



Renegade HIIT Air Ski for wall mounting with rail (ASKI150)



The Renegade Air Ski HIIT ASKI150 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 1'899.00

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 8 kg to move from the bottom to the top. The robust sled system with 3 different height positions and a swivel function means that cross-country skiing is no longer the only exercise. To adjust the height, pull the right lever toward you to remove the locking pin and set it to the desired height.

Exercising 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 ASKI150 has several training programs that allow you to train in a varied and targeted way. 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 work different muscles
- 3 adjustable positions - robust carriage system made of oval tubes with sealed cartridge bearings for adjustment to high, medium and low positions
- black, 2 mm thick oval tube with upright frame structure and mounted brackets for attachment to desired wall position
- 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 H208cm, weight 72kg

Accessories: 2 pairs of hand grips

Options: Polar transmitter belt

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