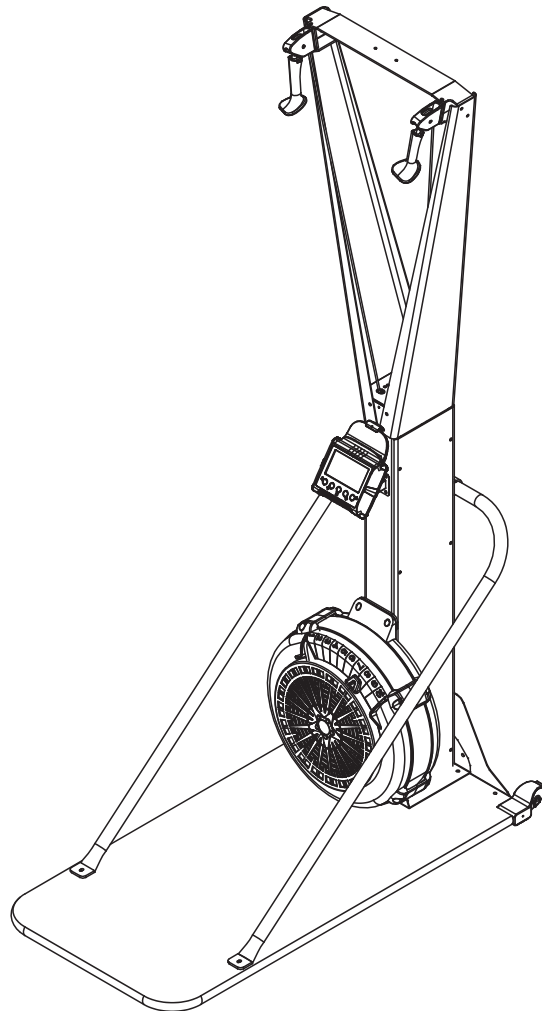




**BLITZ SKI  
TRAINER  
SKU: SKI-BTZ  
PO:**



## ASSEMBLY INSTRUCTIONS



# BUILDING STRENGTH, ONE BOLT AT A TIME.



## Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

**Kaevon Khoozani**



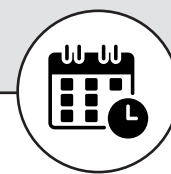
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

**@BELLSOFSTEEL**



Warranty & returns? We got you covered—check here:

**[bellssofsteel.com/pages/warranty](https://bellssofsteel.com/pages/warranty)**



Changed your mind? No sweat. 30-day refund guarantee:

**[bellssofsteel.com/policies/refund-policy](https://bellssofsteel.com/policies/refund-policy)**



### Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



### Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

# BEFORE WE BEGIN, LET'S STAY SAFE.



## A GUIDE TO SAFETY

---

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

**LET THE GAINZ BEGIN**

# BLITZ SKI TRAINER USER MANUAL

## TABLE OF CONTENTS

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## Product Description

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The Blitz Ski Trainer is a compact, joint-friendly machine designed to simulate the benefits of cross-country skiing in a home or gym environment. It delivers a full-body, low-impact workout with an air-powered flywheel and adjustable damper for customizable intensity.

### Key Features

- ① **Adjustable Damper:** Customize resistance levels from L1 (minimal) to L10 (maximum).
- ② **Sturdy Floor Stand:** Ensures stability during intense training sessions.
- ③ **Compact Design:** Perfect for home gyms or small spaces.
- ④ **User-Friendly Monitor:** Track metrics like time, strokes, and calories burned.

## FCC Compliance

---

### ⚠️ FCC WARNING – POSSIBLE RADIO/TELEVISION INTERFERENCE

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

If this equipment causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### ⚠️ FCC CAUTION

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment and void the product warranty.

## Certifications

---

### Certifications

- ① **ISO 9001:2015**
  - Ensures consistent quality management and customer satisfaction.
- ② **ISO 20957-1:2013**
  - Certified as Class S stationary training equipment for safety and performance.

## Installation Instructions

---

Part N°	Name	Spec	Qty.
#1	Main Frame U Plate		1
#3	Left Vertical Plate		1
#4	Right Vertical Plate		1
#6	Pipe Fixing Plate		1
#7	Bracing Pipe		1
#8	Reinforcement Plate		1
#28	Standing Base		1
#62	Bolt	M16*12	20
#58	Nuts	M16	4
#76	Lock Nut	Φ27*M6*11.2*T1.2	8
#77	Lock Washer	M8	8
#78	Bolt	M6*30	8
#80	Washer	OD16*ID6.5*T1.0	8

## Tools Required

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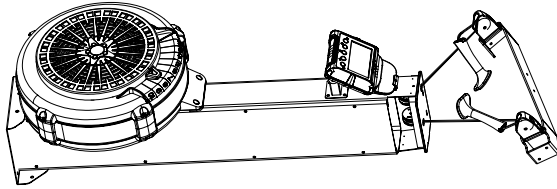
- Included **Allen Wrench (S4)**
- Adjustable Wrench (not provided)

**Estimated Assembly Time: ~30-45 minutes**

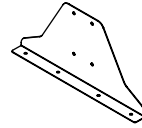
# Included in the Box

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## Box-A



NO: #1



NO: #8



NO: #6

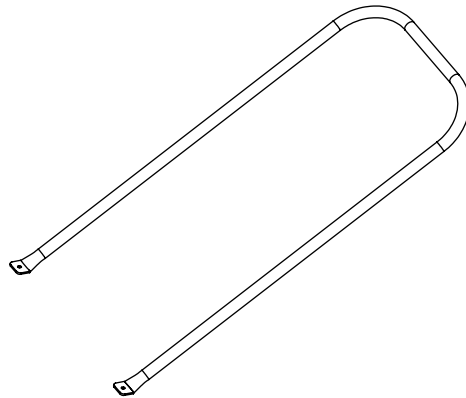


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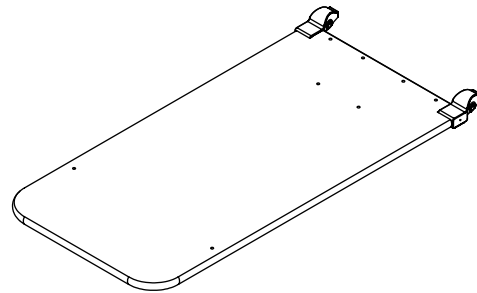


NO: #4

## Box-B



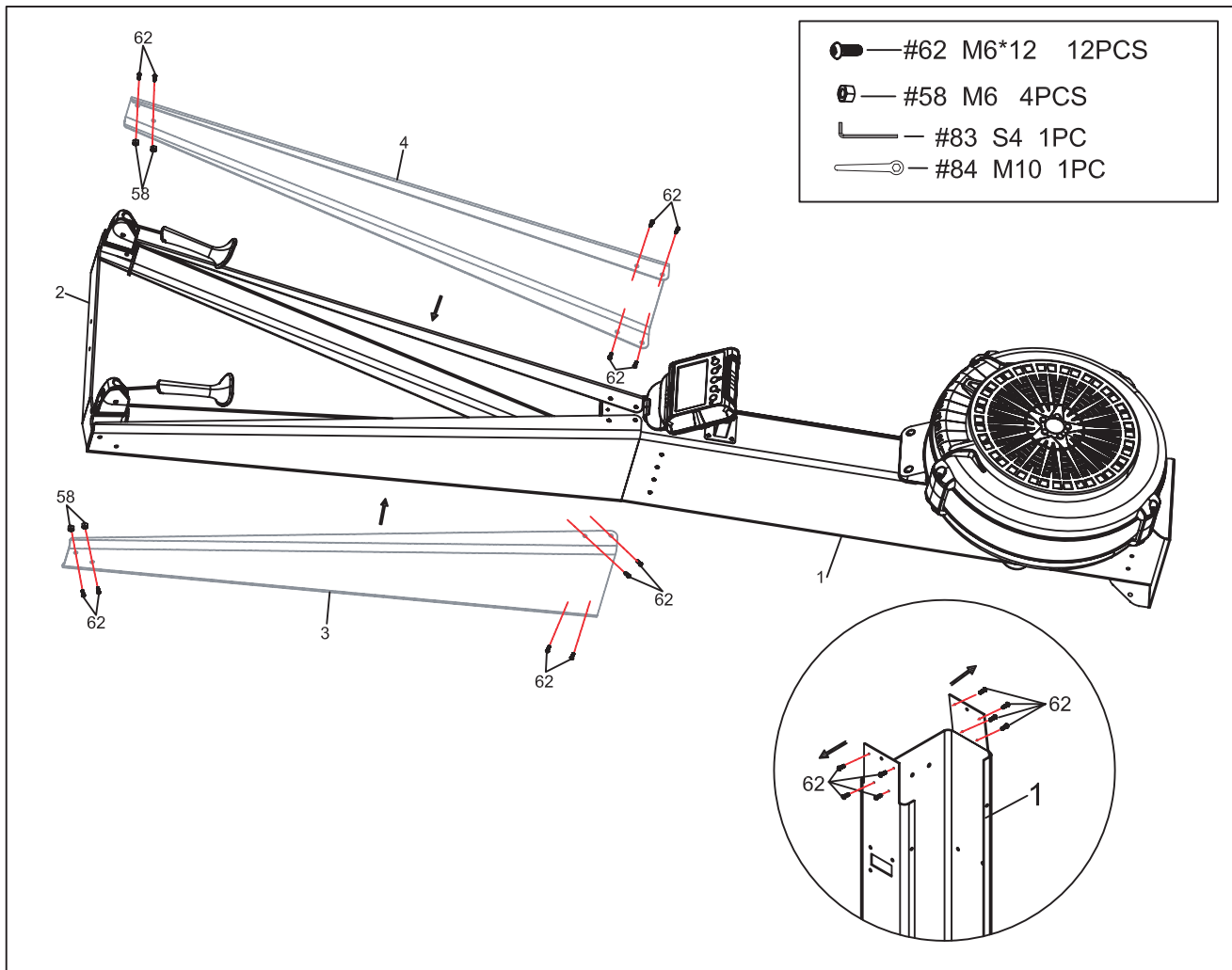
NO: #7



NO: #28

## STEP 1: Assemble the Vertical Frame

- 1 Place the Main Frame U Plate (#1) on the ground.
- 2 You'll note that 4x M16\*12 bolts (#62) and 4x M6 nuts (#58) are placed in both the left vertical plate (#3) and right vertical plate (#4), and 8x M16\*12 bolts (#62) are pre locked on the Main Frame U Plate (#1).  
Before assembly, remove above-noted 12x bolts (#62) and 4x nuts. (#58).
- 3 Attach the left vertical plate (#3) and right vertical plate (#4) to the main frame U Plate (#1). Tighten with the 12x bolts (#62) and 4x nuts. (#58).

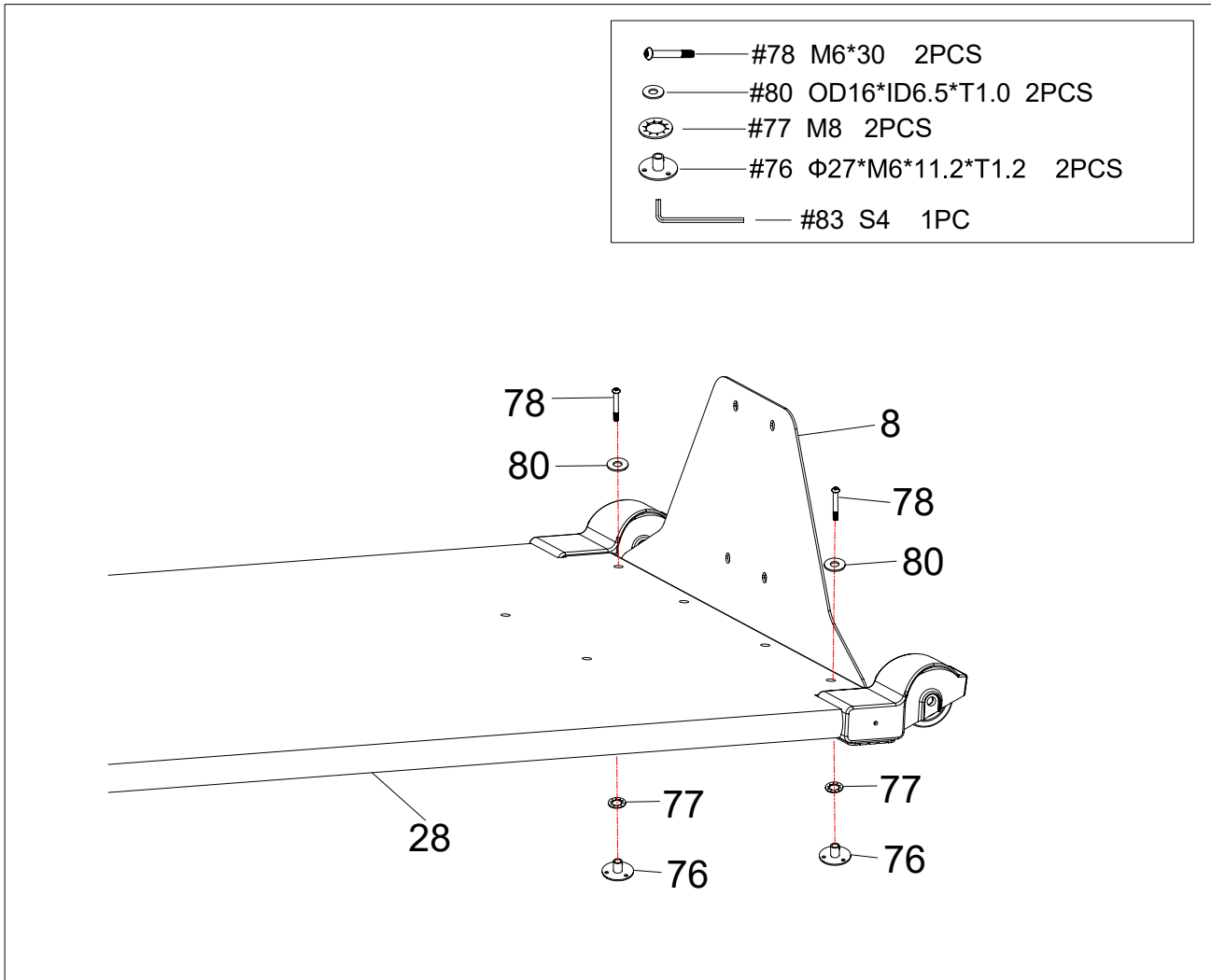




## STEP 2: Attach the Strengthening Plate

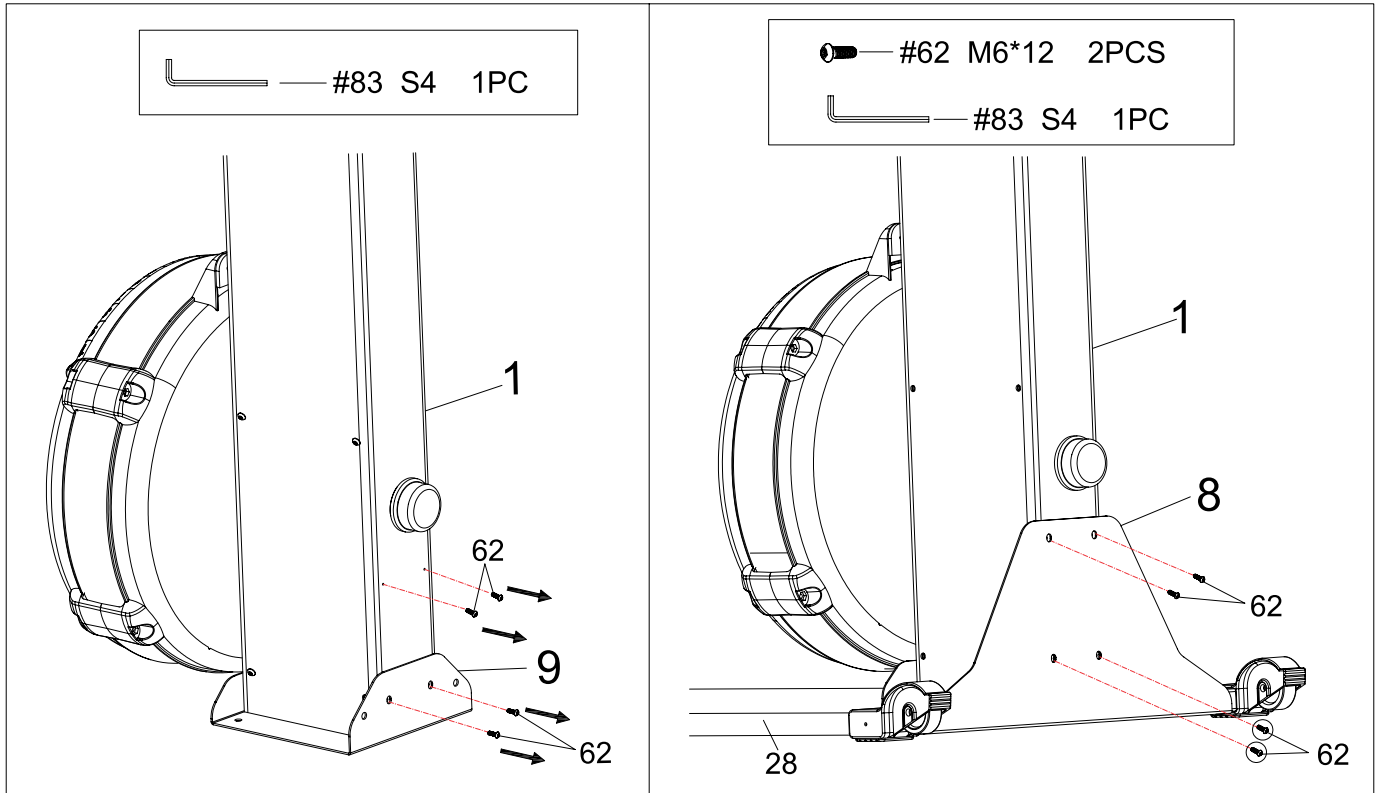
- ① The standing base (#28) contains 2x M6 lock nut (#76), 2x M8 lock washer (#77), 2x washer (#80) and 2x M6\*30 bolt (#78) . Remove these before beginning this next step.
- ② Place 2x M6 lock nut (#76) and 2x M8 lock washer (#77) in the corresponding hole of the standing base (#28) as shown in the figure below.

Use 2x M6\*30 bolt (#78) and 2x washer (#80) to affix the reinforcement plate (#8) to the standing base (#28).



## STEP 3: Secure the Base Plate to the Main U Frame

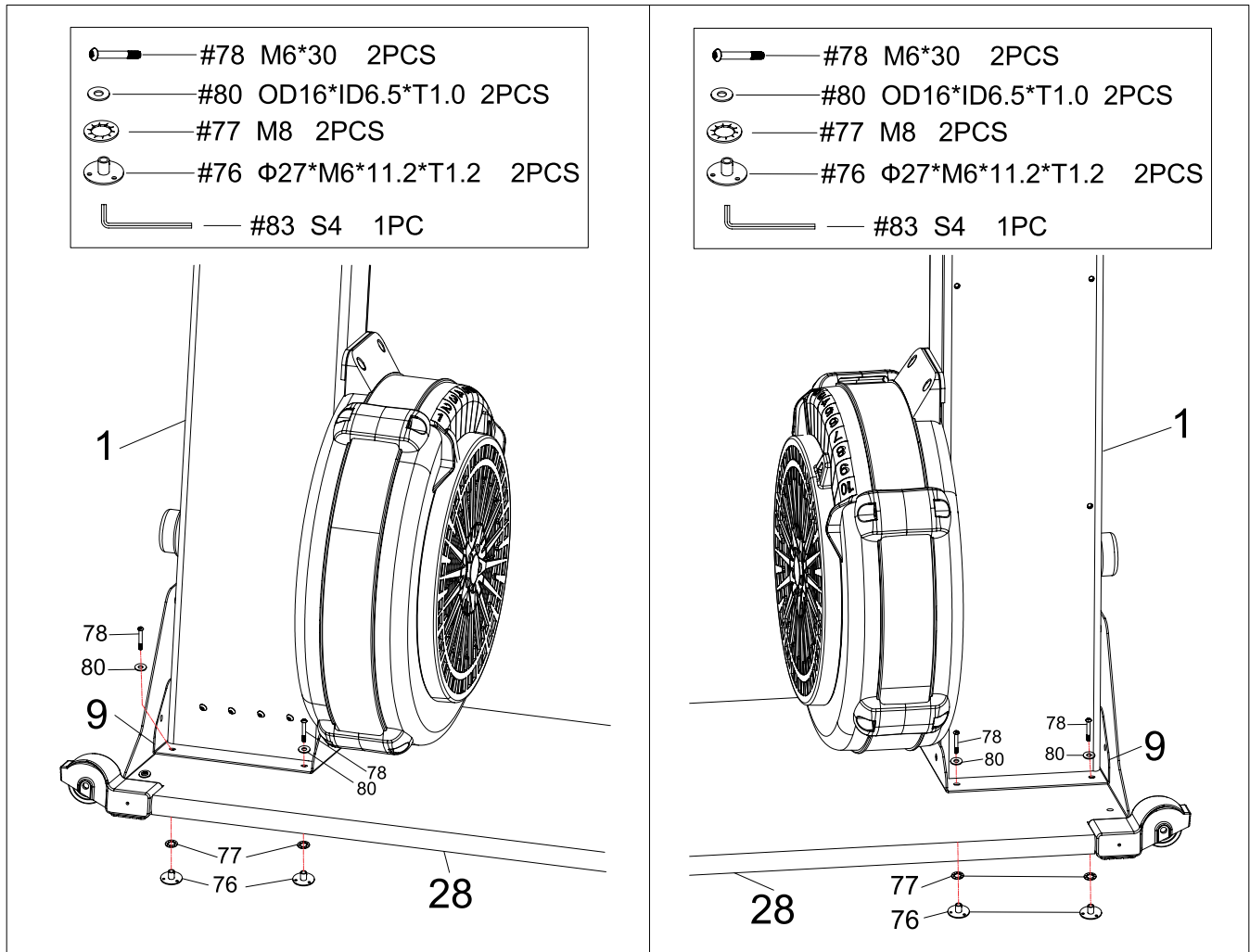
- ① The main frame U plate (#1) and base plate (#9) each contain 2x M6\*12 bolt (#62). Remove before continuing assembly.
- ② Attach the main frame U plate (#1) to the reinforcement plate (#8). Affix with 4x M6\*12 bolt (#62).



## STEP 4: Secure standing base to Base Plate

- ① 4x lock nut (#76), 4x lock washer (#77), 4x washer (#80) and 4x bolt (#78) is pre locked on the standing base (#28). Before assembly, remove this hardware from the bottom board.
- ② Place 4x lock nut (#76) and 4x M8 lock washer (#77) in the corresponding holes of standing base (#28) as shown in the illustration.

Use 4x M6\*13 bolt (#78) and 4x washer (#80) to assemble the base plate (#9) with the standing base (#28).

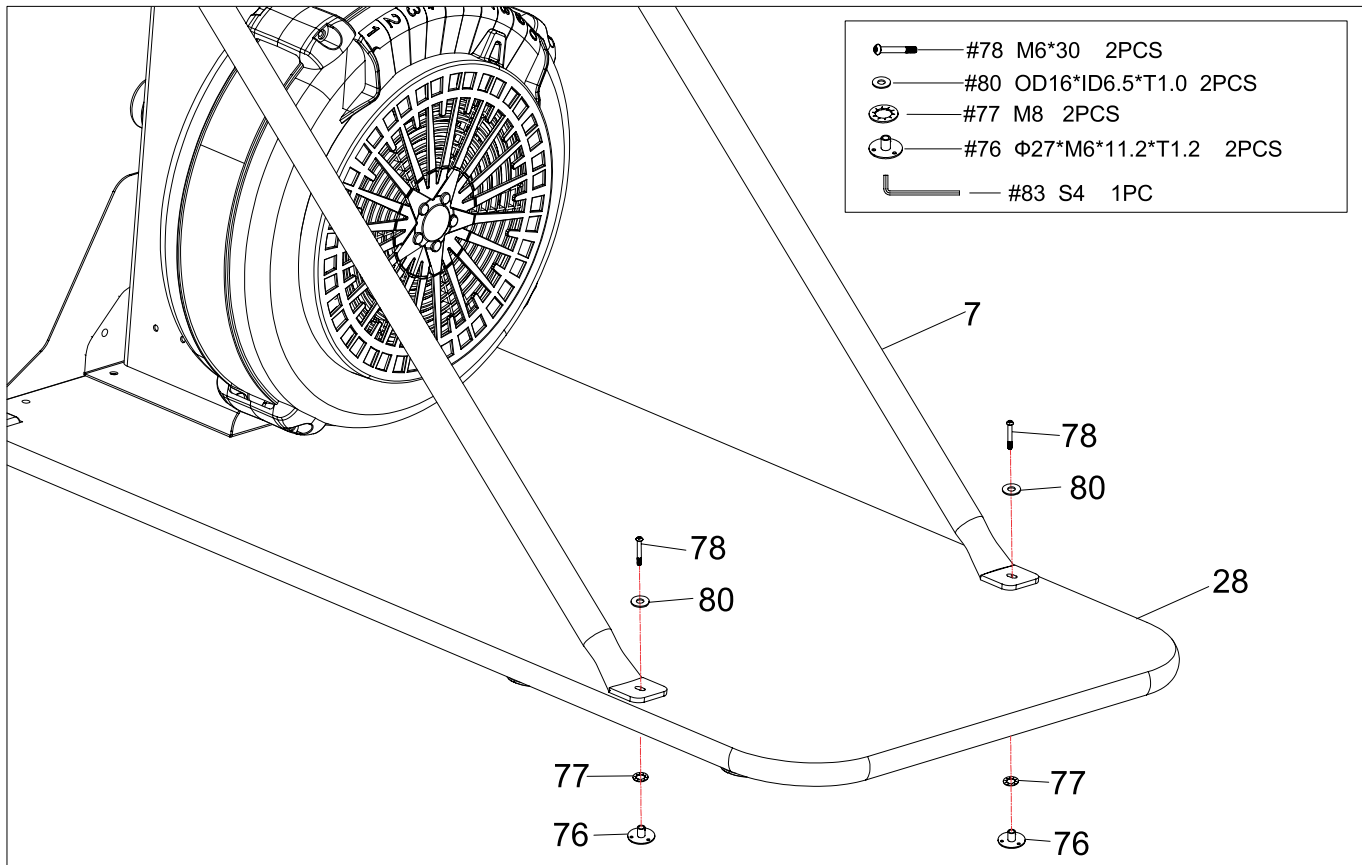


## STEP 5

① 2x Lock Nut (#76), 2x Lock Washer (#77), 2x Washer (#80) and 2x Bolt (#78) is pre locked on the Bottom Board (# 28) . Before assembly, Remove 2x Lock Nut (#76), 2x Lock Washer (#77), 2x Washer (#80) and 2x Bolt (#78).

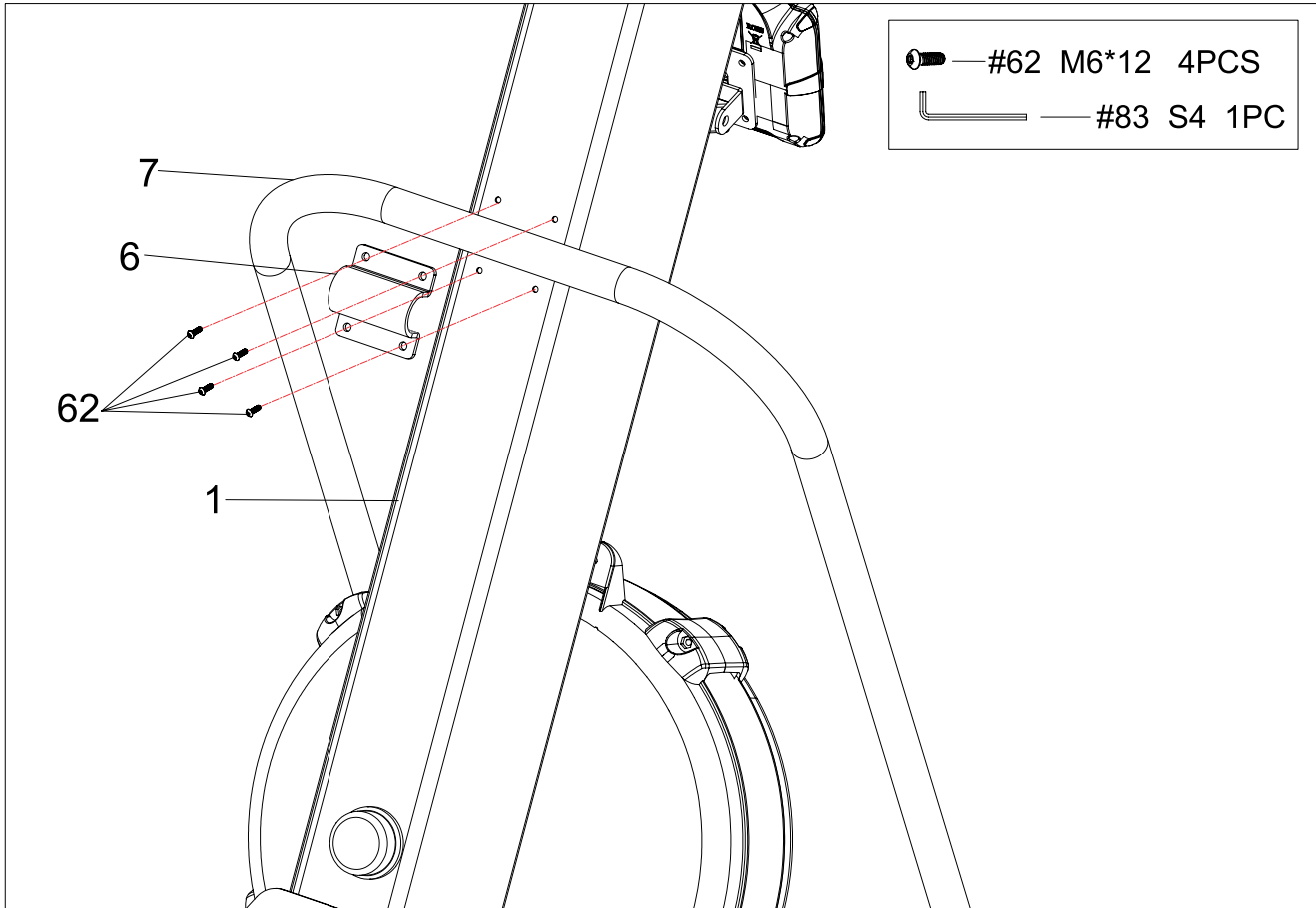
② Firstly, place 2x Lock Nut (#76) and 2x Lock Washer (#77) in the corresponding hole of Bottom Board (# 28) as shown in the figure.

Use 2x Bolt (#78) and 2x Washer (#80) to assemble the Connecting Pipe (# 7) with the Bottom Board (# 28).



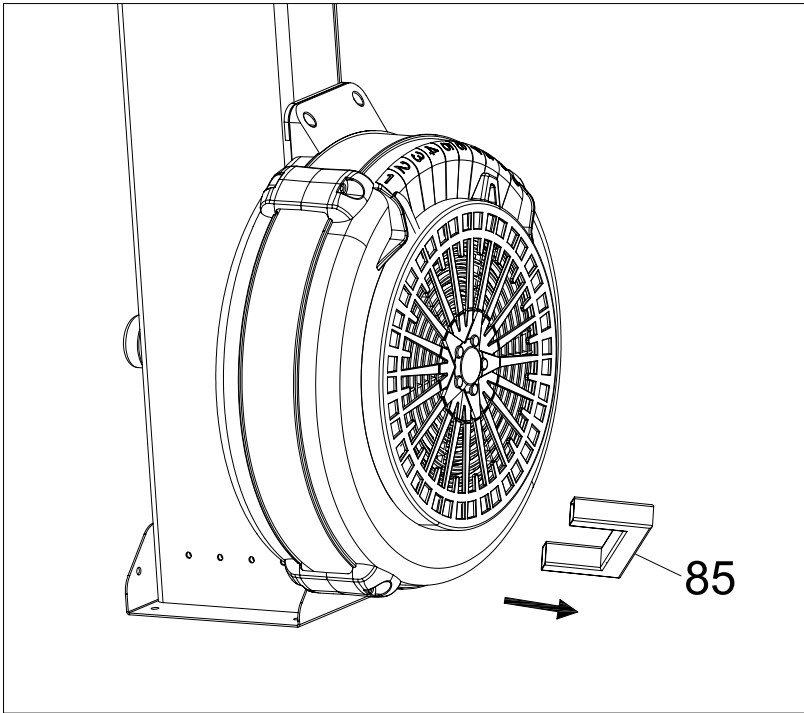
## STEP 6

- ① 4x Bolt (#62) is pre locked on the Main Frame U Plate (# 1) , Before assembly, Remove the 4x Bolt (#62).
- ② Attach the Connecting Pipe Fixing Plate (#6) and Connecting Pipe (# 7) to the Main Frame U Plate (#1), Tighten with 4x Bolt (#62).



## Remove the packaging auxiliary tubes (#85)

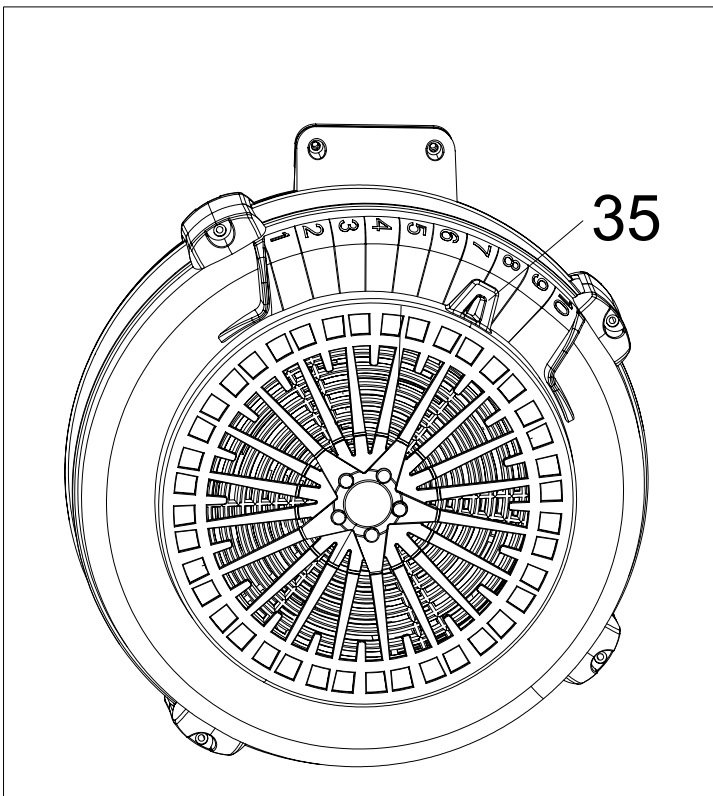
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## How to operate the damper

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- ① Rotate the fan adjustment cover (# 35)
- ② When the fan is adjusted to Level 1, the resistance is minimal, when adjusted to Level 10, the resistance will be at it's maximum.



## Location Requirements

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To ensure safety and functionality, place the machine in a suitable location:

- Use on a **flat, stable surface**.
- Maintain a safety clearance zone:
  - **24 inches (0.6m)** on each side.
  - **79 inches (2m)** behind the trainer.
- Avoid humid or wet environments.

**⚠** Do not place near flammable materials or unstable flooring.

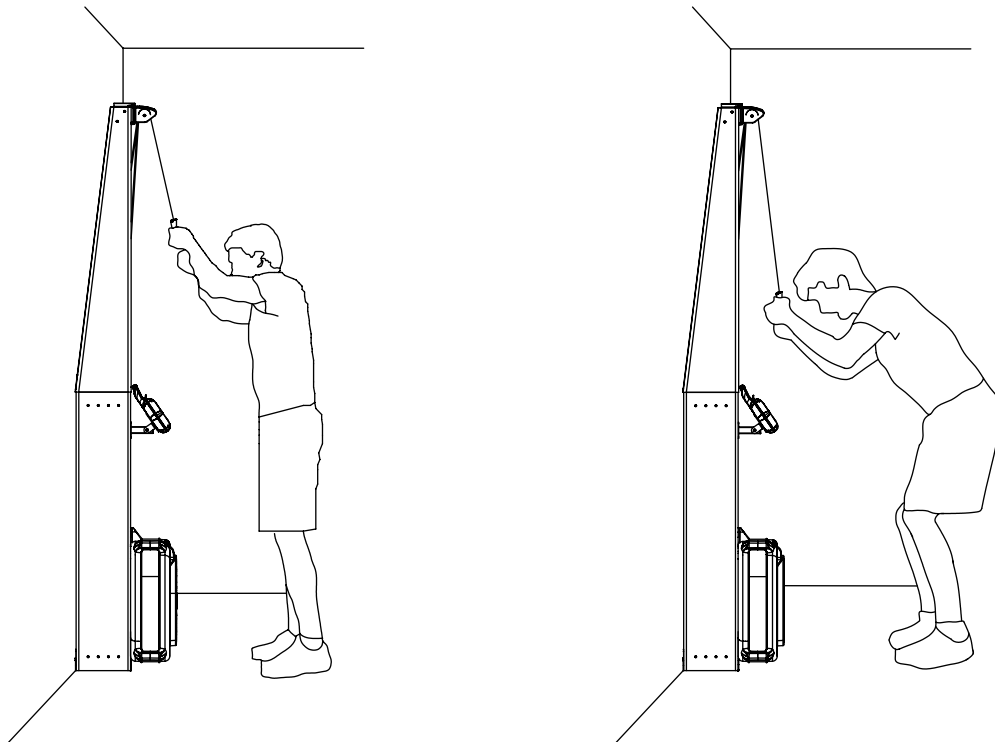
## Instructions for Use

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### Training Techniques

#### Double Pole Training:

- Stand tall with hands shoulder-width apart.
- Engage your core and pull handles downward, bending knees slightly.

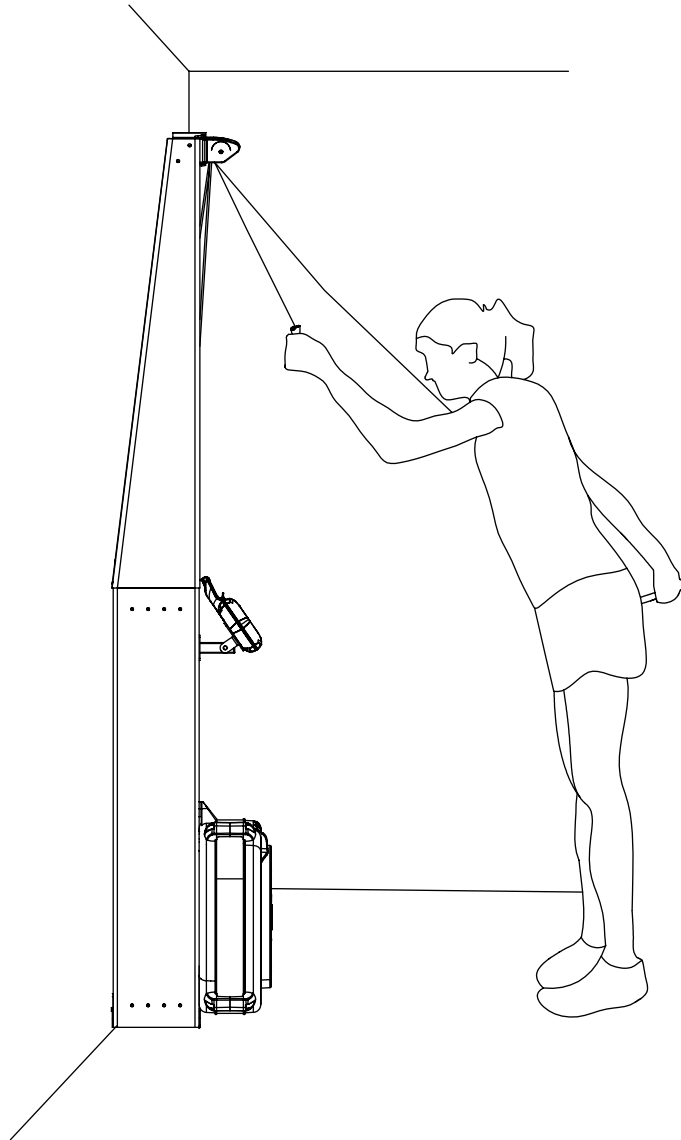


# Instructions for Use

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## Classic Skiing Practice:

- Alternate pulling each arm in a smooth motion to mimic skiing.



**⚠ Maintain proper posture:** Keep a neutral spine and avoid jerky movements.



## Display Panel Overview

---

The display panel provides real-time feedback to track your progress:

Metric	Description
Time	Tracks total workout duration.
Strokes	Counts pulling motions performed.
Calories	Estimates calories burned.
Damper Level	Displays current resistance setting.

### Battery Replacement:

Use **AA batteries** and replace when the console stops responding or dims.

## Technical Specifications

---

Specification	Details
Dimensions (Assembled)	47.5" L x 24" W x 85" H
Weight	46 kg (101 lbs)
Maximum User Weight	150 kg (330 lbs)
Resistance Mechanism	Air-powered flywheel with damper
Power Source (Console)	AA Batteries
Certifications	ISO 9001, ISO 20957, FCC Part 15

## Routine Maintenance

---

Task	Frequency	Instructions
Wipe down surfaces	After each use	Use a soft cloth; avoid abrasive cleaners.
Inspect ropes and pulleys	Weekly	Check for fraying and replace if needed.
Lubricate moving parts	Monthly	Apply silicone lubricant sparingly.
Tighten bolts and screws	Monthly	Ensure all fasteners are secure.

 **Note:** Do not soak any part of the machine with liquids.

## Troubleshooting Guide

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Issue	Possible Cause	Solution
Console not powering on	Dead batteries	Replace with new AA batteries.
Uneven resistance	Damper setting incorrect	Adjust the damper to desired level.
Rope not retracting smoothly	Misaligned pulleys	Inspect and realign pulleys.

# Console Instructions

---



## Function Buttons

- UP ▲/DOWN ▼:** Use these buttons to navigate through the available options or adjust function values up or down.
- ENTER:** Confirm your selection. During training, press this button to switch between display functions.
- START/STOP:** Start or stop the selected workout program.
- RESET:** Return the computer to the main menu.

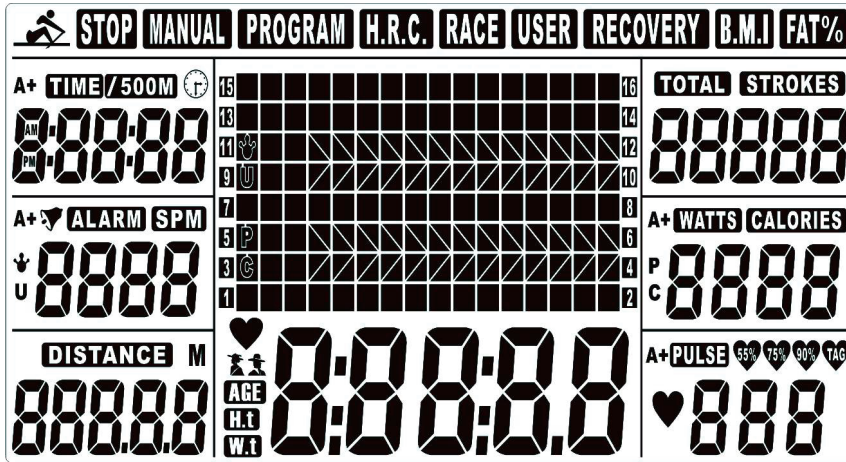
## Display Functions

- TIME:** Set a target time between 1 and 99 minutes using the UP and DOWN buttons. Adjustments are made in 1-minute increments.
- TIME/500M:** Displays and continuously updates your average 500-meter time.
- SPM (Strokes Per Minute):** Displays your strokes per minute.
- DISTANCE:** Set a target distance from 0 to 99,900 meters in 100-meter increments.
- STROKES:** Set a target number of strokes between 0 and 9,990 in increments of 10.
- TOTAL STROKES:** Accumulates total strokes from 0 to 9,999.
- CALORIES:** Set a target calorie burn from 0 to 9,990 calories in increments of 10 calories.
- PULSE:** Set a target heart rate value between 30 and 240 in increments of 1. The LCD will display your heart rate during training (requires a chest belt system).
- WATT:** Displays your current workout power in watts, with a range of 0 to 999.

# Operation

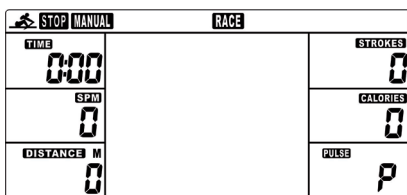
## Installing Batteries

- ① Insert 4 AA batteries.
- ② The console will emit a long beep for 2 seconds to indicate it is ready.

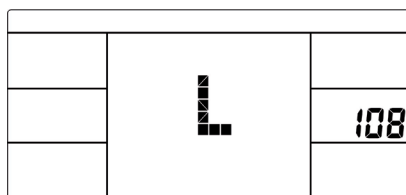


## VR Correction Mode

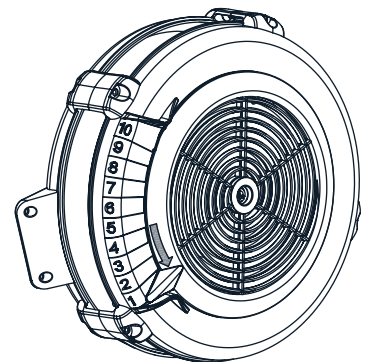
- ① While in standby mode, press and hold the DOWN and ENTER buttons for 3 seconds to enter VR correction mode.
- ② The TIME window will display "L", and the CALORIES window will show the current AD value of the VR. Adjust the damper to the lowest level (Level 1) and press ENTER to confirm.



Picture 1

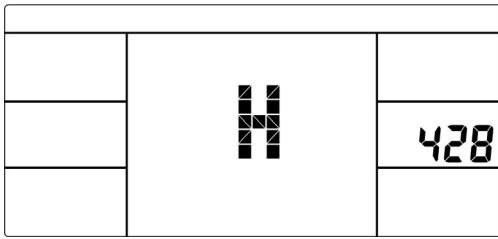


Picture 2

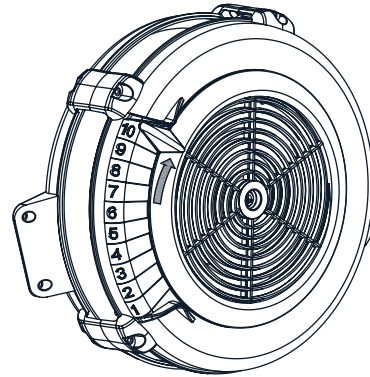


Picture 3

- ③ Next, the TIME window will display “H”, and the CALORIES window will show the highest AD value. Adjust the damper to the highest level (Level 10) and press ENTER to confirm.



Picture 4



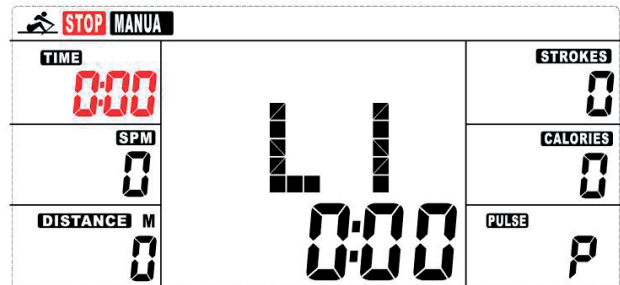
Picture 5

- ④ The console will restart and divide the VR values into 10 evenly spaced levels.
- ⑤ When adjusting the damper, ensure the pointer aligns with the baffle plate.

## Workout Modes

### Manual Mode

- ① Press UP or DOWN to select MANUAL
- ② Adjust the settings for each target value in this order: TIME > DISTANCE > STROKES > CALORIES > PULSE. Press START and then UP or DOWN to select the function's value.
- Note: If a target value is set for TIME, DISTANCE cannot be adjusted, and vice versa.
- ③ Press START to begin. Adjust resistance levels (L1-L10) during the workout. The selected resistance level will be displayed on the screen.
- ④ When the selected target value reaches zero or the STOP button is pressed, the console will display average results for TIME/500M, SPM, WATTS, and PULSE.

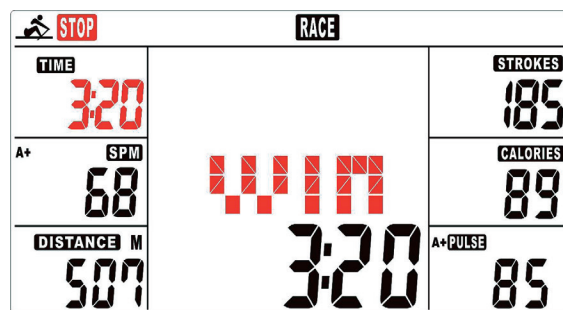
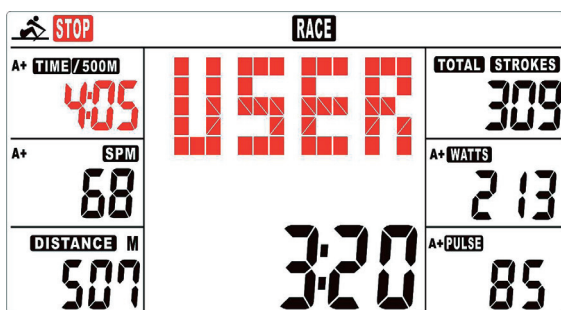
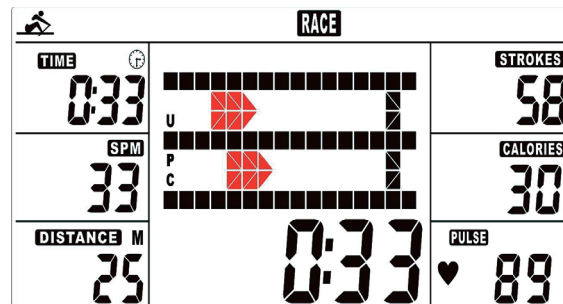
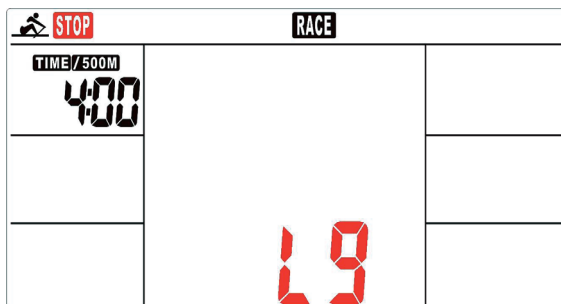


## Race Mode

- ① Select RACE
- ② Set the resistance level (L1-L15) (press enter to confirm) and target distance (500M-10,000M). Press ENTER to confirm.
- ③ During the race, the screen will display your progress and indicate whether the USER or PC wins upon completion.
- ④ To restart the race, press START. To exit, press RESET.

The figure of the TIME/500M are as follows:

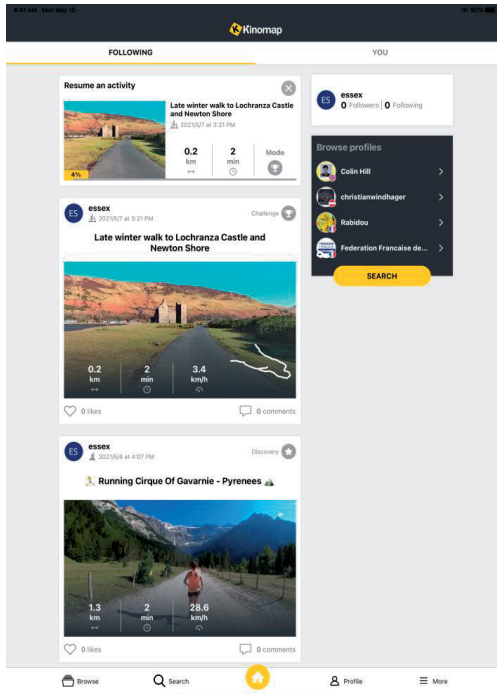
L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00



# Kinomap App Connection

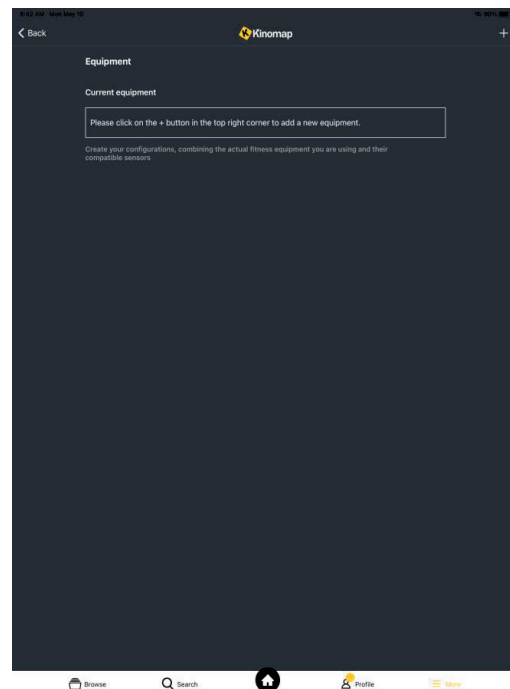
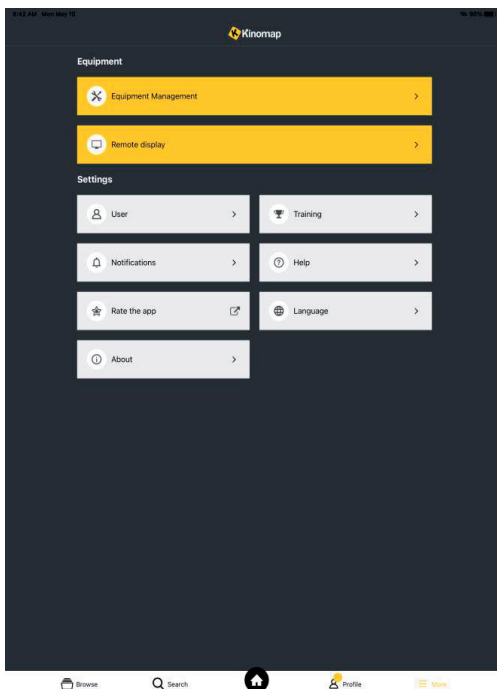
## Step-by-Step Guide

① Open the Kinomap app and navigate to the home screen.

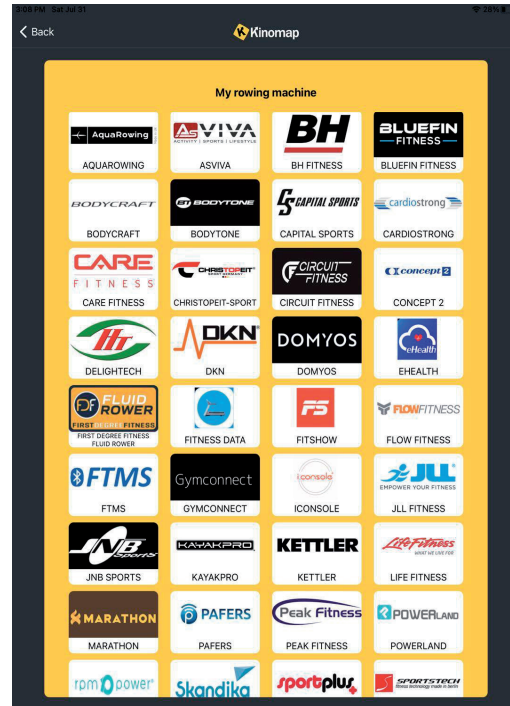
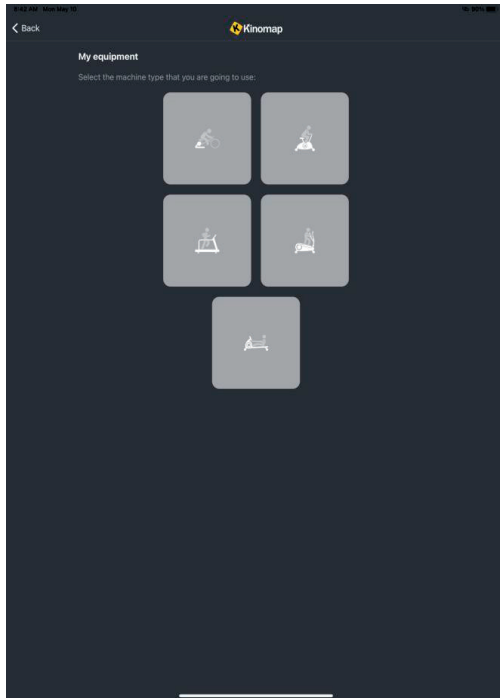


② Click the button in the bottom right corner to add a device.

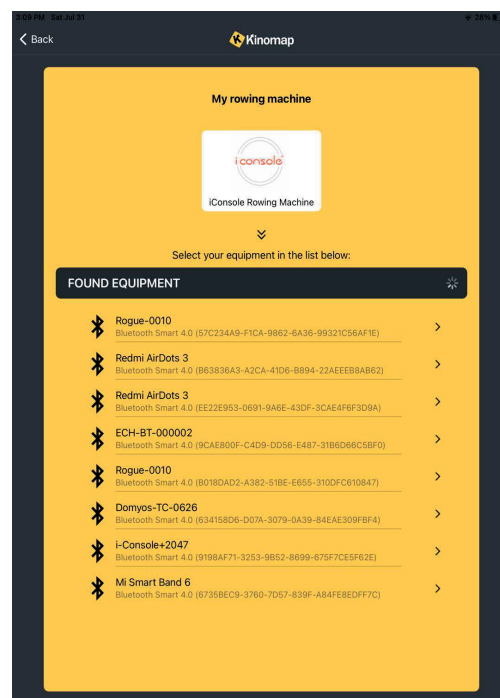
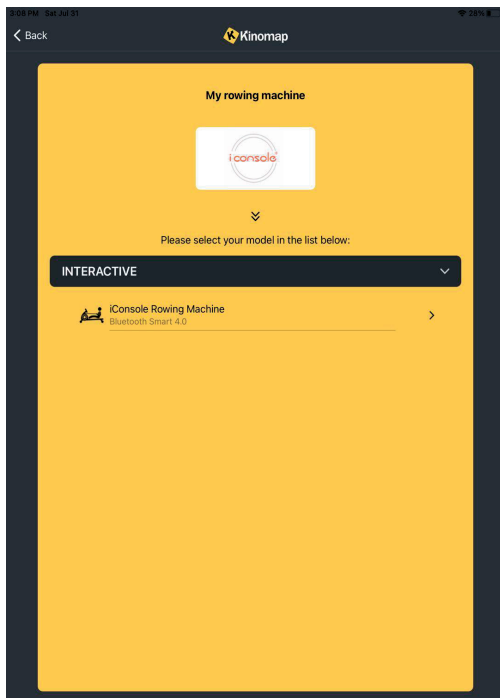
③ Select "Equipment Management" and click the "+" button to add equipment.



④ Choose "Rowing" from the equipment options and select FTMS/iConsole.

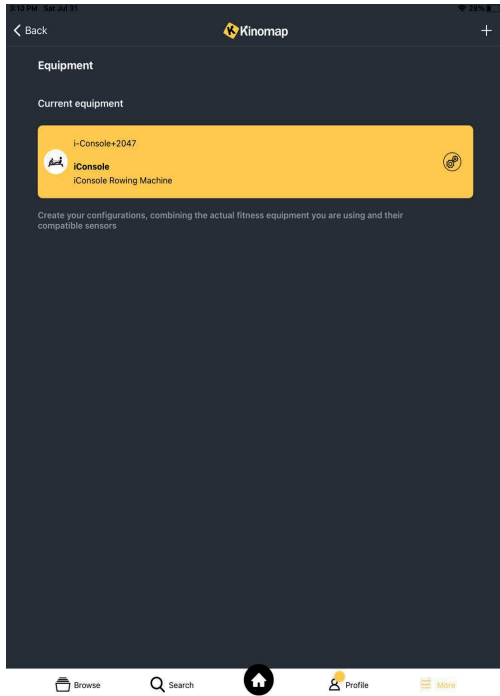


⑤ Connect the rowing machine via Bluetooth.



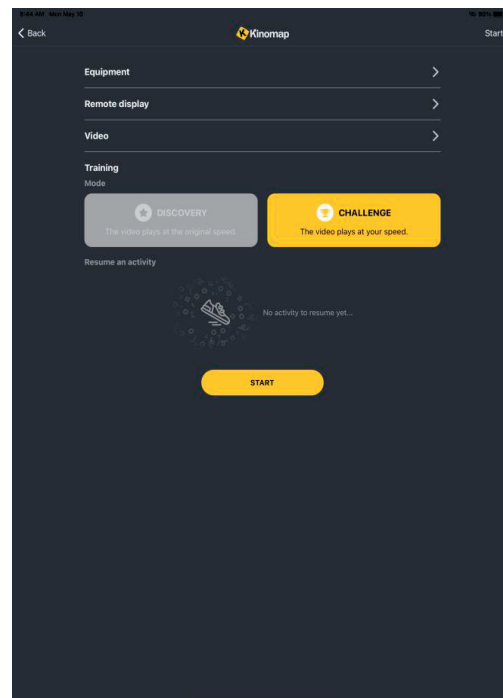
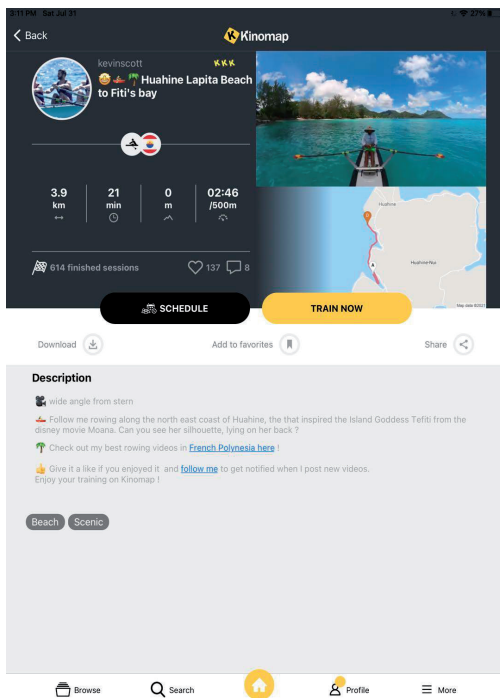


⑥ Return to the home screen after successfully pairing the device.

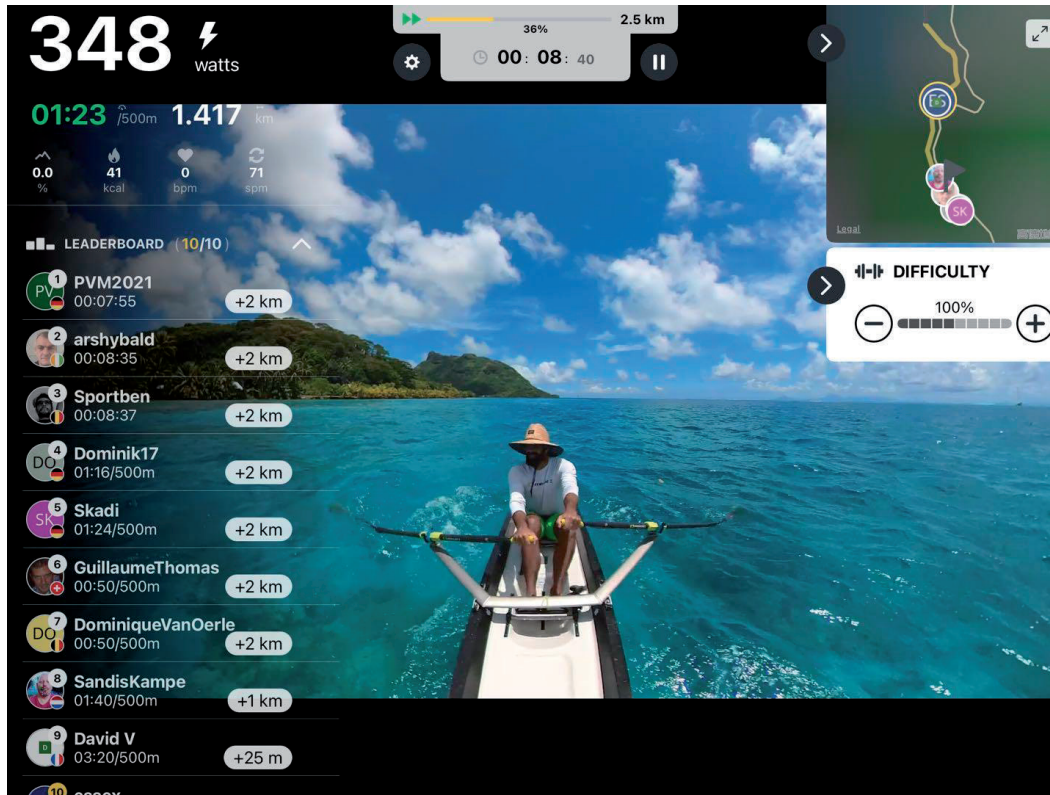


## Training Videos

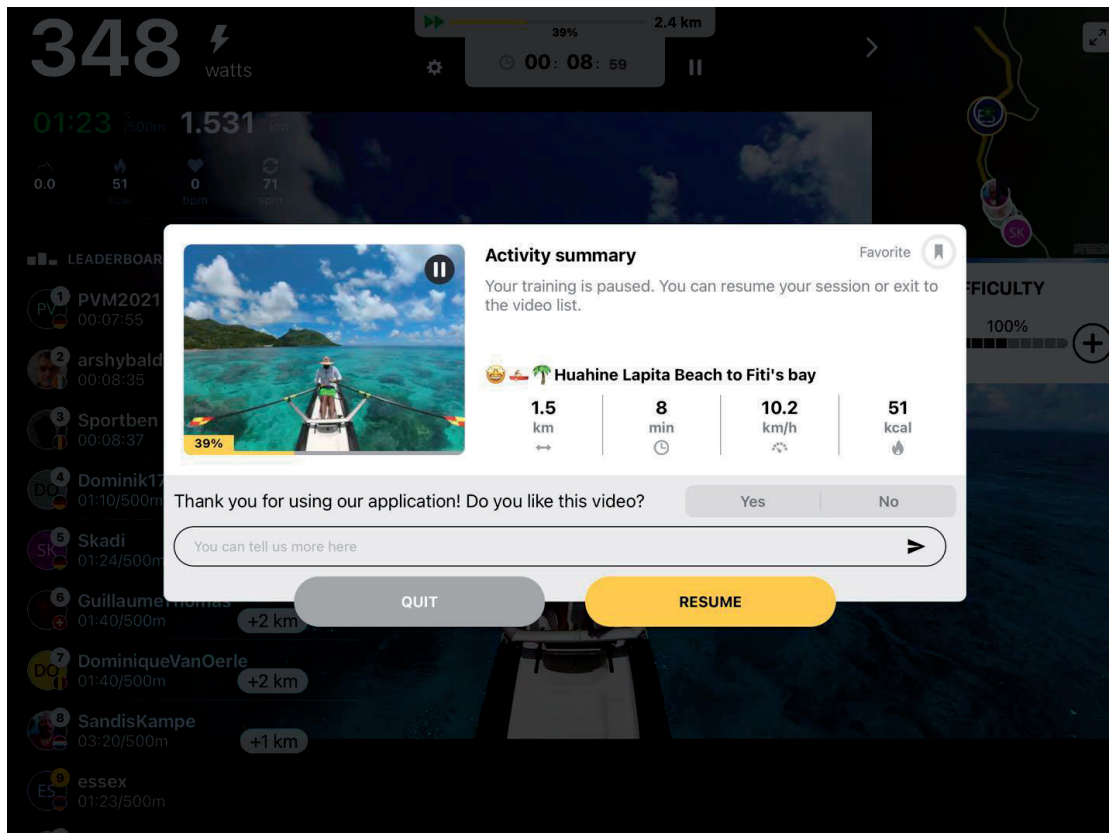
① Select a rowing training video from the app and enter the training screen.



- ② Start training. Press the pause button at the top of the screen to stop the session.



- ③ On the pause screen, you can choose to continue or exit to end the workout.



# YOU'RE FINISHED!

WANT TO LEARN MORE ABOUT THE BLITZ SKI TRAINER?  
CHECK OUT THE OVERVIEW VIDEO:



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