



Renegade HIIT Air Ski with base plate (ASKI200)



The Renegade Air Ski HIIT ASKI200 with base plate for flexible positioning strengthens the upper body, abdominal, back and leg muscles relevant for skiing. As the fitness machine works with an air and magnetic resistance system, the movements are very fluid. This makes training more fun and reduces the risk of injury.

CHF 2'299.00

The Renegade Air Ski HIIT is a very robust training device. This unit is based on a very strong, elastic rope system that only requires 8 kg to move from the bottom to the top. Thanks to the robust sled system with 3 different height positions and a swivel function, cross-country skiing is no longer the only exercise. To adjust the height, pull the right-hand lever towards you to remove the locking pin and bring it to the desired height.

Training with the Renegade HIIT Air Ski can be done kneeling or sitting in front of the device. 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) make it possible to simulate practical training under all conditions.

The floor stand with its non-slip plate and transport wheels is an all-in-one solution that makes the Renegade HIIT Air Ski mobile.

The ASKI200 Air Ski 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 training. The Renegade HIIT Air Ski does not require a power connection.

Link to over 40 exercise videos with the Air Ski from Renegade

Features:

- uniform, natural, unlimited magnetic airflow resistance through heavy-duty 45 cm aluminum fan with cross-linked aluminum blades



- internal high-performance drive mechanism with robust, 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 smooth training and a long service life
- manually adjustable magnetic resistance system (14 levels) for high-intensity training
- self-levelling roller system with robust sealed industrial bearings and a width of between 62 cm (max.) and 26 cm (min.)
- stainless steel quick-release mechanism for vertical and horizontal gripping positions for different exercises
- the ergonomically shaped handle offers horizontal and vertical placement options to train different muscles
- black 2mm thick main frame construction with freestanding platform, equipped with a 2.3 mm thick non-slip checker plate made of steel
- 3 adjustable positions - robust carriage system made of oval tubes with sealed cartridge bearings for adjustment to high, medium and low position
- black 20 x 50 mm PVC anti-slip foot stopper for more stability
- integrated movable nylon/fiber wheels for easy transport
- large backlit LCD display (4 x AA LR6-1.5V batteries) with display of time, stroke rate/min., stroke rate, distance, calories, time/500m, watts, resistance level and heart rate
- 8 training modes, including 20/10, 20/30, user-defined intervals, 4 target settings
- built-in wireless Polar heart rate receiver for accurate monitoring of your heart rate

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

Device dimensions: L130 x W61 x H214cm, weight 100.5kg

Accessories: 2 pairs of hand grips

Options: Polar transmitter belt

Warranty: 2 years on labor and material (excluding consumables)