



## Renegade HIIT Air Ski for wall mounting (ASKI100)



The Renegade Air Ski HIIT ASKI100 for wall mounting strengthens the upper body, abdominal, back and leg muscles relevant for skiing. Since the fitness equipment uses an air and magnetic resistance system, the movements are very fluid. This makes training more fun and reduces the risk of injury.

CHF 1'299.00

The Renegade Air Ski HIIT is a very robust training device. This unit is based on a very strong elastic rope system that requires only 8kg to move from the bottom to the top. The ASKI100 can be attached to the wall wherever you want with brackets.

Workouts with the Renegade HIIT Air Ski can be done kneeling or sitting in front of the unit. This makes the device ideal for athletes with physical limitations. You control the training resistance yourself: pulling harder accelerates the flywheel and increases the resistance. The different resistance levels (1-14) allow you to simulate a practical workout in all conditions.

The Air Ski ASKI100 has several training programs that allow you to train in a varied and targeted manner. The "Quick Release" handlebar makes it easy to switch between different training programs. In addition, the large, blue backlit LCD screen is easy to read during your workout. The Renegade HIIT Air Ski does not require a power connection.

**Link to over 40 exercise videos featuring Renegade's Air Ski.**

### **Equipment:**

- uniform, natural, unlimited magnetic airflow resistance through heavy-duty 45cm aluminum fan with cross-connected aluminum blades
- internal high-performance drive mechanism with rugged, sealed, unidirectional cartridge bearings to provide the best performance for both bipolar and conventional (alternating arm) technology
- low-maintenance, endless poly-V double-ribbed belt drive
- lightweight, high-strength drive cables for a smooth workout and long service life
- manually adjustable magnetic resistance system (14 levels) for high-intensity workouts



- self-leveling roller system with robust sealed industrial bearings and a width between 62 cm (max.) and 26 cm (min.)
- stainless steel quick release mechanism for vertical and horizontal grip positions for various exercises
- ergonomically designed handle offers horizontal and vertical placement options to exercise different muscles
- 2mm thick square tube frame for sturdy construction
- 4mm thick steel brackets, support with mounting screws and washers
- large backlit LCD display (4 x AA LR6-1.5V batteries) showing time, stroke/min, stroke count, distance, calories, time/500m, watts, resistance level and heart rate
- 8 training modes including 20/10, 20/30, custom intervals, 4 target settings
- built-in wireless Polar heart rate receiver to accurately monitor your heart rate

Use: home to light institutional use, payload: approx. 150kg

Unit dimensions: L62 x W38 x H80cm, weight 23kg

Accessories: 2 pairs of hand grips

Options: Polar transmitter belt

Warranty: 2 years on labor and materials (excludes consumables).