



CARDIO



KSX850

SKI TRAINER PRO

Following on from the success and popularity of the Bodyworx KRX700 Air Rower, the Bodyworx Ski Trainer Pro brings you a similar workout to rowing from an aerobic point of view, yet in the form of a ski trainer. Offering an entire body workout aiding in building strength and endurance, in a very low impact machine.

As with the Bodyworx Air Rower, the harder you pull the harder the resistance is. This is because, as the flywheel spins faster, the air resistance is increased. Added to this, the Bodyworx Ski Trainer Pro comes with an air dampener which is used to control 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.

The Bodyworx Ski Trainer Pro delivers you the high intensity low impact workout you have been looking for.

SPECIFICATION

Resistance:	9 Levels of Air Resistance	Main Frame:	103.4cm (L) x 55.5 (W) x 2mm (T)
System:	Fan System	Floor Stand:	120cm (L) x 59cm (W) x 25mm (T)
Console:	Backlit screen which display Stroke/Rate, Time, Distance/Cycle, Pulse, Calories, Watts; Paddle Width, Buzzer; Interval Program Profile	Handle Bar:	49cm (L) x 70cm (W) x 3mm (T)
		Support Bracket:	32mm (Dia) x 1.5mm (T)
Programs:	Enter/Stop key, Up/down/back key	Assembled Dimension:	135cm (L) x 61cm (W) x 215.9cm (H)
Cables:	Dyneema®, the world's strongest Fiber™ which is on a weight for weight basis 15 times stronger than Steel		