

As with any training tool not all exercises will be suitable for everyone. Please consult your doctor before commencing any training program.

Please wear comfortable clothing and shoes with non-slip rubber soles

Before using please make sure the elastic bands are adequately and correctly fitted and parallel.

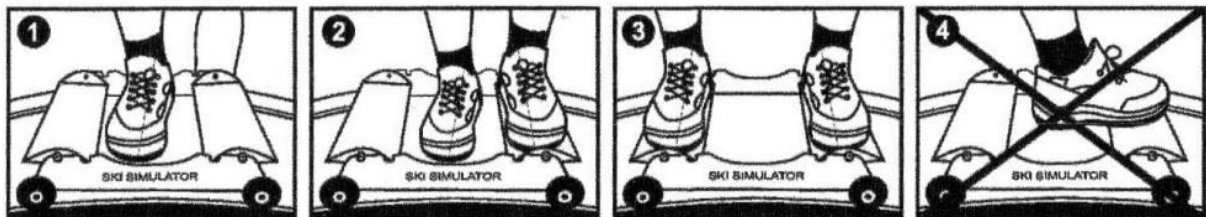


Ski simulator Cart has 2 foot pedals where you stand during the workout.

To mount the Pro Ski Simulator please place one foot on the middle of the cart between the two pedals, then place your other foot on one pedal, finally placing the first foot on the other pedal.

Make sure the cart has come to a complete stop before dismounting.

Increase the intensity of your workout by lowering your body



MAXIMUM WEIGHT LIMIT 120kg