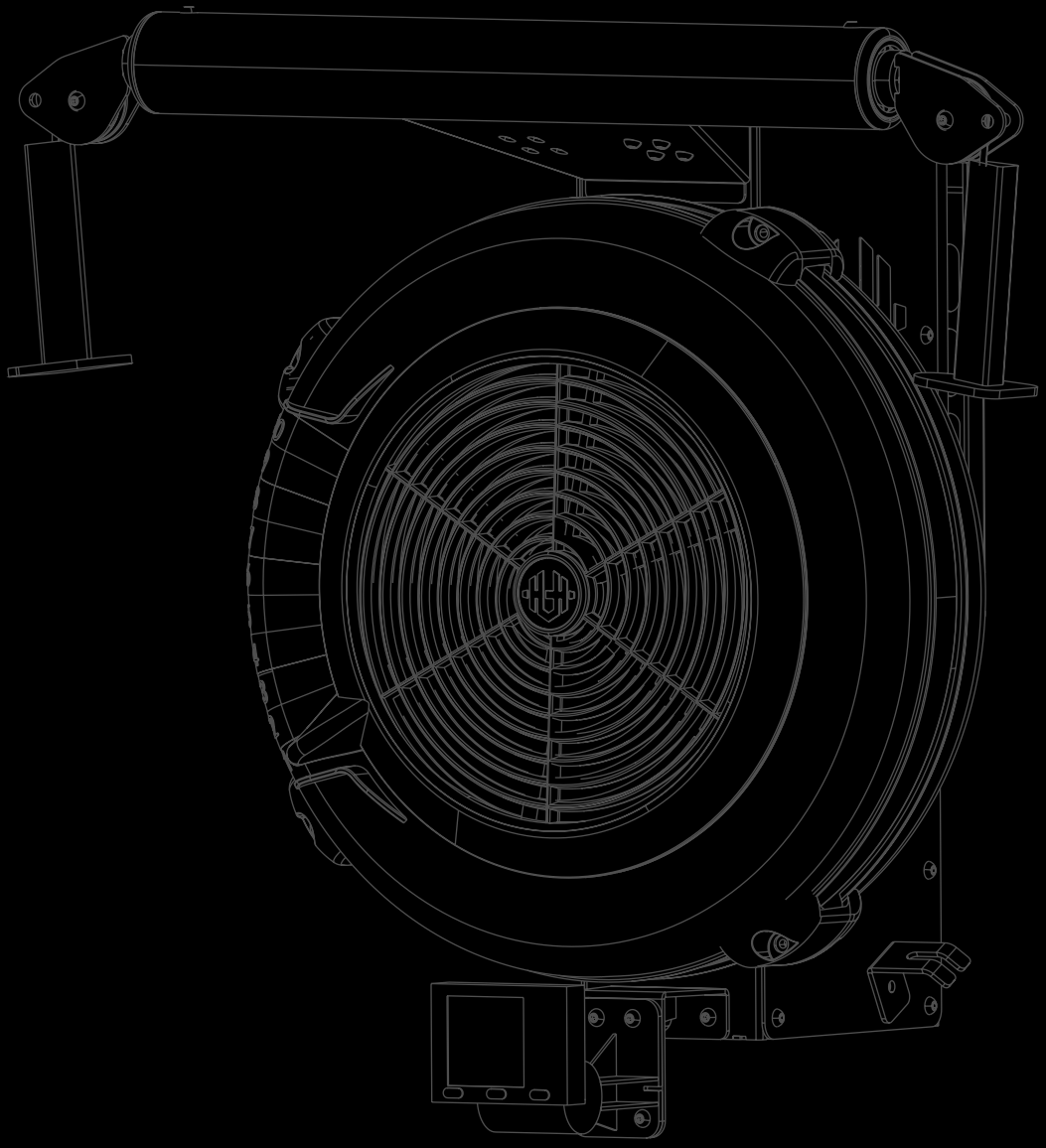
SKI 1000

HVO®

SKI MACHINE

USER MANUAL



SAFETY PRECAUTIONS 01-03

INSTALLATION STEPS 07-15

WARRANTY 23

Thank you for purchasing this product.

Before using this product, please read the instructions in this manual carefully, paying particular attention to safety precautions. Keep this owner's manual for future reference.

Note: Any discrepancies between the product's functionality in the market and the manual's description are due to normal product updates, for which our company will not provide individual notifications. Our company reserves the right to modify and interpret the product design. During transportation, rough handling by logistics may cause product damage. We appreciate your understanding and are ready to promptly address any issues with your product.

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WARRANTY ---------- 23

Product Warranty

To register your product, please forward your order number to our dedicated after-sales email address at **service@hvofitness.com** By activating your warranty, you will not only receive the standard 6-month warranty but also an additional 180 days of coverage, giving you a total of one year of peace of mind for your purchase.

Return Policy

If you encounter any issues with your product, you may return new and unopened items within 30 days of delivery for a full refund or replacement. The initial return period is within 7 days of receiving the goods. Upon receipt of the product, please inspect the contents of the box to ensure it is in good condition. It is essential to retain the original packaging, such as cartons, for use during repairs.

Harness Vitality with HVO

Thank you for your purchase of the HVO Product.

Brand Story

HVO promotes a healthy and active lifestyle, reflected in our brand name, which stands for Health, Vitality, and Optimism. At HVO, we believe fitness is personal. That's why we're redefining what it means to train by bringing the power of professional-grade strength training right into your space. No waiting, no sharing, no compromises—just you, your goals, and the equipment designed to help you crush them.We specialize in unleashing the potential of anaerobic strength training, helping you activate every muscle, push every limit, and achieve results faster. Whether you're sculpting your physique, building raw power, or simply becoming the strongest version of yourself, HVO is your partner in progress.

Your Gym. Your Rules.
Welcome to the future of personal strength training. Welcome to HVO.

SAFETY PRECAUTIONS

Please read all instructions carefully before assembling and operating this product. This unit is designed with safety as a top priority. It is important to retain this owner's manual, avoid removing any safety labels from the machine, and keep the original purchase receipt for future reference.

⚠ Important Safety Instructions

Please thoroughly read and understand all warnings on this machine. Carefully review and comprehend the assembly instructions.

⚠ Warning

This icon indicates a potentially hazardous situation that, if not avoided, could result in death or serious injury.

⚠ Attention

This icon signifies that failure to follow the instructions may result in injury and damage to the equipment.

⚠ Warning

❶ This product is designed for home use only. Please do not use it in environments frequented by the general public, such as schools or gyms.

❷ Users should exercise caution under the following conditions:

- Individuals undergoing medical treatment or feeling unwell.
- Pregnant individuals, those suspected of being pregnant, or those menstruating.
- Individuals with heart or respiratory conditions requiring rest.
- Individuals with implantable medical devices such as pacemakers.
- Individuals diagnosed by a physician as unfit for exercise.
- Individuals feeling unwell or fatigued.

❸ The following individuals should consult a doctor before use:

- Individuals with sensory impairments.
- Individuals with circulatory or vascular disorders.
- Individuals with bone issues.
- Individuals with visceral diseases such as hepatitis or gastritis.
- Individuals with malignant tumors.
- Individuals with rheumatism, ventilation, or arthritis.
- Individuals with spinal deformities or curvature.
- Individuals with lumbar disc herniation or spondylolysis.
- Individuals experiencing numbness in the feet, waist, neck, or hands.
- Individuals with varicose veins, high blood pressure, or thrombosis.
- Individuals using the product for rehabilitation purposes.

❹ This equipment is not intended for use by individuals below elementary school age. Children must not be allowed on or near this machine.

❺ Only one person should use the equipment at a time.

Product Assembly

1. Please take the time to read all assembly instructions before attempting to assemble your product.
2. When assembling or using this product, please pay attention to safety and prevent your fingers from being caught by moving parts.
3. When assembling, to avoid damaging the floor or surrounding furniture, please place it on a soft object such as a protective pad.
4. Due to the risk of injury, for safety reasons, please wear gloves and ensure that more than two people assemble the device together.
5. Failure to assemble and use according to this manual may result in serious accidents, so please adhere to the guidelines.

⚠ Attention

1. Please ensure that all parts are complete before assembly. If any parts are missing, please contact Customer Service.
2. Ensure that you assemble and set up the product in a spacious area, taking care not to damage surrounding furniture and floors.
3. When assembling, be careful not to injure yourself with the tools. Exercise caution when using them.
4. Inspect your product to ensure that all fasteners are tight and components are properly assembled. Review all warnings attached to the machine.

Product Use

1. Please confirm that the area is safe, spacious, and free of obstacles before using the equipment.
2. Ensure your equipment is correctly assembled before use. Verify that all screws, nuts, bolts, weight stacks, pins, and adjustable parts are properly installed and securely fixed.
3. Do not operate this equipment if it is damaged, shows signs of wear, or functions abnormally.
4. Stretch and warm up before use. Failure to stretch may result in injury.
5. Always wear proper exercise attire when using the equipment. Be cautious when getting on or off the unit.
6. If you feel faint, light-headed, dizzy, or experience pain or discomfort while using the equipment, stop exercising immediately.
7. Keep children and pets away from the equipment at all times.
8. Keep loose clothing, jewelry, limbs, and long hair away from moving parts.
9. Never attempt to exercise with more resistance than you are physically able to handle.

10. Wait at least 2 hours after eating before using the exercise equipment. Stop exercising immediately if you feel nauseous.
11. Never exercise after consuming alcohol.
12. Do not use this product as a chair, ladder, or for any other improper purposes.
13. Do not use this product as a toy. Ensure that all users read and understand the instructions and warnings before use.

⚠ Attention

1. This product is designed for indoor use only and should not be used outdoors. Ensure it is placed on a flat, stable, and horizontal surface.
2. Do not place it in areas where moisture is heavy or splashed by water droplets, as it may cause rust or malfunction.

Product Maintenance

1. After each session, clean the training device with a clean, damp cloth to remove sweat and moisture. Do not use solvents. Ensure all surfaces are thoroughly dried after cleaning.
2. For upholstery, use a mild detergent or spray cleaner. For a deeper clean, wipe all surfaces with an ammonia-based cleanser. This is recommended at least once a week for frequently used equipment. Ensure the product is completely dry afterwards.
3. Check all screws, nuts, bolts, and adjustable parts at least once a month. Retighten as necessary to maintain the structural integrity of the equipment.
4. Pay special attention to components most susceptible to wear, including cables, pulleys, weight stack guides, and adjustment pins. Regularly inspect these parts and all connection points for signs of wear, fraying, or fatigue.
5. Inspect the frame periodically for any signs of cracking, permanent bending, or surface damage. Repair scratches or chips on metal surfaces immediately using touch-up paint to prevent rust.
6. If any damage, excessive wear, or deformation is detected, stop using the equipment immediately. Replace defective components and do not use the equipment until it has been fully repaired.

   Note: The warranty does not cover damage resulting from improper maintenance.

Product Storage

1. Store the product in a stable and flat location, away from areas where it may be a tripping hazard or could fall and cause injury.
2. Keep the equipment out of reach of children. Ensure children cannot climb on or be near the product.
3. Store the product away from direct sunlight, high temperatures, and moisture to prevent damage and corrosion.

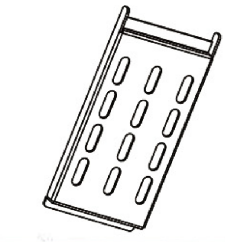
PACKAGE CONTAINS

Please carefully check whether the contents of the package are complete and intact. If there is anything missing or damaged, please contact the HVO customer service at

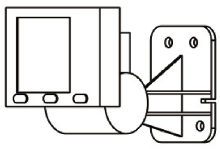
service@hvofitness.com

Important Note:
Do not overtighten the screws during assembly for better adjustment !
Only tighten them once everything is completely installed !

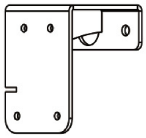
Part List 1



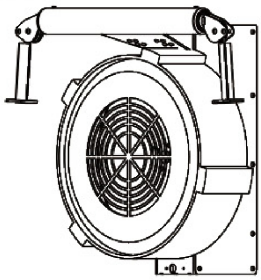
1. Fixing Mounting Plate



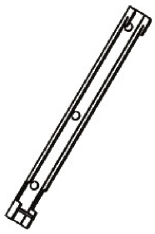
2. Control Monitor



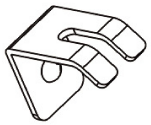
3. Console Connecting Plate



4. Main Frame



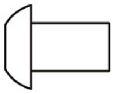
5. Main Frame Fixing Plate
(2 PCS)



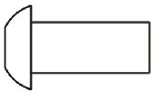
6. Hook
(2 PCS)

PACKAGE CONTAINS

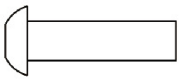
Part List 2



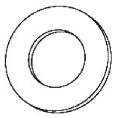
A. Bolt M6*10 x8pcs



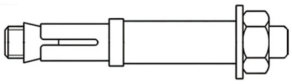
B. Bolt M10*20 x6pcs



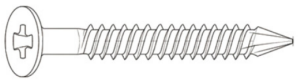
C. Bolt M8*30 x2pcs



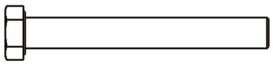
D. M10 Washers x6pcs



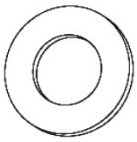
E. Expansion screw (M10X100) x4pcs



F. Timber screw (M10X80) x4pcs



G. Hexagonal Bolt M14*110 x2pcs



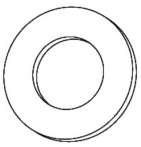
H. M14 Washers x4pcs



I. M14 Nut x2pcs



J. M8 Washers x2pcs



K. M12 Washers x4pcs

MODEL AND PART DESCRIPTION

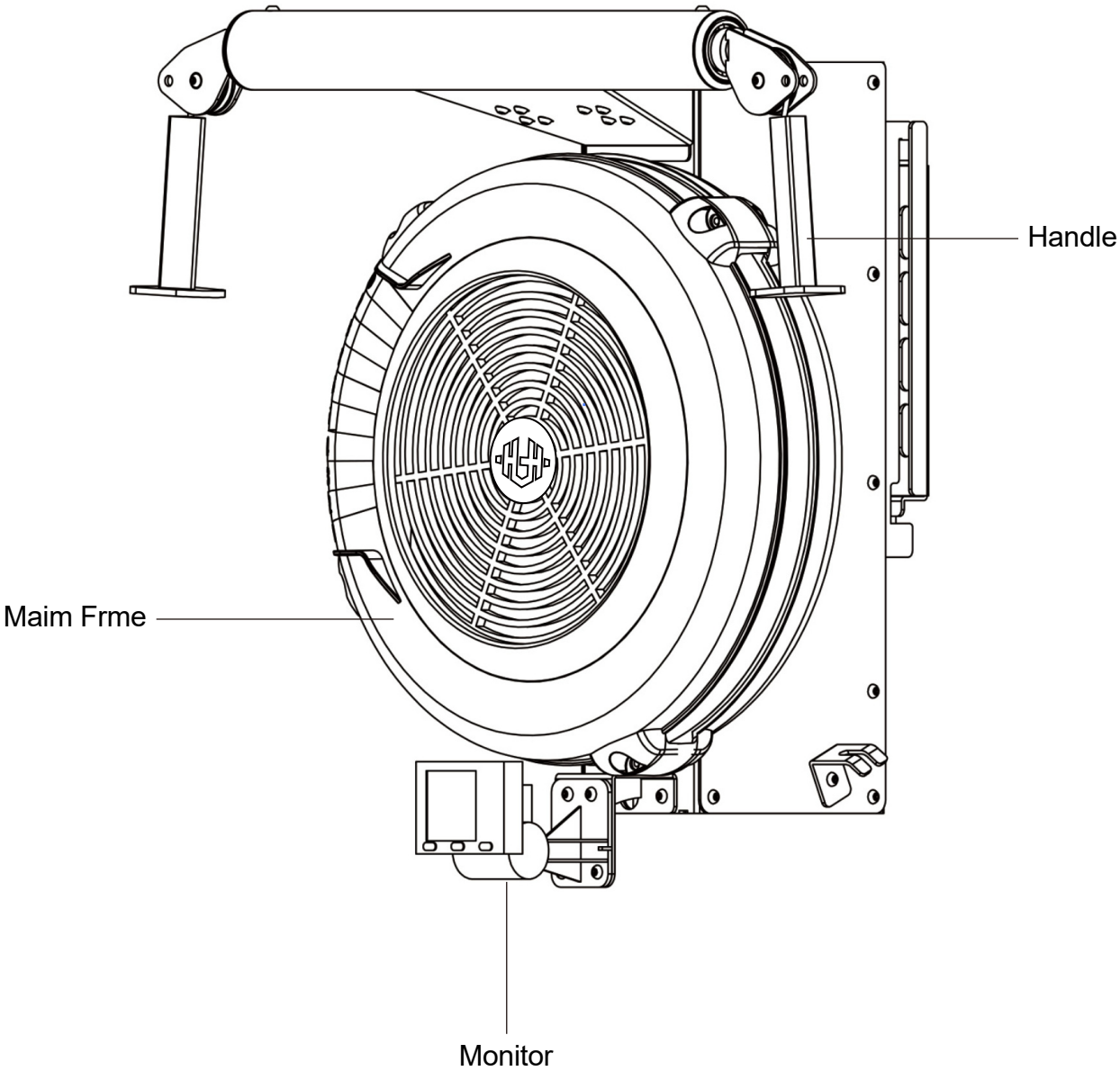
Important Note:
Do not overtighten the screws during assembly for better adjustment !
Only tighten them once everything is completely installed !

HVO FITNESS

LEARN MORE ON OUR YOUTUBE CHANNEL.
SCAN TO VISIT.

SCAN TO CONNECT WITH THE HVO SUPPORT TEAM

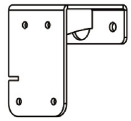
SCAN ME



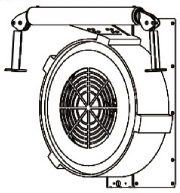
INSTALLATION STEP 1

1. Assemble the Main Frame

Attach the Console Connecting Plate (No. 3) to the Main Frame (No. 4).



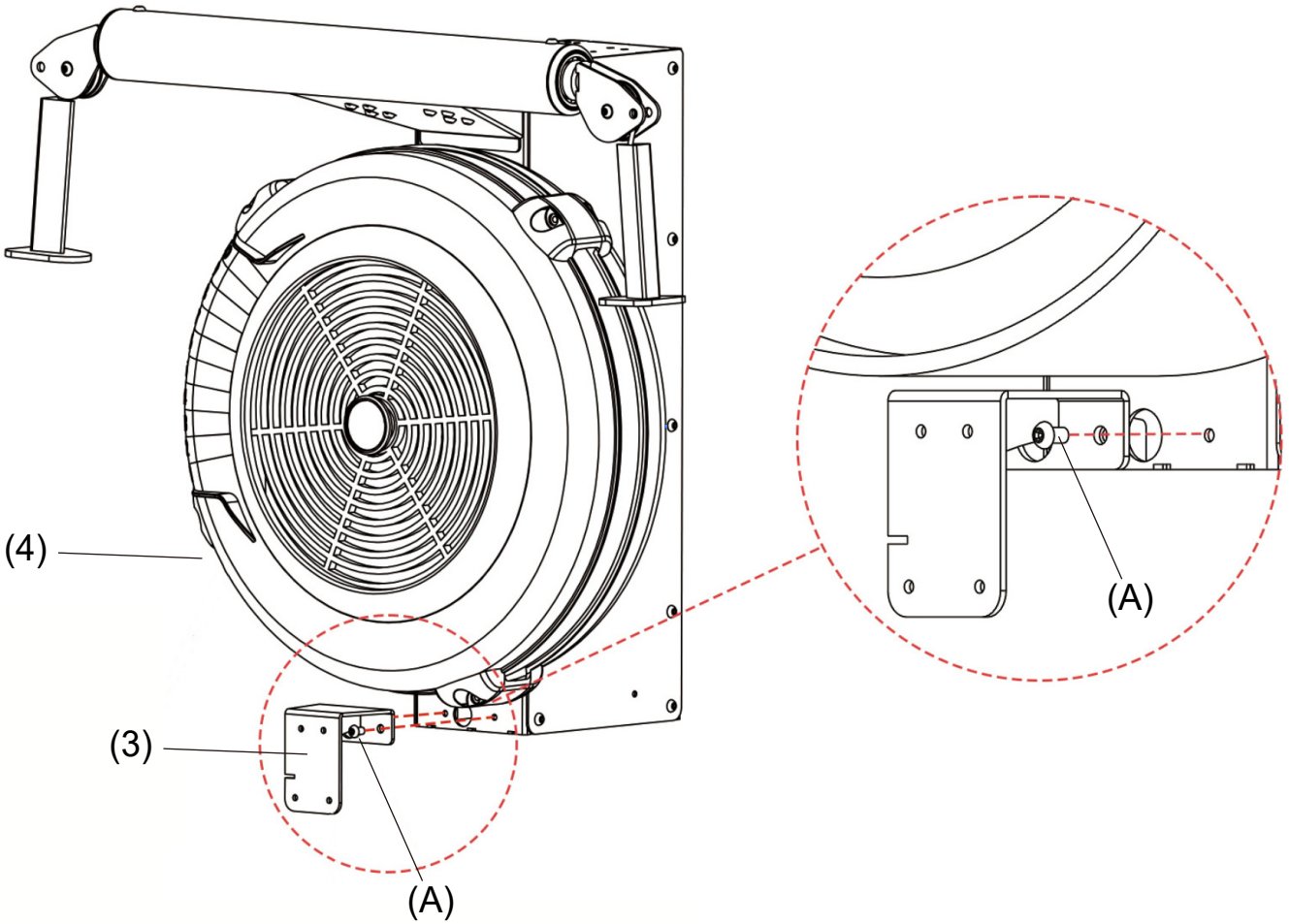
(3)



(4)



(A) x2

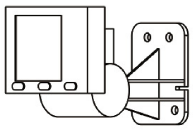


Important Note:
Do not overtighten the screws during assembly for better adjustment !
Only tighten them once everything is completely installed !

INSTALLATION STEP 2

2. Assemble the Control Monitor

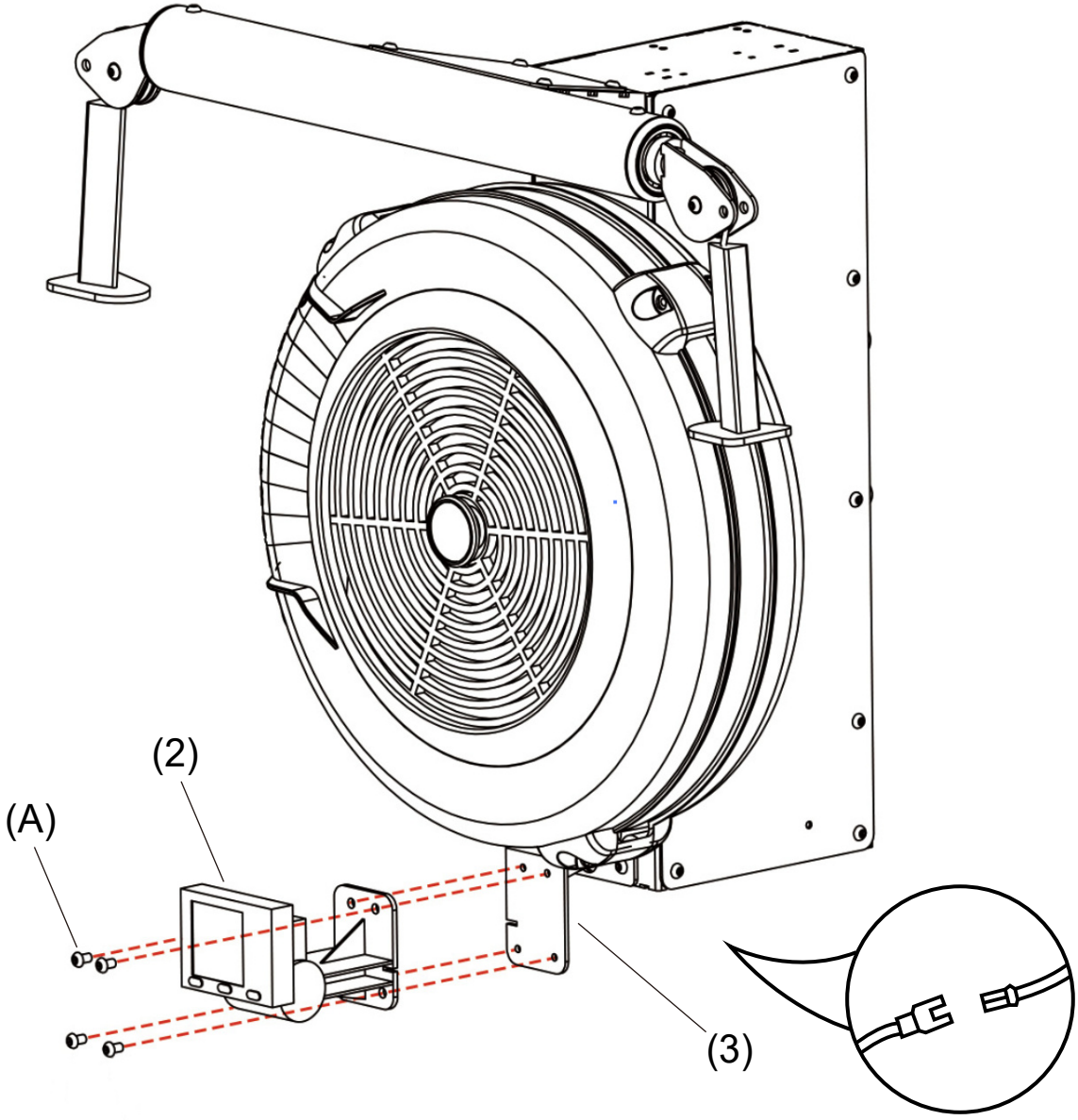
Attach the Control Monitor (No. 2) to the Console Connecting Plate (No. 3).



(2)



(A) x4

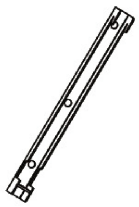


Important Note:
To ensure precise installation, tighten the screws only after aligning all of them with the corresponding holes. Failure to do so may result in misalignment during installation, preventing other screws from properly fitting into their respective holes.

INSTALLATION STEP 3

3. Assemble the Main Frame Fixing Plate (2 PCS)

Attach the two Main Frame Fixing Plates (No. 5) to the Main Frame (No. 4).



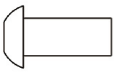
(5) x2



(6) x2



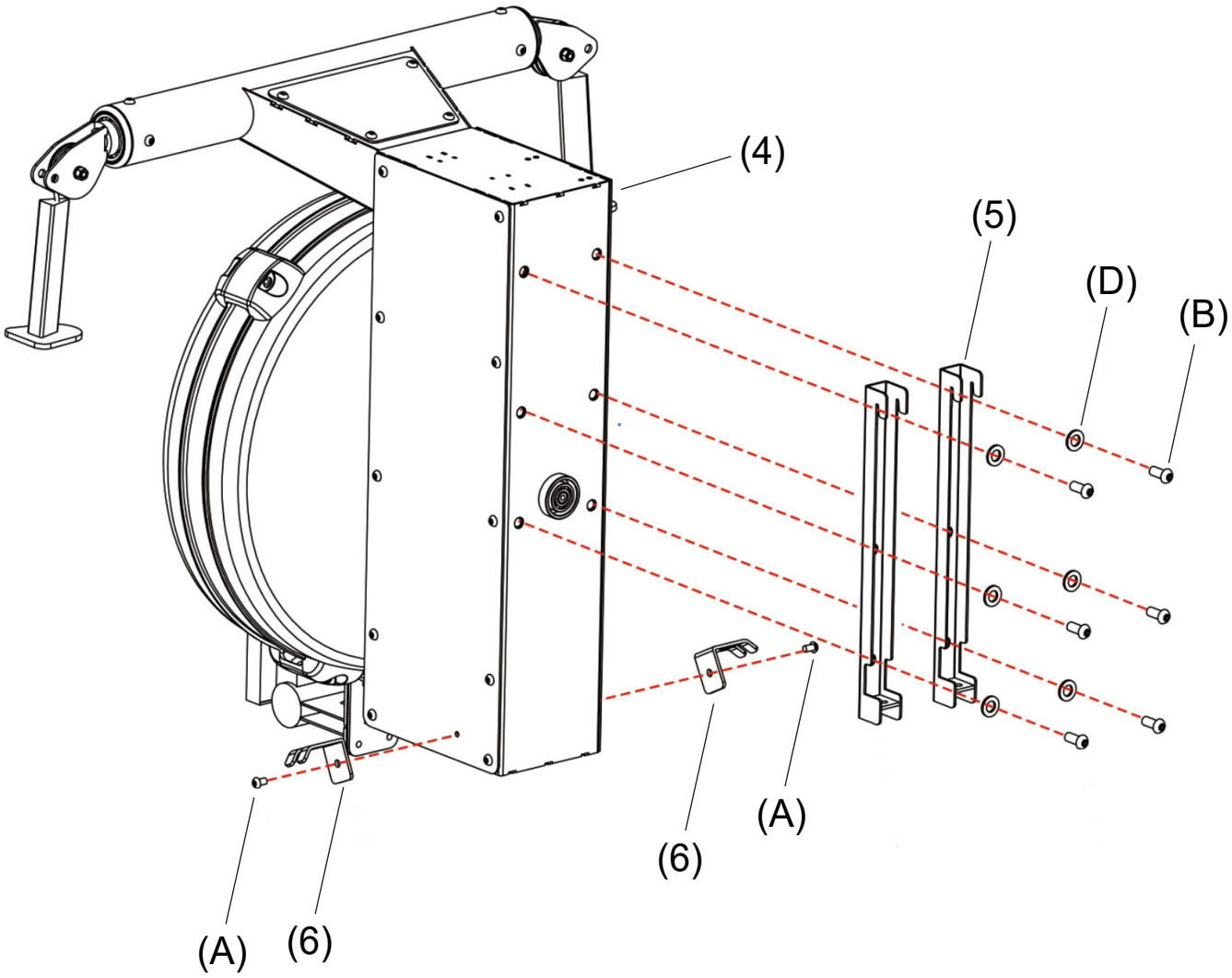
(A) x2



(B) x6

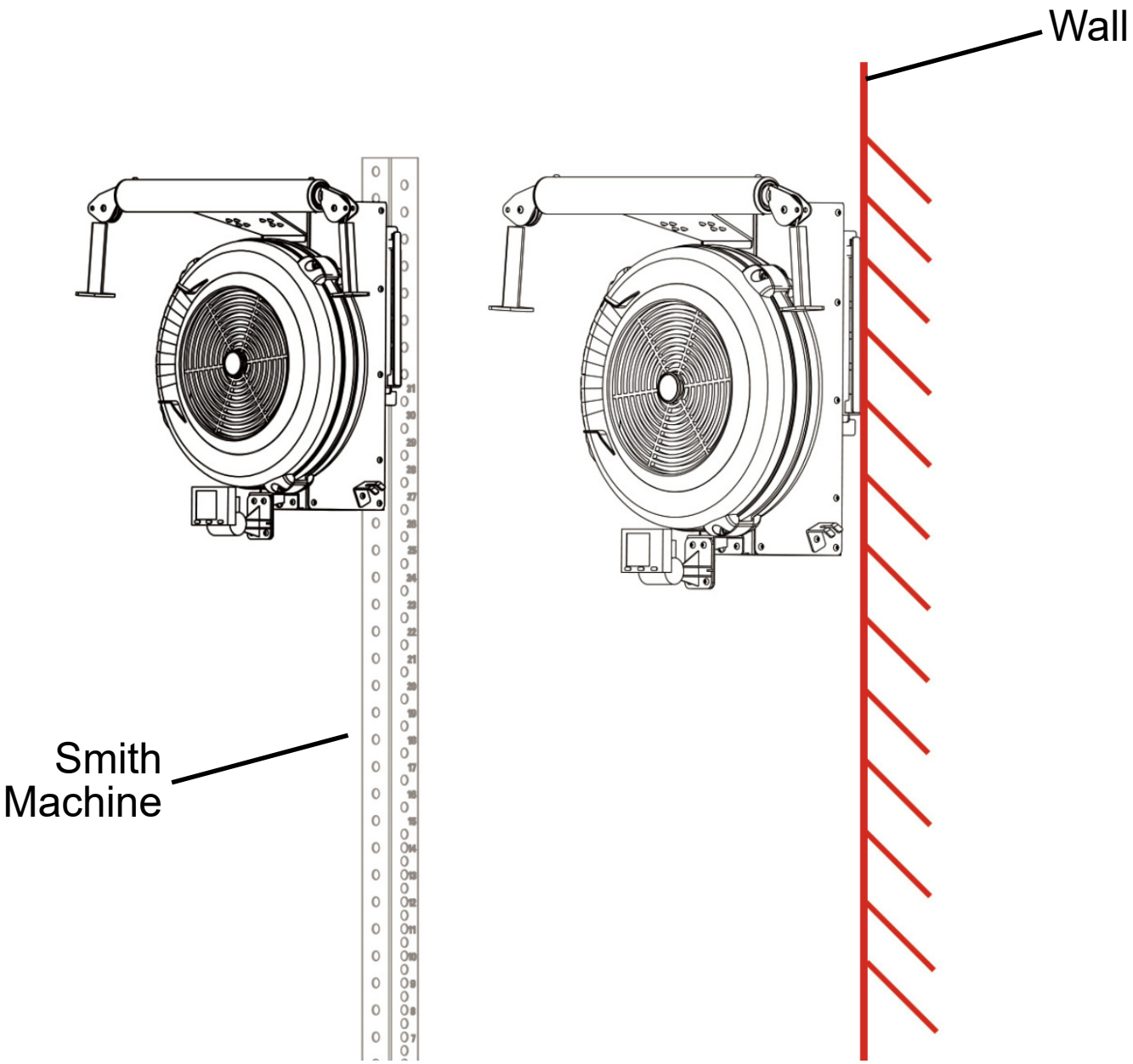


(D) x6



INSTALLATION STEP 4

This product can be installed in two ways. Select the installation method that best suits your needs.



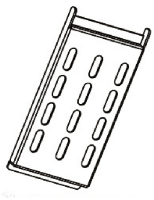
INSTALLATION METHOD 1 **INSTALLATION METHOD 2**

INSTALLATION STEP 4

This section explains how to install the product on a Smith Rack.

4. Installation Method 1 - Smith Rack Installation

Attach the Fixing Mounting Plate (No. 1) to the Smith Machine Rack.



(1)



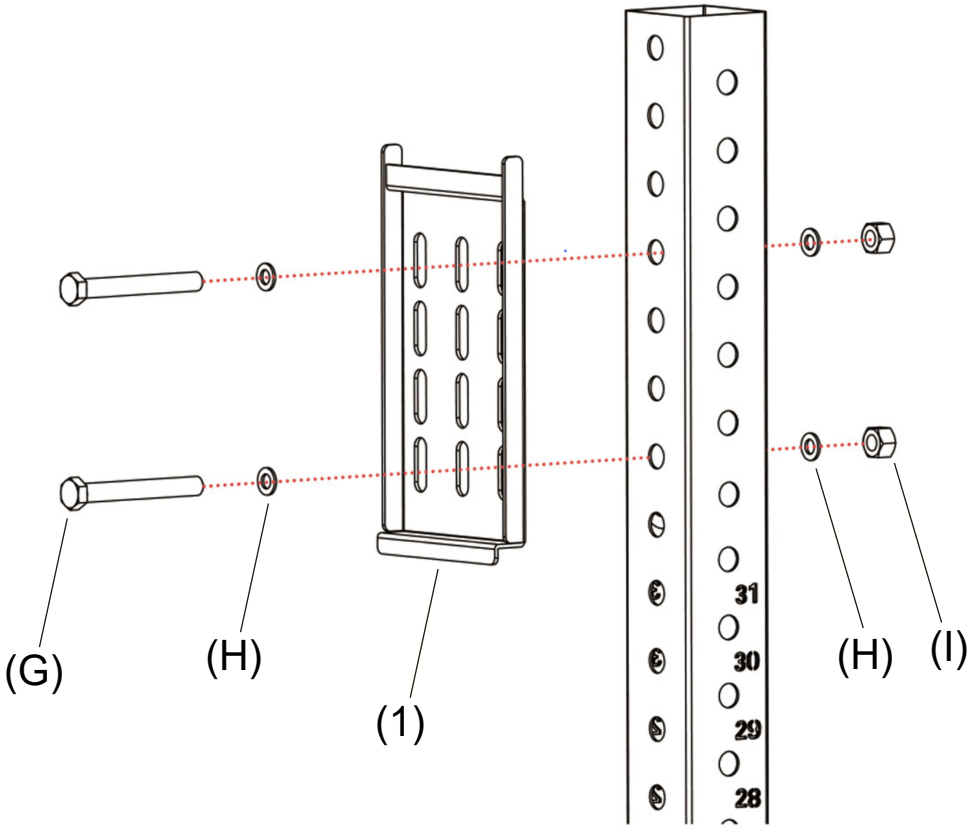
(G) x2



(H) x4



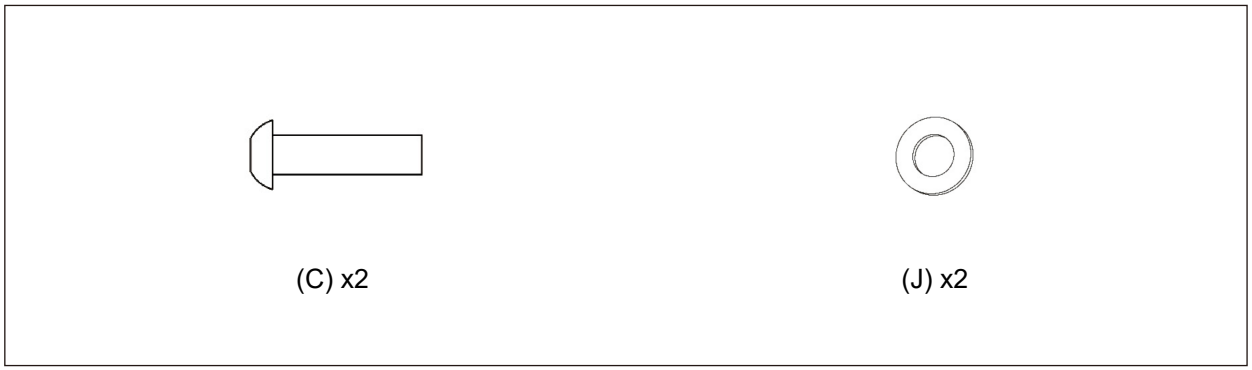
(I) x2



INSTALLATION STEP 5

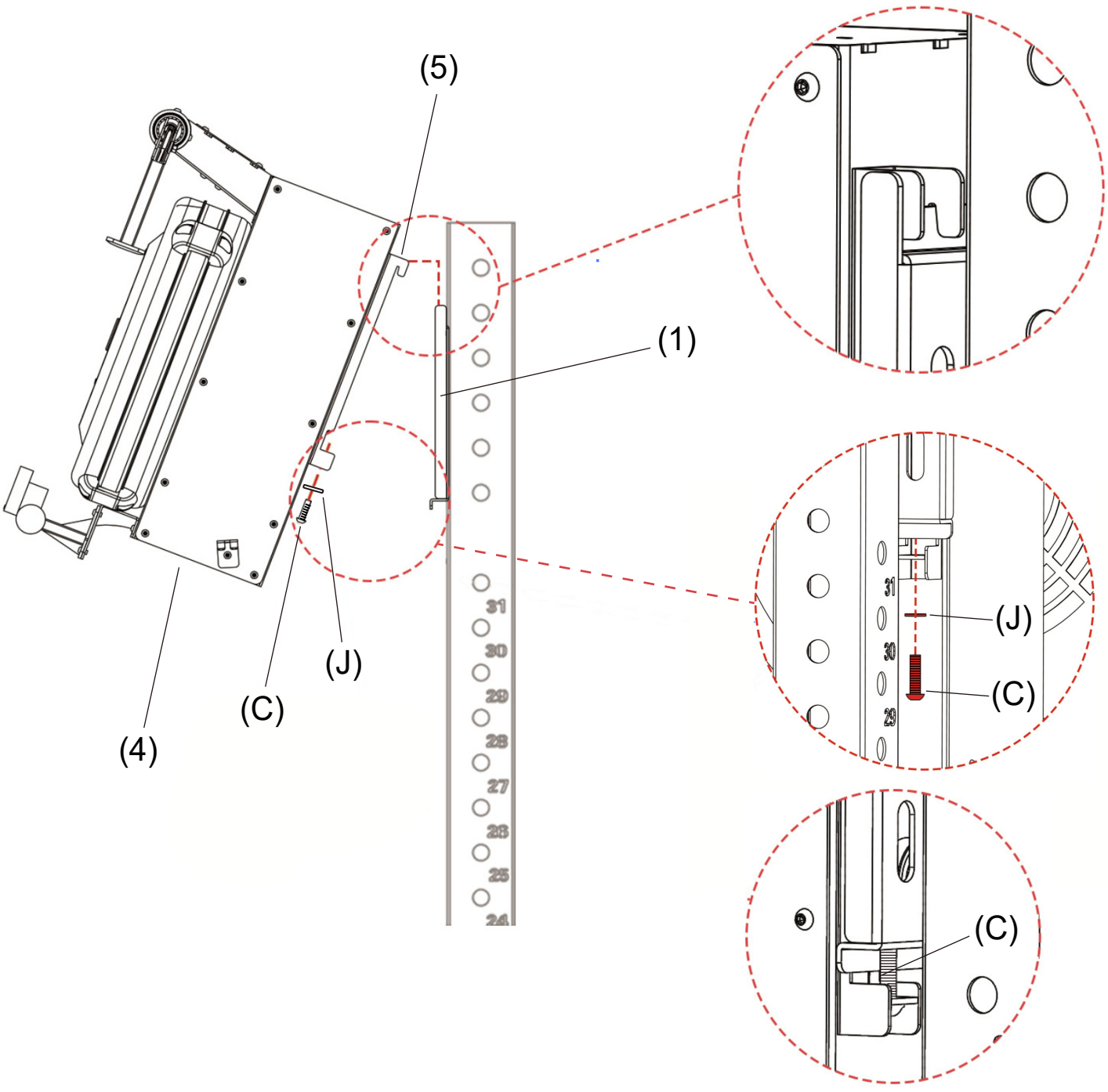
5. Install the Main Frame

Attach the assembled Main Frame (No. 4) to the Fixing Mounting Plate (No. 1), ensuring the Main Frame is securely fixed to the Smith Machine Rack.



(C) x2

(J) x2

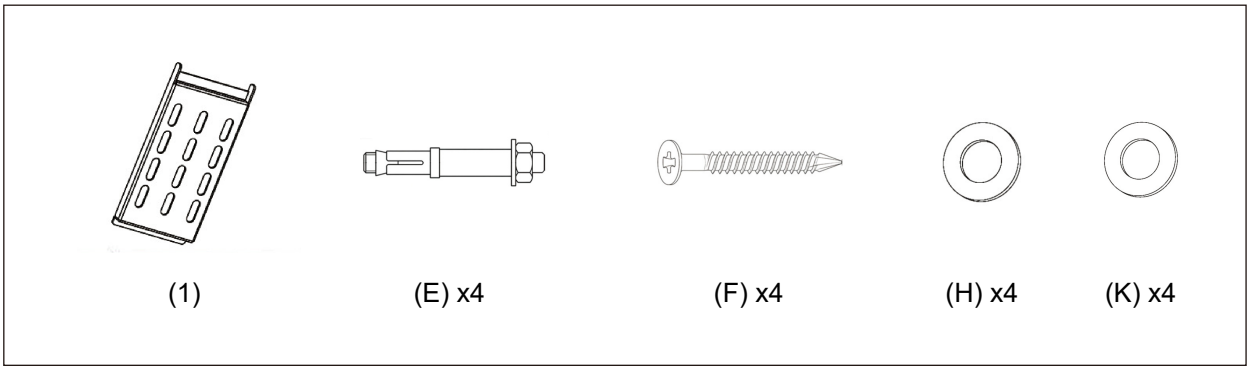


INSTALLATION STEP 4

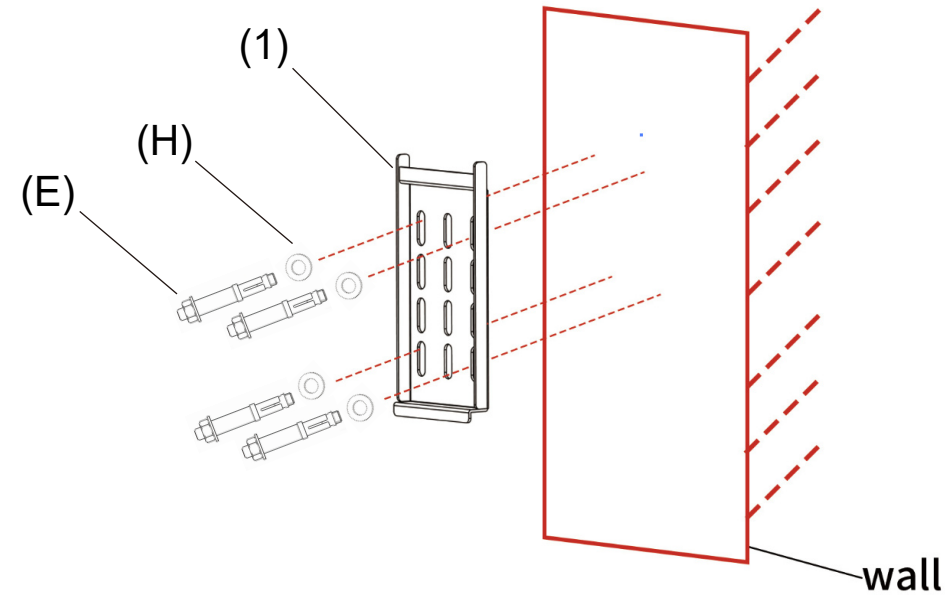
This section explains how to install the product on a wall.

4. Installation Method 2 - Wall Installation

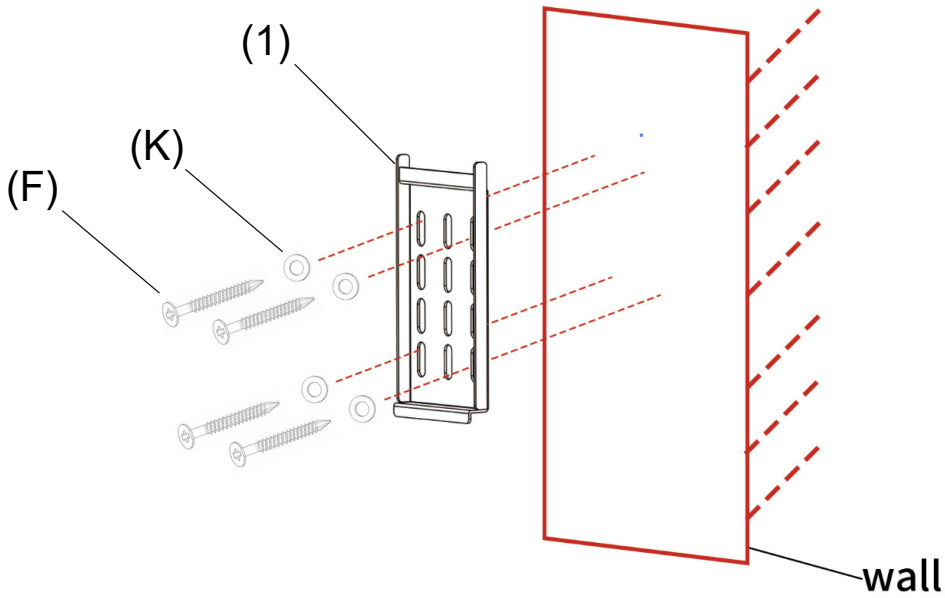
Attach the Fixing Mounting Plate (No. 1) to the wall.
For concrete or brick walls, use the Expansion Bolts (E).
For wooden walls, use the Wood Screws (F).



Note: For the product assembly steps, please refer to Steps 1–3.



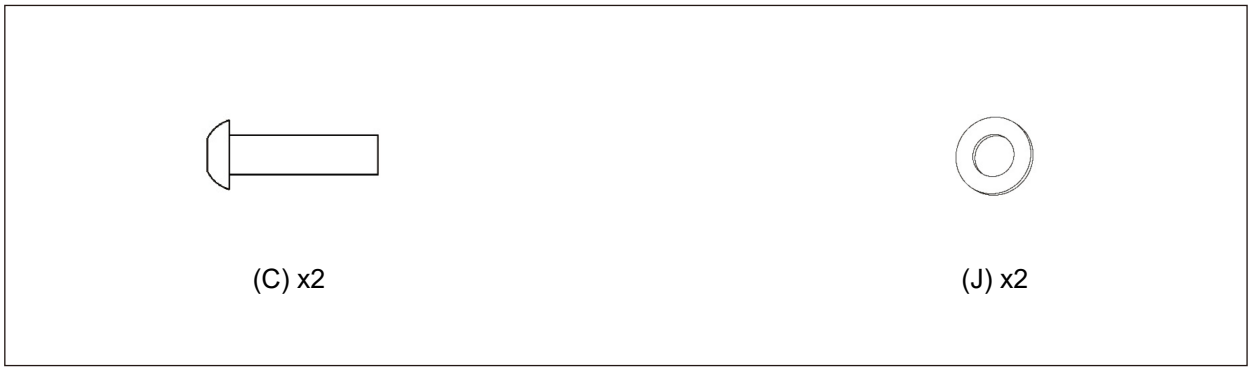
or



INSTALLATION STEP 5

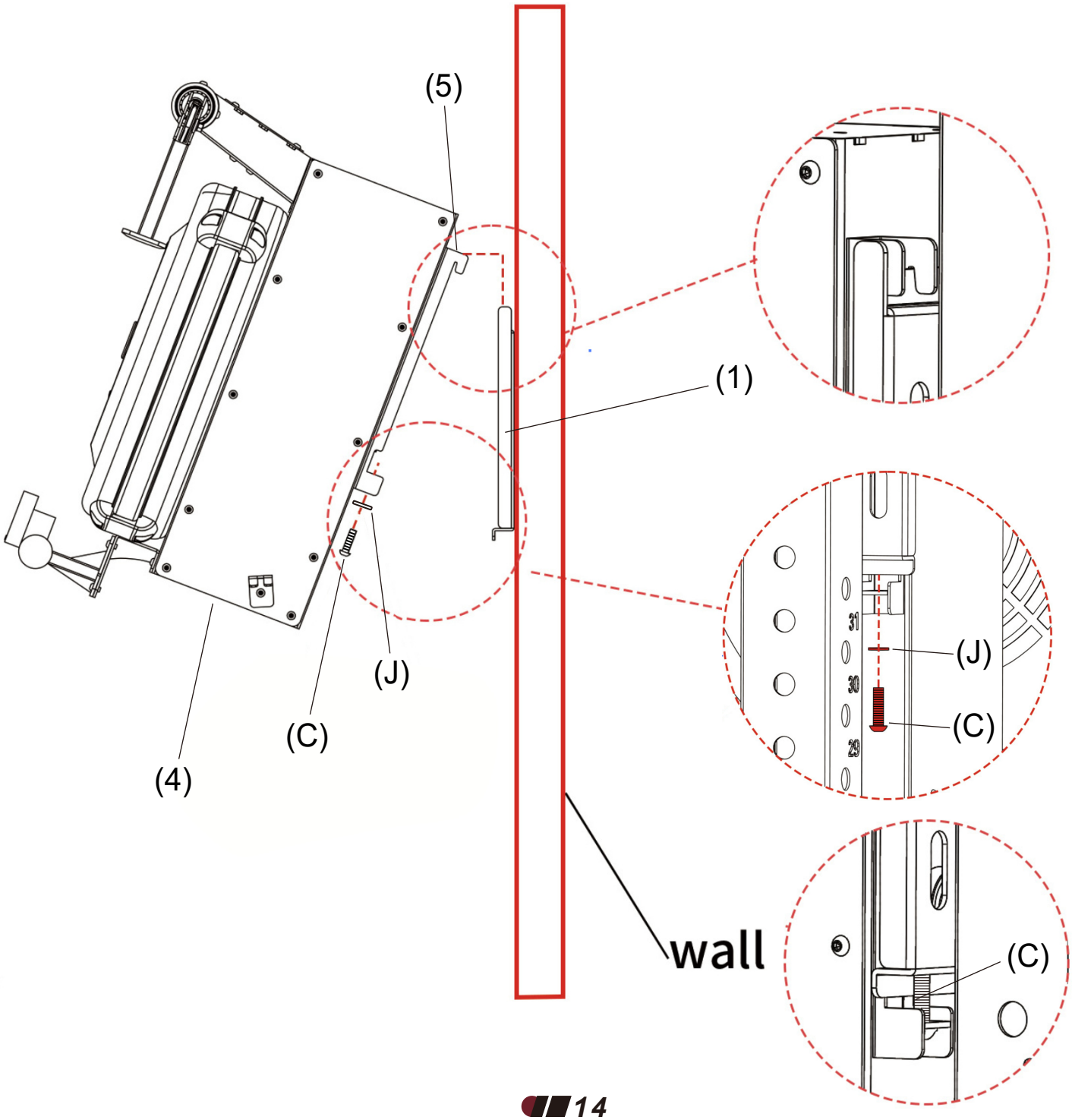
5. Install the Main Frame

Attach the assembled Main Frame (No. 4) to the Fixing Mounting Plate (No. 1), ensuring the Main Frame is securely mounted to the wall.



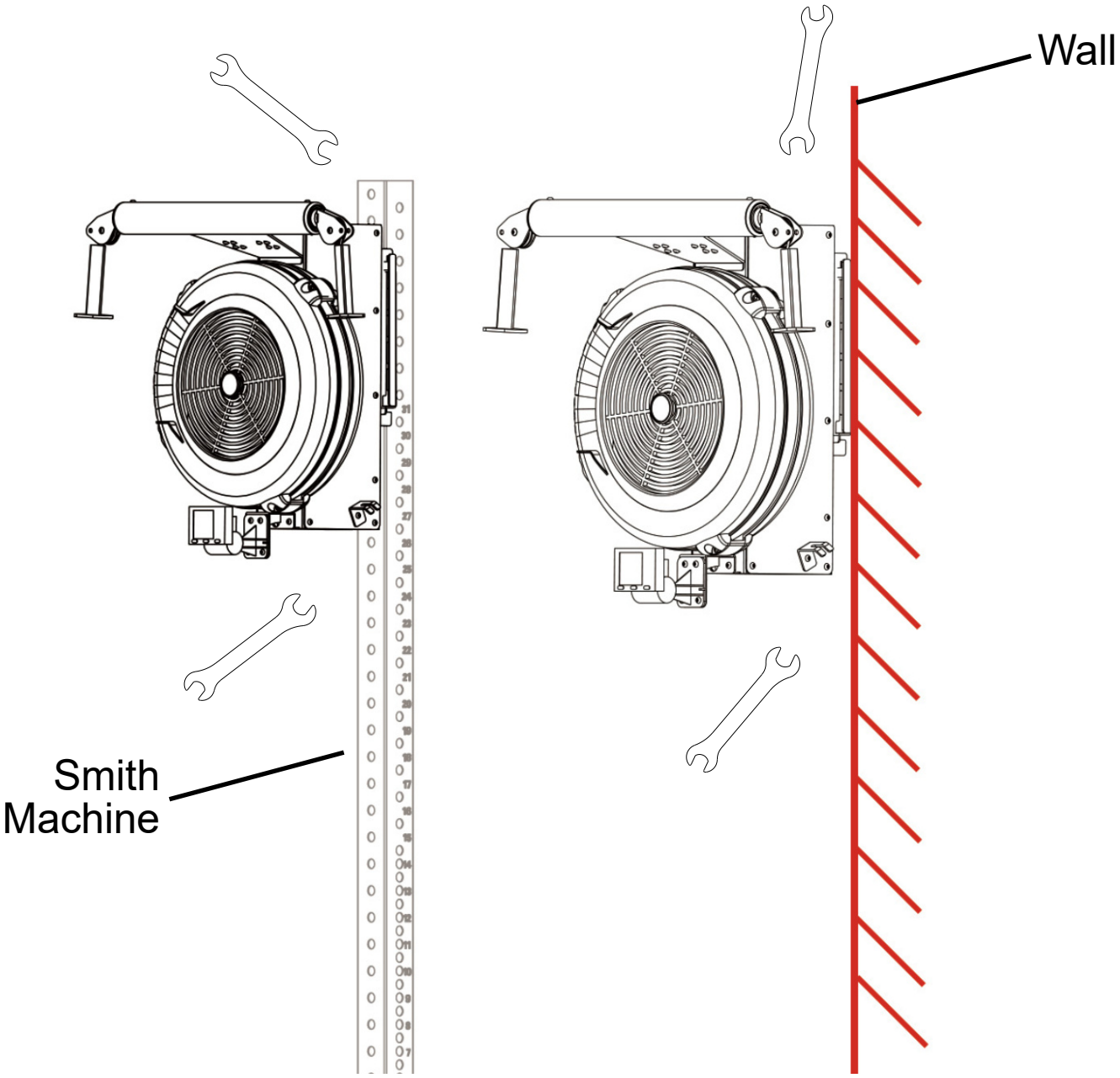
(C) x2

(J) x2



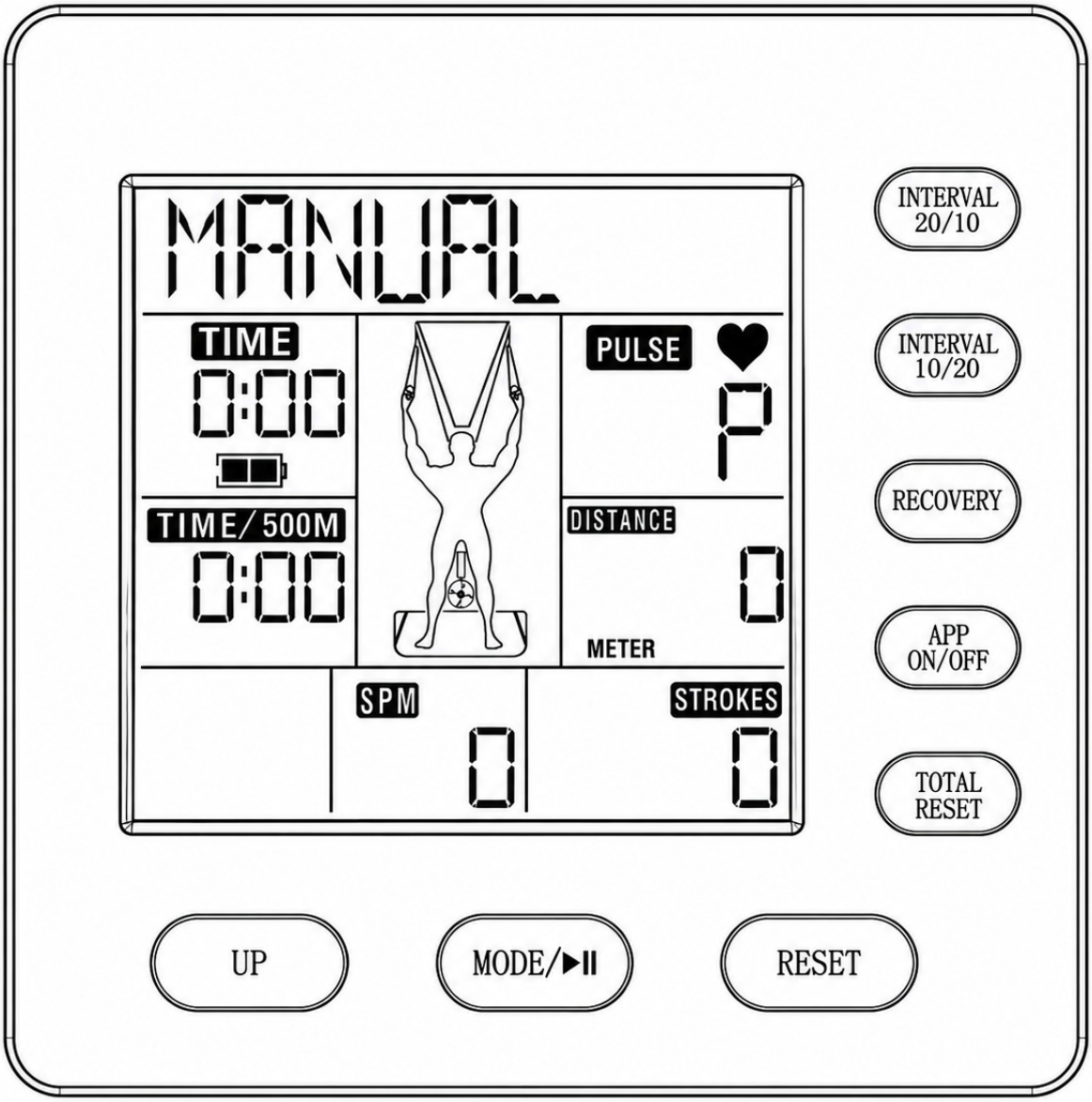
FINISH

After completing all steps, tighten all screws to ensure the machine is stable before use and exercise.



INSTALLATION METHOD 1 **INSTALLATION METHOD 2**

BUTTON FUNCTIONS



INTERVAL 20/10: 20/10 interval shortcut (20s work / 10s rest).

INTERVAL 10/20: interval shortcut (10s work / 20s rest).

RECOVERY: Heart rate recovery test.

APP ON/OFF: App connection switch.

TOTAL RESET: Clears all data and restores the initial state.

UP (Bottom Left): Increases setting values (e.g., time, counts).

MODE / ▶❚ (Bottom Center): Mode switching, confirmation, and start/pause.

RESET (Bottom Right): Clears current data or returns to the previous level.

HVO FITNESS

WORKOUT INTENSITY

User-Controlled Resistance

The resistance increases based on the effort you apply. The ski machine uses air resistance generated by a spinning flywheel. The faster and harder you pull, the greater the resistance becomes.

You have complete control over your workout intensity. The machine does not provide a fixed resistance level.

Damper Setting

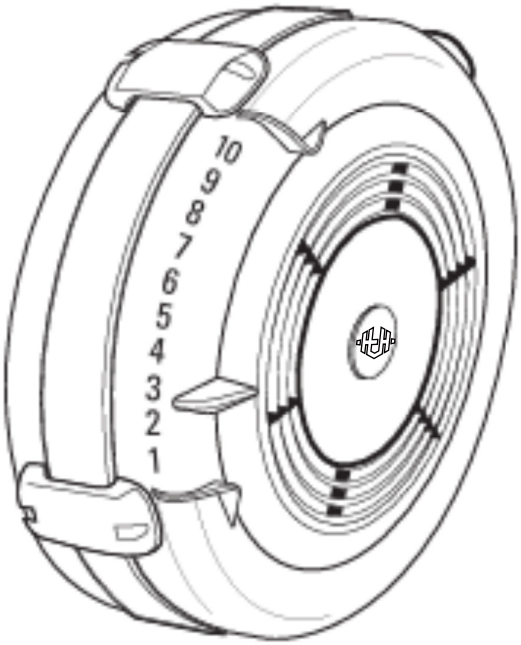
The ski machine features a spiral damper with settings from 1 to 10, similar to bicycle gearing. The damper changes the feel of each pull but does not directly increase or decrease the resistance.

You have complete control over your workout intensity. The machine does not provide a fixed resistance level.

Higher Settings (5–10): Simulate skiing in slower snow conditions or uphill terrain. Each pull feels heavier and requires more effort.

Lower Settings (1–4): Simulate skiing on flat terrain, faster snow conditions, or downhill terrain. Each pull feels lighter and allows for faster movement.

For most users, a damper setting between 1 and 4 is recommended for general fitness and aerobic training.



YOUR FIRST SKI MACHINE WORKOUT

1. Begin with 1–2 minutes of light skiing to practice the proper technique. Start with the double-pole motion, as it engages more muscle groups and helps improve coordination.

2. Ski at a steady pace for 3 minutes at a comfortable cadence to develop rhythm and maintain proper form.

3. Take a short break to stretch or walk.

4. Resume skiing for another 3–5 minutes, adjusting the intensity to your comfort level.

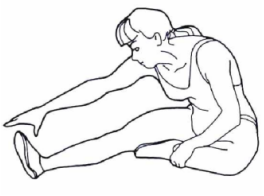
5. Rest for 1–2 minutes.

6. Repeat Steps 4 and 5 two or three times.

Note:
Gradually increase your workout duration and intensity over the first two weeks. Avoid skiing at maximum effort until you have mastered the technique and built a solid fitness foundation. As with any physical activity, increasing intensity too quickly or using improper form may lead to injury.

Cool-down:
Finish your workout with 2 minutes of very light movement, followed by gentle upper body and leg stretches to prevent muscle soreness.



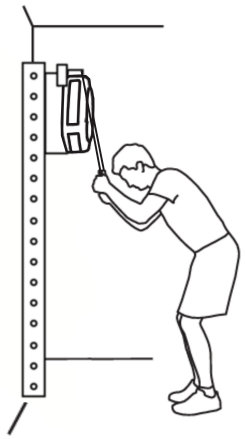



DOUBLE-POLE TECHNIQUE

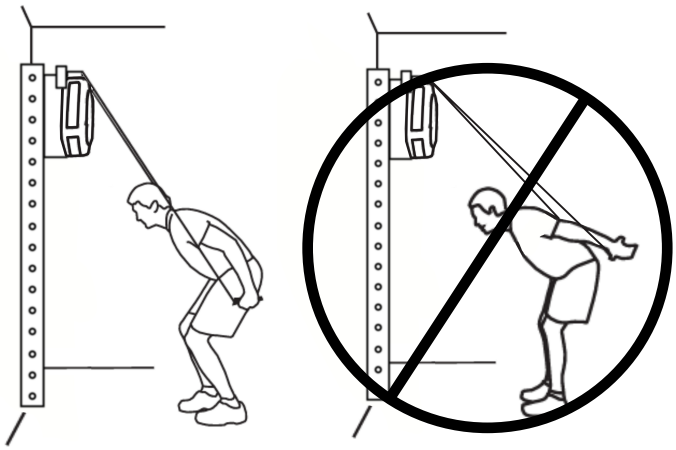
1. Stand with your feet shoulder-width apart and position your hands at approximately eye level. Keep your arms slightly bent.



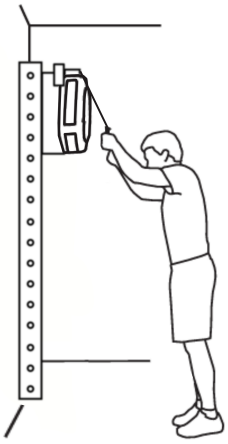
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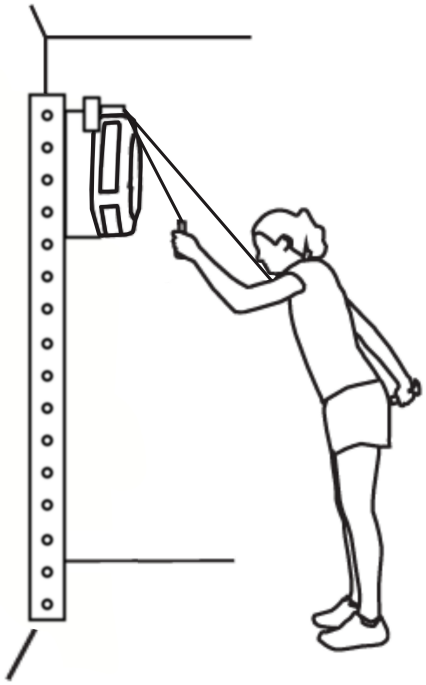


CLASSIC SKIING TECHNIQUE (ALTERNATING ARMS)

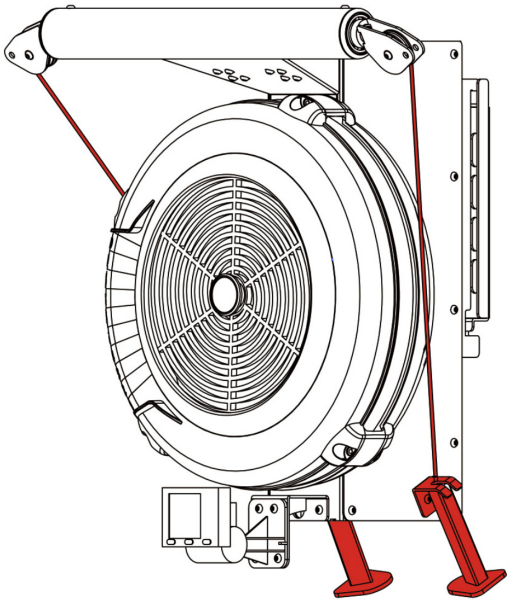
1. Begin with one arm raised and slightly bent.

2. Pull downward with the raised arm while gradually lifting the opposite arm.

3. Continue alternating arms while maintaining a slight bend and engagement in each arm for better control and power.



The built-in hooks are designed for convenient handle storage. When the ski machine is not in use, place the handles on the hooks to keep them in position and make them easy to access for the next workout.



WARNING

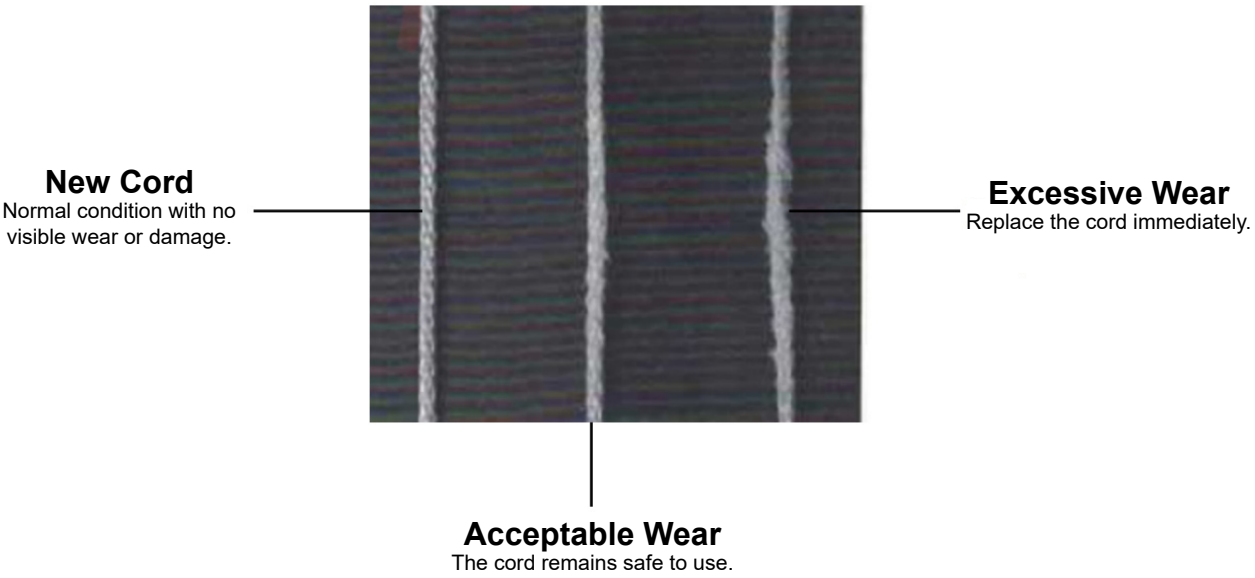
For continued safety and optimal performance, inspect the ski machine regularly for any signs of damage or wear. Do not operate the ski machine if any components are damaged or defective.

Replace damaged parts immediately or discontinue use until all repairs have been completed.

Cord Maintenance

During use, the cords may gradually become twisted, which can cause uneven resistance or a rough pulling sensation. Twisted cords may result in premature wear, so regular maintenance is important.

Inspect the cords frequently and untwist them as needed to ensure smooth operation and optimal performance.



Untwisting the Cords

This process is easier with assistance.

1. Pull both handles out to their full extension.

2. Hold the cords near the handle bracket, allowing the handles to hang freely and rotate.

3. Run your hand along each cord to gently remove any twists.

4. Return the handles to their top resting position.

5. Repeat this process at least twice to ensure the cords are completely untwisted.

USAGE PRECAUTIONS

Grip Cleaning
Clean the handle grips after every few workouts using a mild soap solution or a non-abrasive cleaner.

Do not use harsh chemicals, as they may damage the grip material.

Signs of Wear
Light fuzzing on the cords over time is normal.

If fuzzing becomes excessive or appears heavily concentrated in a specific area, replace the cord immediately.

Always replace both main cords at the same time to maintain consistent performance.

Handle Cord Inspection
Fully extend both handles and inspect the entire visible length of the cords for any signs of fraying, cuts, or excessive fuzzing.

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Scan the QR code to contact **HVO Fitness**, or email your order number to **service@hvofitness.com** to register your product. Once you activate your warranty, you will receive an additional 180 days of coverage on top of the standard warranty, giving you a full year of peace of mind for your purchase.

Youtube: HVO **HVO Fitness** **Instagram: HVO**



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NOTICE:

If you are not satisfied with the Product, please reach out to us and we will reply you within 24 hours. We strive to provide the best possible service to our custom ers. Your satisfaction is important.

WARRANTY

To register your product, please email your order number and a screenshot of your order to **service@hvofitness.com** This step ensures that your product is properly registered in our system and activates your warranty.

❶ If you encounter any issues with your product, you can return new and unopened items within 30 days of delivery for a full refund or replacement.

❷ Register your product by sending your order number to our dedicated after-sales email address at **service@hvofitness.com** Upon warranty activation, you'll receive our standard 6-month warranty plus an additional 180 days, providing you with one year of coverage.

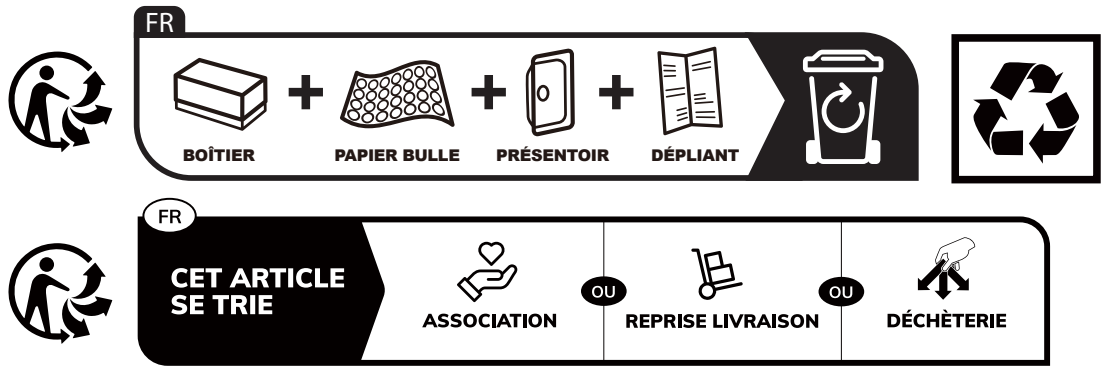
❸ During the warranty period, repairs (excluding consumables) are free, but customers are responsible for round-trip shipping costs.

❹ If your product's warranty expires, we'll provide and use stock accessories to the best of our ability to assist with repairs (charges may apply).

❺ Modifying the product yourself and attempting repairs will void the warranty.

❻ Due to distribution processes, the product may experience some friction and rough handling during shipping. We recommend keeping the packaging box in case a return is necessary. Without the packaging material, returns may not be possible.

Product Details	
Item name	HVO SKI MACHINE
Model	SKI100
Contains	HVO HVO SKI MACHINE *1 + INSTRUCTIONS *1



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EU REP

SUCCESS COURIER SL

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