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HORIZON FITNESS AIR SKI TRAINER

Develop your strength and endurance with the Horizon Ski Trainer. Designed to simulate the movement of cross-country skiing, this low-impact machine gives you a full-body workout all in the comfort of your home or commercial gym. The innovative flywheel technology allows you to adjust the airflow quickly and change the feel of the pull to suit your workout.

FULL-BODY WORKOUT

Improve your cardio fitness while working a range of muscle groups in your upper & lower body. The Horizon Ski-Trainer will also help to develop your flexibility, coordination and core strength.

9 AIRFLOW ADJUST SEGMENTS

The Horizon Ski Trainer gives you full control over your workout intensity WITH 9 adjustable resistance levels. Resistance response is relative to your stroke movement. The harder you pull, the harder the resistance is. As the flywheel spins faster, the air resistance increases.

SMOOTH FLYWHEEL

Rotate the dial on the spiral damper to adjust the flywheel airflow to suit your preference.

The Horizon Ski Trainer includes an air dampener which controls the volume of air moved by the vanes of the rotating flywheel. Therefore a larger vent opening results in a higher resistance, and a smaller vent opening results in a lower resistance.

ELITE PERFORMANCE MONITOR

Horizon Ski Trainer includes the Elite Performance Monitor with blue backlit display screen. Accurately keep track of your strokes per minute, time, distance, cycle, heart rate (heart rate strap not included), calories and watts.

SOLID AND LIGHT-WEIGHT

The Horizon Ski Trainer frame is both stable and light-weight, while the high-strength drive cords provide a smooth and natural experience. The trainer also comes equipped with a holder for your phone, so you can be entertained while you train.

COMMERCIAL GRADE

The easy to maintain, Horizon Ski Trainer was built with quality materials to handle frequent, high-intensity usage. Suitable for high-performance training centres, commercial gyms, sporting clubs, fitness centres or in your home/garage gym.

*Specifications subject to change without notice



FEATURES

RESISTANCE SYSTEM	Air
RESISTANCE LEVELS	9 Adjustable settings
PLATFORM	Deluxe commercial grade with textured finish for stability; included
TENSION CORDS	High quality anti frey
TRANSPORT WHEELS	2 Intergrated wheels
HANDLE GRIPS	Moulded heavy duty
HEART RATE	Wireless receiver (heart rate strap not included)
ASSEMBLED DIMENSIONS	(W) 59cm x (H) 214cm x (D) 120cm
PRODUCT WEIGHT	37kg
USER WEIGHT CAPACITY	200kg

CONSOLE

CONSOLE	Adjustable
WORKOUT FEEDBACK	Strokes per minute, Time, Distance, Cycle, Heart Rate, Calories, Watts