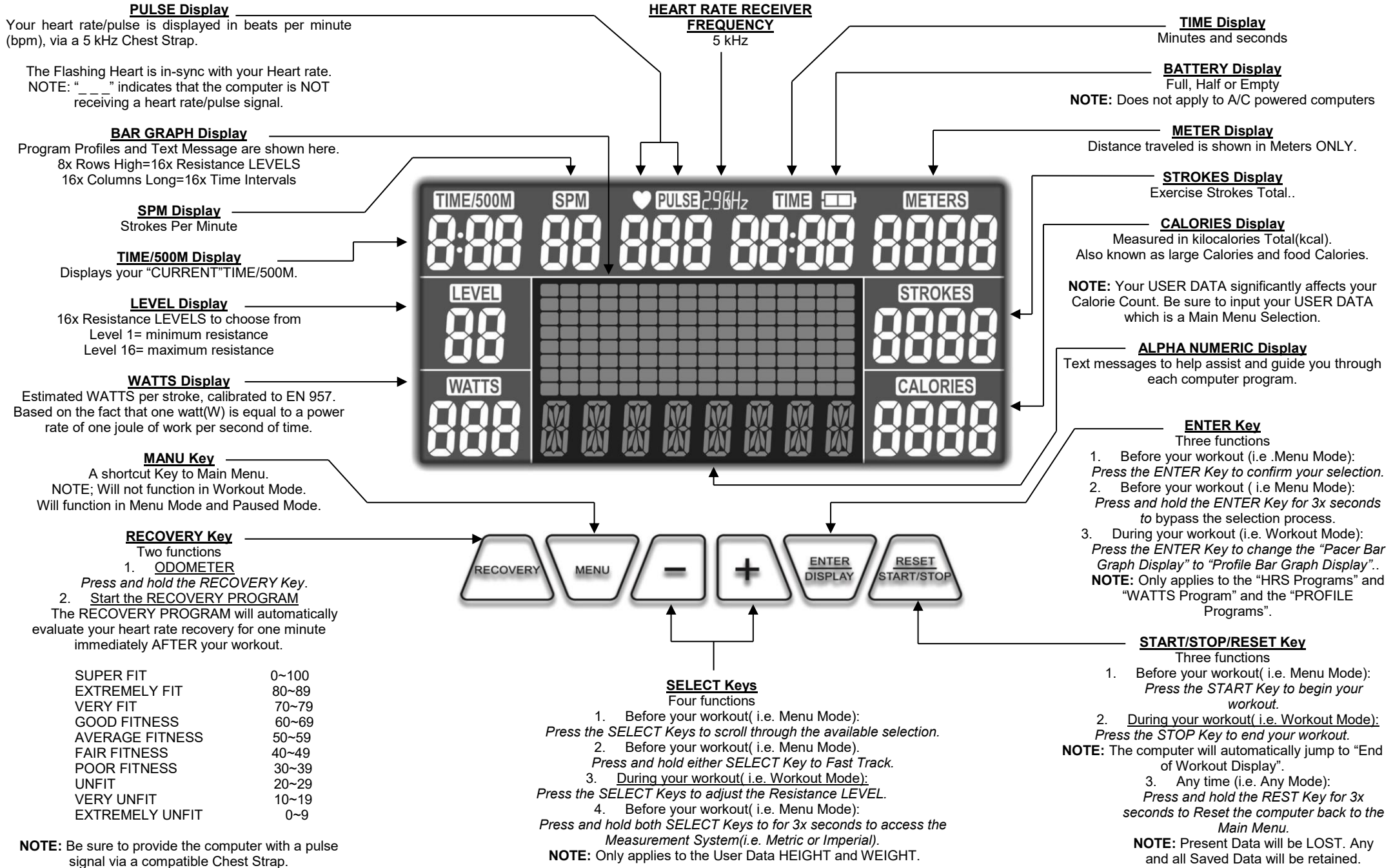


# COMPUTER INSTRUCTIONS



# COMPUTER INSTRUCTIONS

## Auto Power On - Auto Pause - Auto Power Down - Auto Power Off

**AUTO POWER ON:** The computer will automatically Power On when any Keys on the computer are pressed.

**AUTO PAUSE:** The computer will automatically pause when you stop exercising during workout mode, except Interval Training.

**AUTO POWER DOWN:** The computer will automatically Power Down when the ASK Ski Trainer is not in use after approximately 2 minutes, at which time you can resume your workout before the computer Auto Powers Off.

**AUTO POWER OFF:** The computer will automatically Power Off when the ASK Ski Trainer is not in use after approximately 2 minutes, If the ASK Ski Trainer is in workout mode then your workout and workout data will be lost.

## Quick Start JUST START EXERCISING

Just start exercising and the computer will automatically power up and start the PACER PROGRAM with a PACE DEFAULT 2:15 TIME/500M.

## GETTING STARTED

It is important to input your USER DATA so the computer can calculate your :

BODYFAT% = estimated Body Fat Percentage

BMI = Body Mass Index

BMR = Basal Metabolic Rate

TDEE = Total Daily Energy Expenditure

And your USER DATA will allow the computer to more accurately calculate your Calorie expenditure.

Input your USER DATA via the MAIN MENU, then select " USER DATA".

## Main Menu

The Main Menu consists of the 11 x following selections:

- 1.PACER----- 1 x PACER PROGRAM
- 2.RACE----- 1 x PACE PROGRAM
- 3.INTERVAL---- 2 x INTERVAL PROGRAM ~ INTERVAL DISTANCE and INTERVAL TIME
- 4.HRC-----4 x HEART RATE CONTROL PROGRAM 60% 75% 90% and Target Heart Rate
- 5.WATTS-----1 x WATTS CONTROL PROGRAM
- 6.PROFILES-----4 x USER PROFILES + 12 x PROFILE PROGRAMS
- 7.FIT TEST-----1 x FITNESS TEST PROGRAM
- 8.USERDATA----USER DATA INPUT
- 9.USER PRO-----USER PROFILE CREATION PROGRAM
- 10.USER DEL----DELETE A USER

The computer automatically starts at the MAIN MENU. However, if at anytime you wish to return to the Main Menu then simply press the MENU Key.

## Pacer Program

The PACER PROGRAM allows you to exercise beside a pace master to help you pace your workout.

There are two ways to program the Pace Time:

- 1.set the TIME/500M  
or
2. set the TIME and METERS

### 1) PACE PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "PACER" Program. Then press the ENTER Keys to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

### 2) USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").

Then press the ENTER Keys to confirm your selection.

### 3a) TIME/500M

Press the SELECT Keys to scroll and select a " TIME/500M " or go to **3b**.

Then press the ENTER Keys to confirm your selection.

### 3b) TIME and METERS

Press the ENTER Keys to bypass the TIME/500M selection.

Press the SELECT Keys to scroll and select a " TIME".

Then press the ENTER Keys to confirm your selection.

Press the SELECT Keys to scroll and select " METERS".

Then press the ENTER Keys to confirm your selection.

NOTE: To immediately start your workout press the START key.

### 4) RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance " LEVEL".

Then press the ENTER Keys to confirm your selection.

### 5) TARGET VALUES

TARGET VALUES are optional.

To bypass **all** " TARGET VALUES" press and hold the ENTER Key.

To bypass an individual " TARGET VALUES" press the ENTER Key.

To select a " TARGET VALUES" press the SELECT Keys. Then press the ENTER Keys to confirm your selection.

### 6) MAX ALARMS

Maximum " ALARMS" are optional.

To bypass **all** " ALARMS" press the START Key.

To bypass an individual " ALARMS" press the ENTER Key.

To select a Maximum " ALARMS" press the SELECT Key.

Then press the ENTER Keys to confirm your selection.

### 7) READY = START EXERCISE

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

**NOTE:** During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

# COMPUTER INSTRUCTIONS

## ***Pacer Program***

The PACER PROGRAM allows you to exercise against any USERS AVERAGE TIME/500M. Race father against son, mother against daughter. Be the best in your family, or race again your own AVERAGE TIME/500M.

### **1) PACE PROGRAM**

From the Main Menu, press the SELECT Keys to scroll and select the "PACER" Program. Then press the ENTER Keys to confirm your selection.

**NOTE:** To return to the Main Menu press the MENU Key.

**NOTE:** The user data is needed.

### **2) USER SELECT(i.e. you)**

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").

Then press the ENTER Keys to confirm your selection.

### **3) USER TO RACE AGAINST**

Press the SELECT Keys to scroll and select a " USER" to race against.

Then press the ENTER Keys to confirm your selection.

**NOTE:** To immediately start your workout press the START key.

### **4) RESISTANCE LEVEL**

Press the SELECT Keys to scroll and select a Resistance " LEVEL".

Then press the ENTER Keys to confirm your selection.

### **5) TARGET VALUES**

TARGET VALUES are optional.

To bypass all " TARGET VALUES" press and hold the ENTER Key.

To bypass an individual " TARGET VALUES" press the ENTER Key.

To select a " TARGET VALUES" press the SELECT Keys. Then press the ENTER Keys to confirm your selection.

### **6) MAX ALARMS**

Maximum " ALARMS" are optional.

To bypass all " ALARMS" press the START Key.

To bypass an individual " ALARMS" press the ENTER Key.

To select a Maximum " ALARMS" press the SELECT Key.

Then press the ENTER Keys to confirm your selection.

### **7) READY = START EXERCISE**

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

**NOTE:** During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

## ***Interval Distance & Interval Time Programs***

These two INTERVAL PROGRAMS are designed for Interval Training, where intense periods of training are combined with short time rest periods. It is scientifically proven that Interval Training burns more Calories than Static Cardio Training, however it does put your body under a lot more stress so one needs to use common sense when Interval Training. We suggest that you do not exceed 100% Heart Rate.

see **Calculating Target Heat Rate**

INTERVAL DISTANCE PROGRAM = A work "DISTANCE" combined with time rest periods

INTERVAL TIME PROGRAM = A work "TIME" combined with time rest periods

### **1) INTERVAL PROGRAM**

From the Main Menu, press the SELECT Keys to scroll and select the "INTERVAL" Program.

Then press the ENTER Key to confirm your selection.

**NOTE:** To return to the Main Menu press the MENU Key.

### **2) USER SELECT**

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").

Then press the ENTER Key to confirm your selection.

### **3a) INTERVAL DISTANCE PROGRAM**

Press the SELECT Keys to scroll and select the "DISTANCE" Program.

Then press the ENTER Key to confirm your selection.

### **3b) INTERVAL TIME PROGRAM**

Press the SELECT Keys to scroll and select the "TIME" Program.

Then press the ENTER Key to confirm your selection.

### **4) NUMBER OF INTERVALS**

Press the SELECT Keys to scroll and select a Number of "INTERVAL".

Then press the ENTER Key to confirm your selection.

### **5a) INTERVAL DISTANCE PROGRAM**

Press the SELECT Keys to scroll and select the Interval Distance in "METERS".

Then press the ENTER Key to confirm your selection.

### **5b) INTERVAL TIME PROGRAM**

Press the SELECT Keys to scroll and select a "INT TIME".

Then press the ENTER Key to confirm your selection.

### **6) REST TIME**

Press the SELECT Keys to scroll and select a "REST TIME".

Then press the ENTER Key to confirm your selection.

**NOTE:** To immediately start your workout press the START Key.

### **7) RESISTANCE LEVEL**

Press the SELECT Keys to scroll and select a Resistance "LEVEL".

Then press the ENTER Key to confirm your selection.

### **8) TARGET VALUES**

TARGET VALUES are optional.

To bypass all " TARGET VALUES" press and hold the ENTER Key.

To bypass an individual " TARGET VALUES" press the ENTER Key.

To select a " TARGET VALUES" press the ENTER Keys. Then press the ENTER Key to confirm your selection.

### **9) MAX ALARMS**

Maximum "ALARMS" are optional.

To bypass all " ALARMS " press the START Key.

To bypass an individual " ALARMS " press the ENTER Key.

To select a Maximum "ALARMS" press the SELECT Keys.

Then press the ENTER Key to confirm your selection.

### **10) READY = START EXERCISE**

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

**NOTE:** During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

# COMPUTER INSTRUCTIONS

## **60% 75% 90% Heart Rate Control Programs** GUEST USER N/A

The % HEART RATE PROGRAMS are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance LEVELS accordingly.

All Heart Rate Programs require a heart rate signal via a compatible Chest Strap.

These three % HEART RATE PROGRAMS work in conjunction with your selected User and the User Data you have input, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the three % HEART RATE PROGRAMS.

**NOTE:** During your workout you cannot adjust your %HR or the Resistance LEVELS.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 60% and increase your heart rate % as your fitness improves.

**NOTE:** The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age**.

### **1) HRC PROGRAM**

From the Main Menu, press the SELECT Keys to scroll and select the "HRC" Program.

Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

### **2) USER SELECT**

Press the SELECT Keys to scroll and select one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").

Then press the ENTER Key to confirm your selection.

**NOTE:** User Data is required hence you can NOT select "Guest User".

### **3) 60% 75% 90% HEART RATE PROGRAM**

Press the SELECT Keys to scroll and select either "60% HRC" or "75% HRC" or "90% HRC".

The computer will automatically show your % Heart Rate calculation.

Then press the ENTER Key to confirm your selection.

**NOTE:** To immediately start your workout press the START Key.

### **4) TARGET VALUES.**

TARGET VALUES are optional.

To bypass all " TARGET VALUES" press and hold the ENTER Key.

To bypass an individual " TARGET VALUES" press the ENTER Key.

To select a " TARGET VALUES" press the SELECT Keys. Then press the ENTER Keys to confirm your selection.

### **5) MAX ALARMS**

Maximum " ALARMS" are optional.

To bypass all " ALARMS" press the START Key.

To bypass an individual " ALARMS" press the ENTER Key.

To select a Maximum " ALARMS" press the SELECT Key.

Then press the ENTER Keys to confirm your selection.

### **6) READY = START EXERCISE**

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

**NOTE:** During your workout you cannot adjust the Resistance LEVELS.

**NOTE:** During your workout you can press the DISPLAY Key to change the "Pacer Bar Graph Display" to "Profile Bar Graph Display".

## **THR ~ Target Heart Rate Program** GUEST USER APPLICABLE

The TARGET HEART RATE PROGRAM is designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance LEVELS accordingly. During your workout you can adjust your Target Heart Rate value by pressing the SELECT Keys.

**NOTE:** During your workout you cannot adjust the Resistance LEVELS.

All Heart Rate Programs require a heart rate signal via a compatible Chest Strap.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 60% and increase your heart rate % as your fitness improves.

**NOTE:** The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age**.

THR CONTROL VALUE CHOICE : 30~220 bpm (in 1 bpm steps).

### **1) HRC PROGRAM**

From the Main Menu, press the SELECT Keys to scroll and select the "HRC" Program.

Then press the ENTER key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

### **2) USER SELECT**

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").

Then press the ENTER key to confirm your selection.

### **3) THR PROGRAM**

Press the SELECT Keys to scroll and select the "THR" Program.

Then press the ENTER key to confirm your selection.

### **4) THR CONTROL VALUE**

Press the SELECT Keys to scroll and select a Target Rate "CONTROL" Value.

Then press the ENTER key to confirm your selection.

### **5) TARGET VALUES**

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key.

To bypass an individual "TARGET VALUES" press the ENTER Key.

To select a "TARGET VALUES" press the SELECT Key. Then press the ENTER Key to confirm your selection.

### **6) MAX ALARMS**

Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key.

To bypass an individual "ALARM" press the ENTER Key.

To select a Maximum "ALARM" press the SELECT Key.

Then press the ENTER Key to confirm your selection.

### **7) READY=START EXERCISE**

When you have reached the end of the select process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

**NOTE:** During your workout you can adjust your Target Heart Rate value by pressing the SELECT Keys.

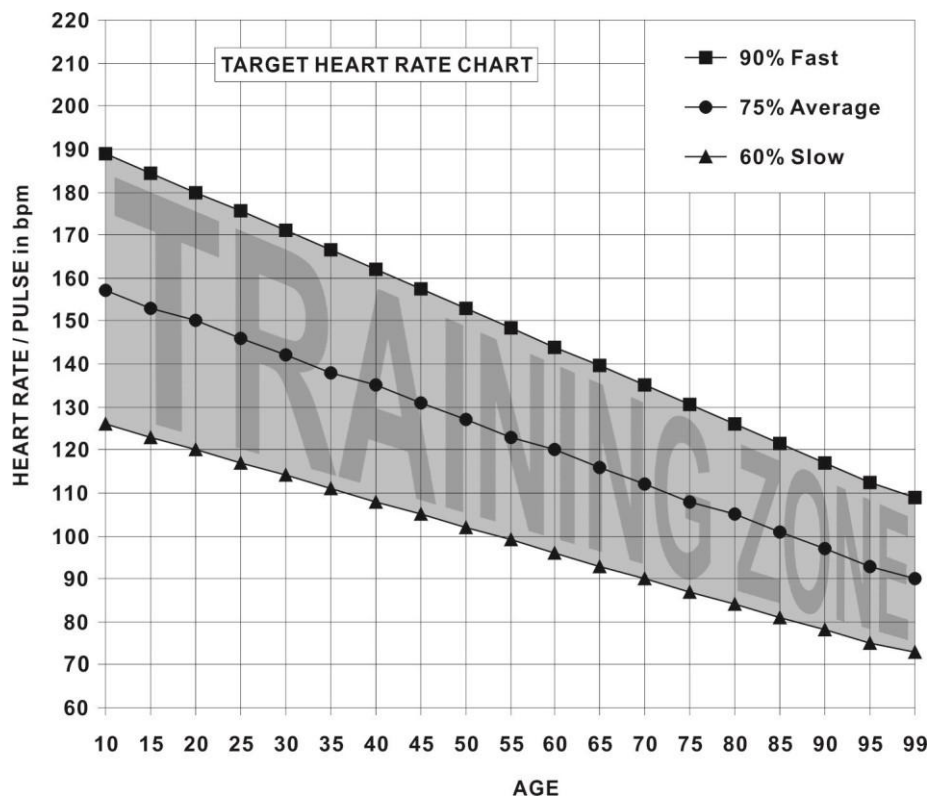
**NOTE:** During your workout you can press the DISPLAY Key to change the "Pacer Bar Graph Display" to "Profile Bar Graph Display".

# COMPUTER INSTRUCTIONS

## Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your THR at 60%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 60% THR and increase your THR% as your fitness improves.

TARGET HEART RATE FORMULA:  $220 - \text{AGE} \times \text{THR}\%$  (e.g.  $220 - 30 \text{ years old} \times 60\% = \text{THR } 114$ )



## Watts Program

The WATTS PROGRAM is designed to keep your watt output at a constant level you have selected. Every 10 x seconds the computer will check your Watts output against what you have selected and will automatically adjust the Resistance LEVELS accordingly. During your workout you can adjust the Watts Value by pressing the SELECT Keys.

NOTE: During your workout you cannot adjust the Resistance LEVELS.

WATT CONTROL VALUE CHOICE: 10~995 Watts (in 5 watt steps).

### 1) WATTS PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "WATTS" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

### 2) USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4"). Then press the ENTER Key to confirm your selection.

### 3) WATTS CONTROL VALUE

Press the SELECT Keys to scroll and select a Watts "CONTROL" Value. Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

### 4) TARGET VALUES

TARGET VALUES are optional. To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

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### 5) MAX ALARMS

Maximum "ALARMS" are optional. To bypass all "ALARMS" press the START Key. To bypass an individual "ALARM" press the ENTER Key. To select a Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

### 6) READY = START EXERCISE

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

NOTE: During your workout you can adjust the Watts Value by pressing the SELECT Keys.

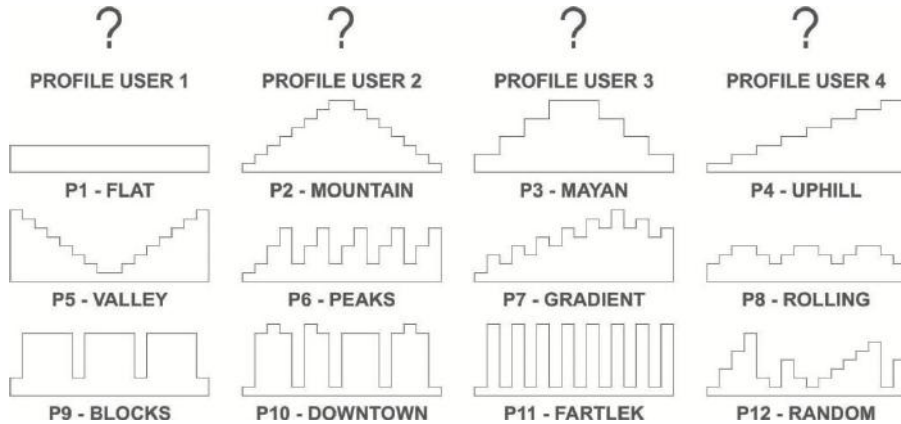
NOTE: During your workout you can press the DISPLAY Key to change the "Pacer Bar Graph Display" to "Profile Bar Graph Display".

# COMPUTER INSTRUCTION

## Profiles Programs

The compute will automatically adjust the Resistance LEVEL according to the PROFILE PROGRAM you select. During your workout you can adjust the RESISTANCE LEVELS by pressing the SELECT Keys.

There are 16 x PROFILE PROGRAMS to choose from as shown in the diagrams



### FARTLEK

Is Swedish for Speed Play, it's an athletic training technique developed in the 1930's in which periods of intense effort alternate with periods of less strenuous effort in a continuous workout.

### RANDOM

Before you press the ENTER Key to confirm your "RANDOM Profile" selection, the computer will automatically change the "RANDOM Profile" every 3x seconds.

### 1) **PROFILES PROGRAM**

From the Main Menu, press the SELECT Keys to scroll and select the "PROFILES" Program. Then press the ENTER Key to confirm your selection.

**NOTE:** To return to the Main Menu press the MENU Key.

### 2) **USER SELECT**

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").

### 3) **PROFILE SELECTION**

Press the SELECT Keys to scroll and select a "PROFILE".

### 4) **PROFILE ADJUSTMENT**

Press the SELECT Keys to Adjust the Profile up or down. Then press the ENTER Key to confirm your selection.

**NOTE:** To immediately start your workout press the START Key.

### 5) **RESISTANCE LEVEL**

Press the SELECT Keys to scroll and a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

### 6) **TARGET VALUES**

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key.

To bypass an individual "TARGET VALUES" press the ENTER Key.

To select a "TARGET VALUES" press the SELECT Keys.

Then press the ENTER Key to confirm your selection.

### 7) **MAX ALARMS**

Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the ENTER Key.

To bypass an individual "ALARMS" press the ENTER Key.

To select a Maximum "ALARMS" press the SELECT Keys.

Then press the ENTER Key to confirm your selection.

### 8) **READY = START EXERCISE**

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start exercising before it begins the workout.

**NOTE:** During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

**NOTE:** During your workout you can press the DISPLAY Key to change the "Pacer Bar Graph Display" to "Profile Bar Graph Display".

# COMPUTER INSTRUCTION

## Fitness Test

A five minute Fitness Test based on your heart rate recovery. You must provide the computer with a heart rate signal via a compatible Chest Strap. Exercise as fast as you can for five minutes to get your heart rate to maximum. Then the computer will test heart rate recovery for one minute.

### FITNESS TEST RESULTS

SUPERFIT	----	SUPER FIT	-----	90~100
EXTR FIT	----	EXTREMELY FIT	-----	80~89
VERY FIT	----	VERY FIT	-----	70~79
GOOD	-----	GOOD FITNESS	-----	60~69
AVERAGE	-----	AVERAGE FITNESS	-----	50~59
FAIR	-----	FAIR FITNESS	-----	40~49
POOR	-----	POOR FITNESS	-----	30~39
UNFIT	-----	UNFIT	-----	20~29
BAD	-----	VERY UNFIT	-----	10~19
VERY BAD	---	EXTREMELY UNFIT	----	0~9

### 1) FITNESS TEST PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "FIT TEST" Program. Then press the ENTER Key to confirm your selection.

**NOTE:** To return to the Main Menu press the MENU Key.

### 2) START EXERCISE

Remember to STOP exercising immediately after the five minutes are up.

**NOTE:** During your workout you can NOT adjust the Resistance LEVELS as the computer FIT TEST Program will be constantly changing the Resistance LEVELS automatically.

## User Data CREATE A NEW USER and INPUT USER DATA

The computer can store four sets of personal USER DATA. This store information will be used in conjunction with the Percentage Heart Rate Programs, and to more accurately calculate your Calorie expenditure and compute your "End of Workout Display" which includes your BMI, BMR and TDEE.

BMI= Body Mass Index

BMR= Basal Metabolic Rate

TDEE= Total Daily Energy Expenditure

The computer will also memorize your selections for every program to aid in the selection process.

**REMEMBER:** It's important to keep your USER DATA up-to-date otherwise the computer will give you false reading, such as Heart Rate Percentage, expended Calories BMI BMR TDEE.

**NOTE:** Guest User. The computer will not memorize any input Guest User selections.

## USER DATA INPUT

**NAME** 8x Alphanumeric Digits available. **NOTE:** Press and hold the ENTER Key to bypass.

**SEX-GENDER** Male or Female.

**AGE** in years only

**HEIGHT** in Centimeters or Feet and Inches (to convert see "Measurement Selection").

**WEIGHT** in Kilograms or Pounds (to convert see "Measurement Selection").

**ACTIVE FACTOR** How active you are affects your metabolism which affects how many calories you burn while exercising. Your ACTIVE FACTOR will adjust the computers Calorie calculations and your TDEE Total Daily Energy Expenditure.

0x per Week= SEDENTARY: desk job with little or no daily exercise

2x per Week= LIGHT ACTIVE: light exercise 1~3 days a week

4x per Week= MODERATELY ACTIVE: moderate exercise 3~5 days a week

7x per Week= VERY ACTIVE: hard exercise 6~7 days a week

9+ per Week= EXTREMELY ACTIVE: extremely active all day every day or athlete marathon fitness level

### 1) USER DATA

From the Main Menu, press the SELECT Keys to scroll and select "USER DATA". Then press the ENTER Key to confirm your selection.

**NOTE:** To return to the Main Menu press the MENU Key.

### 2) SELECT USER

Press the SELECT Keys to scroll and select "NEW USER" or one 4x possible existing Users. Then press the ENTER Key to confirm your selection.

### 3) NAME

Press the SELECT Keys to scroll and select a "ALPHANUMERIC LETTER or DIGIT". Then press ENTER Key to confirm your selection. Repeat this process until your NAME is complete. Then press and hold the ENTER Key to bypass all remaining selections / jump to the next stage.

### 4) SEX-GENDER

Press the SELECT Keys to scroll and select your "SEX". Then press the ENTER Key to confirm your selection.

### 5) AGE

Press the SELECT Keys to scroll and select your "AGE" in years only. Then press the ENTER Key to confirm your selection.

### 6) HEIGHT (in cm or inches ~ see Measurement Selection)

Press the SELECT Keys to scroll and select your "HEIGHT". Then press the ENTER Key to confirm your selection.

### 7) WEIGHT (in kg or lbs. ~ see Measurement Selection)

Press the SELECT Keys to scroll and select your "WEIGHT". Then press the ENTER Key to confirm your selection.

### 8) ACTIVE FACTOR

Press the SELECT Keys to scroll and select your "ACTIVE" Factor. Then press the ENTER Key to confirm your selection.

## **COMPUTER INSTRUCTION**

### **User Profile CREATE YOUR OWN PROFILE**

As there 4x possible User and each User can design their own Custom Profile Program makes a total of 4x USER PROFILES. All Profiles use the Bar Graph Display being 8x Rows High = 16x Resistance Level and 16x Columns Long = 16x Time Intervals. These USER PROFILE Programs are extremely useful as they allow you to custom design a Profile Program to your liking giving your workouts endless variety, which will help you to keep motivated.

During your workout the computer will automatically adjust the Resistance LEVELS according to the PROFILE you design and you can also adjust the Resistance LEVELS with the SELECT Keys.

#### **1) USER PROFILE**

From the Main Menu, press the SELECT Keys to scroll and select" USER PRO".

Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

#### **2) SELECT UESR PROFILE**

Press the SELECT Keys to scroll and select one of 4x possible existing User Profiles.

Then press the ENTER Key to confirm your selection.

NOTE: If there are no User Profiles shown then go to User Data to create a User.

#### **3) PROFILE CREATION**

Press the SELECT Keys to scroll and select a "Resistance LEVEL". Then press the ENTER Key to confirm your selection. Repeat this process until your PROFILE is complete.

NOTE: To bypass all the remaining columns, press and hold the ENTER Key. This is extremely useful when making small adjustments to your custom PROFILE.

### **User Delete DELETE AN EXISTING USER**

We have made it simple to Delete an existing User.

#### **1) USER DELETE**

From the Main Menu, press the SELECT Keys to scroll and select "USER DEL".

Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

#### **2) SELECT USER**

Press the SLECT Key to scroll and select one of 4x possible existing Users.

Then press the ENTER Key to confirm your selection.

#### **3) VERIFY DELETION**

Press the ENTER Key again to reconfirm Deletion.



# COMPUTER INSTRUCTION

## Recovery Program **ACTIVATE BY PRESSING THE RECOVERY KEY**

The RECOVERY PROGRAM is an excellent cardiovascular fitness level indicator.

Especially useful if you are in the process of improving your cardiovascular fitness level.

The RECOVERY PROGRAM will evaluate your cardiovascular fitness level by measuring how quickly your heart rate recovers over a period of one minute immediately at the end of your workout.

For the entire sixty second countdown it is essential that you provide the computer with a heart rate signal via a compatible Chest Strap. Then the computer will display your cardiovascular fitness recovery score from 0~100.

FITNESS TEST RESULTS		
SUPERFIT-----SUPER FIT-----	90~100	
EXTR FIT-----EXTREMELY FIT-----	80~89	
VERY FIT-----VERY FIT-----	70~79	
GOOD-----GOOD FITNESS-----	60~69	
AVERAGE-----AVERAGE FITNESS-----	50~59	
FAIR-----FAIR FITNESS-----	40~49	
POOR-----POOR FITNESS-----	30~39	
UNFIT-----UNFIT-----	20~29	
BAD-----VERY UNFIT-----	10~19	
VERY BAD---EXTREMELY UNFIT----	0~9	

### 1) **ACTIVATE THE RECOVERY PROGRAM**

Immediately at the end of your workout press the "RECOVERY Key".

### 2) **RETURN TO THE MAIN MENU**

To return to the "MAIN MENU" press the MENU Key.

## Fasting

Although fasting been practiced for thousands of years, the question is still a subject of intense medical debate. If you weed through all the controversy, you'll find that most medical experts agree that fasting is not a healthy weight loss tool. Some say it can actually make weight problems worse. Fasting slows your metabolic rate down so your normal diet from before the fast is more fattening after you fast. Even worse for dieters is that fasting for weight loss distracts people from the real message of how to lose weight: lower fat intake, eat five fruit and vegetables a day, drink water and stop drinking other liquids, exercise 20 minutes a day, and get more sleep.

**CONS:** Fasting skeptics say that there is no scientific evidence it will detox the body. The issue of fasting to cleanse the body has no biological basis because the body is already good at detoxifying itself.

**PROS:** Fasting advocates say that the human body is evolutionary designed to fast. Fasting allows the body to rest, detoxify, and to heal. When you go without eating for more than a day or two, the body enters into ketosis. Ketosis occurs when the body runs out of carbohydrates to burn for energy, so it burns fat, and the fat is where the body stores many of the toxins it absorbs from the environment. This includes bacteria, viruses, fibroid tumors, waste products in the blood, any build up around the joints, and stored fat. It is an incredibly safe approach to healing and the body knows how to do it very well.

**SAFETY WARNING MESSAGE:** Experts caution that certain people should not fast, including: pregnant women, people with wasting diseases or malnutrition, those with a history of cardiac arrhythmias, people with hepatic or renal insufficiency, and anyone who fasts for extended periods should do so only under close medical supervision.

**LIVE LONGER:** Studies on animals have shown that alternating cycles of fasting and very calorie-restricted diets is a reliable way to extend the life span. Excess calories consumption will shorten your life. If you want to live longer, the best advice is to "eat healthy and fast periodically."

**CONCLUSION:** Every expert agrees that eating healthy, reducing your Calorie intake and of exercise will make for a happier, healthier and most likely longer life.

## End of Workout Display **END-AVERAGE-BMI-BODY FAT %-BMR-TDEE**

At the end of your workout the computer will display the following using your Workout Data and input User Data.

**END:** Your workout Totals.

**AVERAGE:** Your workout Averages.

**BMI:** BODY MASS INDEX is one of the most accurate ways to determine when extra weight translates into a health risk.

Number	Classification	Risk
Below 18	Underweight	Low Risk
19-25	Normal	Average Risk
26-30	Overweight	High Risk
30 and above	Excess Weight	Extreme Risk

**BODY FAT %:** Your estimated body fat percentage for your reference only.

Classification	Women(% fat)	Men(% fat)
Essential	10-13%	2-4%
Extremely Low	14-20%	6-13%
Low	21-24%	14-17%
Average	25-31%	18-25%
Obese	32% plus	26% plus

**BMR:** Your **BASAL METABOLIC RATE** is the minimum Calories required to sustain life in a resting individual. It can be looked at as being the amount of energy (measured in Calories / kcal) expended by the body to remain in bed asleep all day.

**TDEE:** Your **TOTAL DAILY ENERGY EXPENDITURE** is an estimate of your daily Calorie requirements. If you are trying to lose weight then your TDEE is an excellent maximum Calorie guide.

**LOSE WEIGHT CALORIE CALCULATION:** If you count the Calories of the food you consume each day, subtract your TDEE, the end result will be an approximate check whether you are losing or gaining weight. If you are trying to lose weight then you must reduce your Calorie intake. However, reducing your Calorie intake too fast and too much will upset your metabolism and may result in an overall weight gain adjust and never reduce your daily Calorie intake below your BMR (excluding healthy fasting).

We suggest that to lose weight at a moderate level you adjust your Calorie intake to halfway between your BMI and your TDEE.

**TDEE+BMI / 2 = WEIGHT LOSS**

## COMPUTER INSTRUCTION

### Target Values TIME – METERS – STROKES – CALORIES

TIME – METERS – STROKES – CALORIES Target Values are optional. If you do not select any of these optional Target Values then the computer will count from zero upwards. If you select one or more of these optional Target Values then the computer will countdown from your selection.

The computer will stop your workout and sound an alarm for once the FIRST Target Value has been achieved.

TIME 5:00 ~ 99:00 minutes (in 1 x minute steps)

METERS 100 ~ 9,900 Meters (in 100 x Meter steps)

STROKES 10 ~ 9,900 Strokes (in 10x Stroke steps)

CALORIES 10 ~ 9,900 Calories (in 10 x Calorie steps)

TARGET VALUES ~ HOW TOO

TARGET VALUES are optional.

To bypass all “TARGET VALUES” press and hold the ENTER Key.

To bypass an individual “TARGET VALUE” press the ENTER Key.

To select a “TARGET VALUE” press the SELECT Keys. Then press the ENTER Key to confirm your selection.

### Max Alarms PULSE – SPM – TIME/50M – WATTS

Maximum Alarms are optional. Maximum Alarms are a helpful tool if used wisely. We strongly suggest that only one or two alarms be used at any one time.

When an Alarm is triggered the computer will sound an audio Alarm as well as a visual indicator to notify you which of the four Alarms (i.e. PULSE or SPM or TIME/500M or WATTS) has been triggered.

PULSE 30 ~ 220 bpm (in 1x bpm steps)

SPM 15 ~ 60 SPM (in 1x SPM steps)

TIME/500M 01:00 ~ 9:55 minutes and second (in 5x second steps)

WATTS 10 ~ 995 Watts (in 5x Watt steps)

ALARMS ~ HOW TOO

Maximum “ALARMS” are optional.

To bypass all “ALARMS” press the START Key.

To bypass an individual Maximum “ALARM” press the ENTER Key.

To select a Maximum “ALARM” press the SELECT Keys. Then press the ENTER Key to confirm your selection.

### Measurement Selection METRIC or IMPERIAL

For User Data HEIGHT and WEIGHT input there is the choice between metric or imperial measurements.

HEIGHT in Centimeters or Inches

WEIGHT in Kilograms or Pounds

MEASUREMENT SELECTION ~ HOW TO

- 1) Press and hold both SELECT Keys for 3x seconds.
- 2) Press the SELECT Keys to scroll and select either “METRIC” or “IMPERIAL”.
- 3) Press the ENTER Key to confirm your selection.

### Default Values

The computer has been designed to assist the User when inputting data by having preset Default Values.

### Pacer Program

**RACER TIME/500M** 2:15 (1:00 ~ 9:55 minute and seconds in 5x second steps)

**TIME** 20:00 minutes (5:00 ~ 99:00 minutes in 1x minute steps)

**METERS** 5000 Meters (100 ~ 9,900 Meters in 100x Meter steps)

### Interval Program

**INTERVALS** 10 (2 ~ 99 in 1x interval steps)

**INTERVAL DISTANCE** 500 Meters (100 ~ 9,900 Meter steps)

**INTERVAL TIME** 1:00 minute (0:30 ~ 10:00 in 5x second steps)

**REST TIME** 30 seconds (0:30 ~ 10:00 in 5x second steps)

### THR (Target Heart Rate) Program

**THR(Target Heart Rate)** 140 bpm (30 ~ 220 bpm in 1x bpm steps)

### WATTS Program

**WATTS** 100 ( 10 ~ 995 in 5x Watt steps)

### User Data

**SEX** Female (Female or Male)

**AGE** 35 (10 ~ 99 in 1x year steps)

**METRIC HEIGHT** Female 163 cm or Male 178 cm (90 ~ 240 cm in 1x cm steps)

**METRIC WEIGHT** Female 60 kg or Male 86 kg (30 ~ 220 kg in 1x kg steps)

**IMPERIAL HEIGHT** Female 64 inches / 5'4" or Male 70 inches / 5'10" (36" ~ 96" / 3' ~ 8' in 1x inch steps)

**IMPERIAL WEIGHT** Female 135 lb or Male 190 lb (60 ~ 440 lb in 1x lb steps)

### ACTIVE FACTOR 2 x WEEK

- 1) 0x WEEK= Sedentary (little or no exercise, desk job)
- 2) 2x WEEK= Light active (light exercise/sports 1~3 days/wk)
- 3) 4x WEEK= Moderately active (moderate exercise/sports 3~5 days/wk)
- 4) 7x WEEK= Very active (hard exercise/sports 6~7 days/wk)
- 5) 9+ WEEK= Extremely active (hard daily exercise/sports & physical job or 2x days intense training/wk)

### Level Selection

**Resistance LEVEL** 6 (1 ~ 16 IN 1x LEVEL steps)

### Target Values

**TIME** 20:00 minutes (5:00 ~ 99:00 minutes in 1x minute steps)

**METERS** 5000 Meters (100 ~ 9,900 Meters in 100x Meter steps)

**STROKES** 300 strokes (10 ~ 9,900 strokes in 10x Stroke steps)

**CALORIES** 160 Calories (10 ~ 9,900 Calories in 10x Calorie steps)

### Max Alarms

**PULSE** 140 bpm (30 ~ 220 bpm in 1x bpm steps)

**SPM** 25 SPM (15 ~ 60 SPM in 1x SPM steps)

**TIME/500M** 2:15 (01:00 ~ 9:55 minutes and seconds in 5x second steps)

**WATTS** 100 (10 ~ 995 Watts in 5x Watt steps)

# COMPUTER INSTRUCTION

## Trouble Shooting Guide

**PROBLEM** NO PULSE or NO HEART RATE DETECTED

- SOLUTION**
- 1) If your skin is too dry then the Chest Strap's CONDUCTIVE PADS will NOT be able to detect the electrical impulses of your heartbeat. To improve contact, slight moisten the CONDUCTIVE PADS with water. For long events such as exercise competition we strongly suggest you use ECG Gel.
  - 2) Ensure you are wearing a compatible 5 kHz frequency Chest Strap.
  - 3) Replace the batteries in your Chest Strap, even if the Chest Strap is new.
  - 4) If you are using a 5 kHz frequency Chest Strap then Interference may be an issue. Move your Ski Trainer to a different location away from all electrical appliances and recheck the heart rate signal.
  - 5) Verify that your Chest Strap is working correctly. Check your Chest Strap on another exercise machine, perhaps a friend's exercise machine, or your place of purchase, or a local fitness shop or a local gym club.
  - 6) Contact your place of purchase to verify your Chest Straps compatibility. If that fails then contact the dealer who supplies the place of purchase.

**PROBLEM** LCD GHOSTING – PARTIAL LCD – SOFTWARE FAILURE - ETC

- SOLUTION**
- 1) Reset the computer. Press and hold the RESET Key.
  - 2) Reboot the computer. Disconnect the power for approximately 15 seconds.
  - 3) Reconnect all cable plug connections, refer to the assembly instructions.
  - 4) Request and fit a replacement computer.
  - 5) Request a Service Technician.

## Medical Safety Warning

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

## Warm-Up and Cool-Down

Remember to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury prevention measures.

### Official Guide

**WARM-UP:** 30 ~ 60 second of stretches then five minutes of light cardiovascular exercise.

**COOL-DOWN:** Five minutes of light cardiovascular exercise then five minutes of stretches.

### Unofficial Guide

**WARM-UP:** 30 ~ 60 second of Hamstring and Calf stretches, then start your workout but for the first few minutes go slowly.

**COOL-DOWN:** The first few minutes of your workout go slowly, followed by 30 ~ 60 second of Hamstring and Calf stretches.

## Training Tips

**CLOTHING:** Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate.

**SHOES:** 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.

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

## FAQ FREQUENTLY ASKED QUESTIONS

**Q: CHEST STRAP** ~ Will my OLD Chest Strap work with this ASK Ski Trainer?

**A:** 5 kHz Chest Strap= MOSTLIKELY~ Providing your computer is 5kHz compatible.

See **Frequency**.

**A:** DIGITAL Chest Strap=NO ~ Digital Chest Strap (normally accompanied with a Heart Rate Watch) will not successfully communicate with this computers Heart Rate Receiver due to incompatible bandwidth or incompatible digital code.

**Q:** How does the computer detect and calculate DISTANCE (i.e. METERS) and SPEED (i.e. TIME/500M)?

**A:**  $\frac{\text{DISTANCE}}{\text{TIME}} = \text{SPEED}$  ~ This ASK Ski Trainer has 2x SENSORS mounted on

the Strap Drum.

1x "A" SENSOR and 1x "B" SENSOR. This way the computer can tell if the Strap Drum is going forwards(i.e. the pull of the stroke) or going backwards(i.e. the release of the stroke).The computer measures how many revolutions per stroke, combined with a Resistance LEVEL factor (i.e. the higher the resistance level the more meters traveled)=Distance. Combined with the Time each stroke took and using the standard formula of Distance over Time the computer can calculate Speed.

**Q:** How does the computer calculate WATTS?

**A: watt Calculation:** This computers WATTS display values have been calibrated according to the EN957 European Standards. This exercise machine was tested by an approved testing laboratory using a Dynamometer which measures the precise torque/power/WATT value for all Resistance LEVELS at various speeds. Then the computer is programmed with this information and must pass a final test within  $\pm 10\%$  accuracy.

**NOTE:** This computer displays "Present Watts Generated" only and NOT "Accumulated Generated Watts".

**Watt Definition:** a watt is the rate at which energy is expended. Watt is used both in mechanics and in electricity, so it links the mechanical and electrical units to one another. One watt is "equal to a power rate of one joule of work per second of time".

**Q:** How does the computer calculate CALORIES?

**A: Kilocalorie Calculation:** The computer stores your watts generated over time and converts it into Kilocalories, then the computer alters the kilocalorie figure to better match the human body efficiently taking into account your input User Data "SEX-AGE-HEIGHT-WEIGHT-ACTIVE FACTOR".

**NOTE:** there are no international standards regulating Calorie accuracy of exercise equipment, the kilocalories displayed by this computer are an estimation only.

**Kilocalorie Definition:** A Kilocalorie is a unit of heat energy. One Kilocalorie is "the amount of heat required at a pressure of one atmosphere to raise the temperature of one kilogram of water by one degree Celsius". Not to get confused with calorie (cal) gram calorie or small calorie. One Kilocalorie equals 1000 small calories. A kilocalorie is often (but certainly not always!) distinguished from the small calorie by capitalizing its name and symbol. One kilocalorie per hour = 1.163 watt.

## **RECYCLE**

Help save the planet.

Please recycle this computer and ASK Ski Trainer after use

