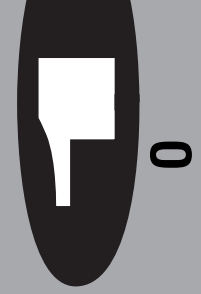


**Ski Machine  
Owner's Manual  
and Assembly  
Instructions**

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## Introduction

Congratulations on purchasing your new Mode One Ski Machine. Made of high quality materials and designed for years of reliable service, your ski machine will be an invaluable tool in helping you to achieve your exercise and fitness goals.

With its smooth foot pedal movement and efficient hand pulley system, the Mode One ski machine provides a quiet, comfortable workout, and simulates the feel of cross country skiing—one of the best all around aerobic conditioners and body strengthening exercises available.

As you work out, use the easy-to-reach resistance knob to increase or decrease your work load. The helpful information that appears on the electronic console, lets you follow your progress and keep your motivation level high.

Before using your new Mode One ski machine, we urge you to familiarize yourself with the entire Owner's Manual. Whether you're a beginner or exercise on ski machines regularly, understanding this manual will help you use the Mode One ski machine safely and successfully.

### Safety Guidelines

Please review and observe the following safety guidelines:

**CAUTION:** Before beginning any fitness program, you should have a complete physical examination by your physician.

- Read the Owner's Manual and follow all instructions.
- Assemble and operate the ski machine on a solid, level surface.
- Don't allow children on or near the ski machine. Never leave children unsupervised around the ski machine.

- Check the ski machine before each use. Do not use the ski machine if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.
- The weight limit for this ski machine is 250 pounds.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Don't wear shoes with heels or leather soles. Tie long hair back.
- Use care when getting on or off the ski machine. Hold onto the upright support to maintain your balance when getting on and off the unit since the foot pedals can move.
- Don't rock the unit.
- Don't use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Don't overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

## Assembling Your Ski Machine

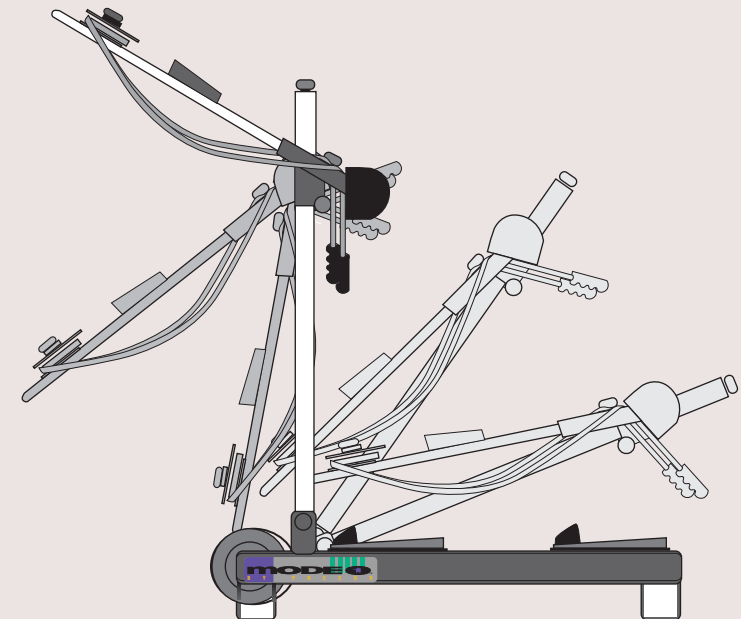
You don't need any special knowledge or experience to assemble the Mode One ski machine. However, it is important to carefully review and follow the instructions in this manual. If you don't assemble and use the Mode One ski machine according to the following guidelines, you could void the Precor warranty.

The following steps explain how to assemble your Mode One ski machine. It's important to read and familiarize yourself with the steps before assembling the equipment.

1. Slide the ski machine out of the shipping container and make sure that all packing materials are removed from the ski machine frame.
2. Place the ski machine on a level, flat surface.

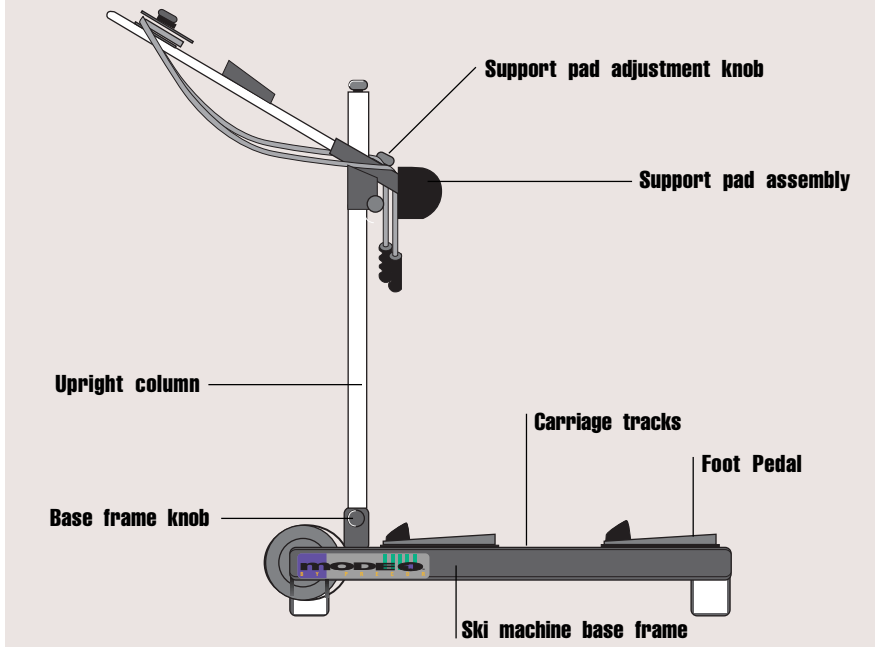
3. Unscrew and loosen the base frame knob so that you can swing the upright column into position as shown in Diagram 1. (\*\*\*) *What side will the locking knob be on?* Re-tighten the base frame knob so that the upright column is secured in place.
4. Cut the shipping tape from around the upright column and support pad assembly.
5. Loosen the support pad adjustment knob and slide the support pad assembly up along the upright column until it stops. Securely tighten the support pad adjustment knob so that the support pad assembly does not slip.

Diagram 1  
Assembling the ski machine (this illustration is preliminary)



## Exercising on Your Ski Machine

**Diagram 2**  
The Mode One Ski Machine (preliminary illustration)



6. Rotate the support pad assembly into position as shown in Diagram 2. Lock it in place by tightening the \*\*\* knob.
7. Remove the shipping tape from around the ribbon cable connector at the base of the ski machine and attach the cable connector to its corresponding receptacle.

**Note:** The connecting cables engage in one direction only. Don't force the connection, it should easily snap in place.

Your Mode One ski machine is assembled and ready to use.

With very little time or practice, you can learn how to use the Mode One Ski machine effectively. This section provides the basic information you need for exercising on your ski machine.

### Electronic Console

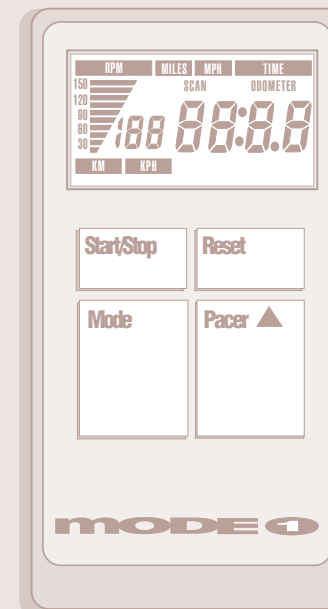
The electronic console provides motivating feedback about your workout to help you monitor your progress. Features on the console include seven information displays that appear on the screen (TIME, MPH, MILES, RPM, SCAN, PACER, and ODOMETER) and four keys (Start/Stop, Mode, Pacer, and Reset).

The console's convenient "hands free" function lets you start and end a workout without touching the keypad. Simply start the kick and glide and upper body movements on the ski machine to begin your workout. The console automatically turns on and begins displaying information about your workout.

In most cases, the console is set to SCAN, so the screen will alternate every five seconds between TIME, MPH, and MILES. To select a specific display, such as TIME or ODOMETER, press the Mode key until the information from the desired display appears on the screen.

Diagram 3 shows an example of the electronic console. For a quick overview of the various displays and keys on the console, see Table 1.

**Diagram 3**  
Electronic console



**Table 1**  
Keys and indicators on the electronic console

Displays	
TIME-shows total time up to 59 minutes and 59 seconds	SCAN-alternates between TIME, MPH, and MILES every 5 seconds
RPM-shows revolutions per minute up to 199	PACER-shows RPM to 150 RPM to provide motivation
MPH-shows miles per hour up to 999.9	ODOMETER-gives total accumulated "mileage" up to 999.9
MILES-shows total miles up to 999.9	
Keypads	
START/STOP-optional way to stop or start a workout	PACER-press to set a pace tempo
MODE-press to select a specific display	RESET-press to reset displays to 0

5. Adjust the support pad so that the lower portion of the pad is parallel to your pelvis, but doesn't interfere with the movement of your thighs.

To raise or lower the support pad:

- a. Straddle the carriage track facing toward the front of the ski machine.
- b. Loosen the support pad adjustment knob (see Diagram 1) a few turns and slide the support pad into an area about 8 inches above your pelvis.
- c. Once the support pad is in an appropriate position, tighten the support pad adjustment knob.
- d. Hold onto the upright support assembly and step into the foot pads. If you need to adjust the support pad, step off the ski machine and re-adjust the support pad by following steps 5a through 5d until the support pad is in the appropriate position.

6. Until you become familiar with the kick and glide motion, grasp the upright support bar that supports the pulley system with both hands.

7. Begin moving with a full walking stride. Place all your weight on one foot and push/kick back. Use short strokes at first and shift your weight from one foot to the other. Slide one foot forward while pushing/kicking the opposite foot back.

8. Continue the kick and glide motions until you have no hesitation between strides.

9. Next, coordinate the upper and lower body movements. Simply keep the legs moving, then add the arms, making sure that the right arm goes forward when the left leg goes forward.

**Note:** Whenever you start exercising on the ski machine, always start with your legs in motion, then add your arms, coordinating the arms with the movement of the legs.

10. Once you have mastered the kick and glide motions, start your workout by pressing the Start/Stop key.

**Note:** Use the support pad for balance and support as needed during your workout. Leaning on the pad while exercising is not necessary and may hamper your movements.

11. When you are through exercising, press the Start/Stop key to freeze your workout statistics. Continue with a cool-down for 3 to 5 minutes by gradually reducing your activity level.

12. To end your workout, simply stop the upper and lower body motions, review your workout statistics, and step off the ski machine.

**Note:** You can press the Reset key to return the information that appears on the display to zero. Five minutes after you stop exercising, the display clears and appears blank.

For best results vary your workouts by changing duration, intensity, and type of work (such as interval training). Keeping track of your workouts helps you monitor your progress toward your fitness goals and plan interesting and challenging workouts.

#### Changing Resistance

Anytime during a workout session, you can adjust the gliding motion of the foot pads by turning the tension adjustment knob located at the top of the upright column. Adjustment to the rope tension is accomplished by turning the T-knob located beneath the pulley system on the upright support.

- To increase resistance, turn the tension adjustment knob clockwise.
- To decrease resistance, turn the tension adjustment knob counterclockwise.

#### Setting a Pacer

Setting a pace tempo provides motivation and helps you to maintain your exercise intensity. To set a tempo, press Pacer until the bar graph indicates the desired RPM. The pacer stops blinking when you move at the same speed as the pacer.

#### Pausing Your Workout

The ski machine has an automatic pause feature that lets you interrupt your workout (for instance, to answer a telephone or to take a rest). To pause your workout, simply stop moving the foot pads. When you resume your workout, the electronics will continue counting from the point you left off, giving an accurate readout of your total workout time.

#### Ending a Workout

To end your workout, stop your kick and glide movements and step off the ski machine. You can also press the Start/Stop key. In either case, the displays on the console freeze, allowing you to review your workout statistics.

You can then do one of two things: either press the Reset key to return the displays to zero or let them stand, which lets you track total exercise time and miles over several exercise sessions. The electronics count TIME and MILES cumulatively, so if you don't press Reset, the electronics will continue counting from the point you left off.

Don't worry about turning off the console when you finish your workout. Five minutes after you stop exercising, the console's screen-saver function turns off the screen.

#### How to Use the Ski machine

To exercise on the ski machine, follow these steps:

1. Set the arm tension to the lowest setting by turning the T-knob, located beneath the rope pulley mechanism, counterclockwise. Once you become familiar with the ski machine, you can increase the arm tension by turning the T-knob clockwise.
2. To become familiar with the upper body motion, stand on the floor behind the upright column, face forward, and straddle the carriage tracks.
3. Grab a rope grip in each hand and swing your arms so that constant tension is maintained on the arm swinging down. Swing arms along your sides, extending the forward arm as far as is comfortable. Once the upper body motion is comfortable, continue to the next series of steps to learn the lower body movements.
4. Set the flywheel resistance at its lowest setting by turning the tension adjustment knob located on top of the upright column counterclockwise till it stops. This provides the maximum kick and glide with the least resistance. Once you become familiar with the kick and glide motion, and wish to increase the resistance for a harder workout, turn the tension adjustment knob clockwise a portion at a time.

## Maintaining Your Ski Machine

### Maintaining Your Ski Machine

The Mode One Ski Machine requires little maintenance aside from cleaning the ski machine and changing the batteries. You might also want to change how the ski machine measures distance and speed, whether in miles and miles per hour (MPH) or kilometers and kilometers per hour (KPH). All of these procedures are covered in this section.

#### Cleaning the Ski machine

Clean the ski machine periodically with mild soap and water or a general household cleaner. Wipe the surface of the electronic console with a damp sponge or soft cloth. Dry with a clean towel. Never pour or spray liquids on the electronic console.

#### Changing the Batteries

The Mode One Recumbent Ski machine comes with two "AA" alkaline batteries installed. When your electronic console no longer shows a digital readout or the count becomes erratic, you need to change the batteries.

Follow these steps:

1. Using a screwdriver, remove the two screws that hold the electronic console to the ski machine. You will find a screw on each side of the console.
2. Locate the battery holder underneath the console and replace the old batteries with two new "AA" alkaline batteries. The entire display lights up momentarily, the console beeps twice, and "002" appears on the display.
3. Replace the electronic console on the ski machine, tightening the two screws firmly.
4. Press the Mode key once. "001" appears on the display.

5. Continue pressing Mode until "325" appears on the display.

**Note:** If you happen to press the Mode key too many times, don't worry. You can scroll through all the options on the display by pressing Mode repeatedly. To back up one option, press Start/Stop.

6. Press Pacer to specify how you want speed and distance measured. This key alternates the readout between miles/MPH and kilometers/KPH.
7. When the desired measurement is shown on the screen, press Reset. The ski machine is now ready to use.

#### Selecting Miles/MPH or Kilometers/KPH

The Mode One ski machine allows you to specify how you want your distance and speed measured. To change the current setting, follow these steps:

1. Simultaneously, press Pacer and Start/Stop. Hold the keys for 4 seconds until the console beeps twice.
2. Press Mode repeatedly until "325" appears on the display.
3. Press Pacer until you see the measurement you want displayed on the screen: either miles/MPH or kilometers/KPH.
4. Press Reset. The ski machine is now ready to use.

#### Getting Service

Don't attempt to service the Mode One ski machine yourself except for the maintenance tasks described in this manual. Contact your authorized Mode One dealer if your ski machine needs service. To locate the dealer nearest you, call 1-800-477-3267.