

PH FITNESS

SKI TRAINER

USER MANUAL | Wall Mounted & Optional Floor Stand



Your gym. Your performance. Your pace.

Model
Ski Trainer

Document Type
User Manual

Version
1.0 — 2025

1. Safety Instructions

⚠ WARNING: The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately or keep the machine out of use until repaired.

1.1 General Safety

- Consult your physician before beginning any exercise program, especially if you are new to training or have a pre-existing condition.
- Carefully review the skiing technique information in Section 7 before your first workout. Improper technique can result in injury.
- Warm up before each workout and stretch afterward. Start gradually — no more than five minutes of skiing on your first session.
- Over-exercising may result in serious injury or death. If you feel faint or dizzy, stop exercising immediately.
- Keep unsupervised children away from the SKI Trainer at all times.
- Maximum user weight: 130 kg (287 lb).

1.2 Cord & Component Safety

- Use of this machine with worn or weakened parts (pulleys, cords, spools) may result in injury. Replace immediately with genuine PH Fitness parts if wear is suspected.
- Do not twist or cross the handle cords, and avoid pulling cords all the way out to the point at which they stop.
- Do not release the handles while they are in the pulled-out position — always return handles to the top position before releasing them.
- Perform regular inspection and maintenance as described in Section 9.

1.3 Installation Safety

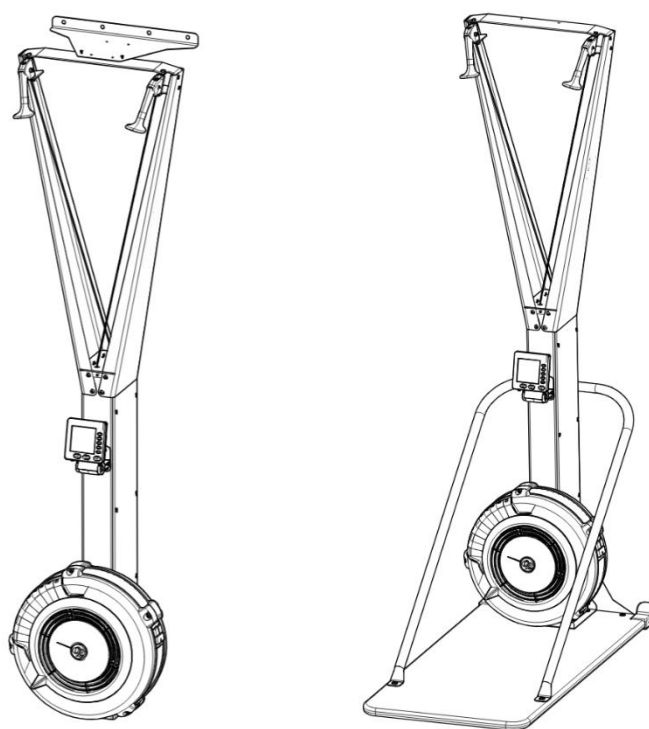
- The wall-mounted SKI Trainer must be securely fixed to the wall at both the top and bottom brackets, using fasteners suited to solid wood, masonry, or concrete wall material.
- If you are unsure that your wall has studs at the standard 16 in (40.6 cm) spacing, do not continue installation until you have confirmed stud spacing. See Section 5.4 for non-standard spacing.
- The optional floor stand must only be used on a stable, level surface.
- A minimum of two people is recommended for wall-mounted installation.

2. Product Overview

The PH Fitness Ski Trainer is a full-body air-resistance cardio machine built for HIIT, CrossFit, and Hyrox training. It replicates the double-pole and classic ski-erg motion used by competitive skiers, engaging the arms, shoulders, back, core, glutes, hamstrings, and legs in a single continuous low-impact movement.

2.1 Two Mounting Options, One Machine

The SKI Trainer is available in two configurations. Both share an identical flywheel, air-resistance mechanism, handle cords, and Performance Monitor (PM) — training performance is completely identical between the two.



Wall Mounted	Fastens directly to a solid wall using the supplied universal bracket and hardware. No floor space required beneath the machine.
With Optional Floor Stand	Adds a stable, caster-wheeled base plate for free-standing use on any level surface. Some assembly required.

2.2 Progressive Air Resistance

Resistance is generated automatically by the spinning flywheel — the harder and faster you pull, the greater the resistance becomes. There are no buttons or manual settings for resistance: intensity is controlled entirely by user effort, making the machine equally suited to a gentle warm-up or a maximal HIIT interval.

2.3 Key Features

- Vertical double-pole pulling motion engaging the full body in one movement.
- Adjustable-height cable pull to suit users of different heights.
- Ergonomic, non-slip, sweat-resistant handles.
- Spiral damper (settings 1–10) to fine-tune the feel of resistance.
- Built-in LCD Performance Monitor tracking time, distance, calories, strokes per minute (SPM), total strokes, and intensity.
- Bluetooth connectivity for companion app pairing (iOS & Android).

3. Technical Specifications

3.1 Frame & Dimensions

Height (both variants)	216 cm / 85 in
Wall-Mounted Footprint (no user)	52 cm x 40.6 cm (20.5 in x 16 in)
Floor Stand Base	60 cm x 127 cm (23.5 in x 50 in)
Training Area (both variants)	60 cm x 127 cm (23.5 in x 50 in)
Recommended Free Area	121.9 cm x 193 cm (48 in x 76 in)
Weight — Wall Mounted	20.8 kg (46 lb)
Weight — Optional Floor Stand	16–18 kg (35–40 lb), sold separately

3.2 Resistance & Cable System

Resistance Type	Progressive air resistance (automatic, continuously variable)
Damper Setting Range	1–10 (spiral damper — adjusts feel, not direct resistance)
Movement Pattern	Vertical double-pole pull; classic (alternating-arm) technique also supported
Cable/Cord Height	Adjustable to suit user height
Handles	Ergonomic, non-slip, sweat-resistant, dual

3.3 Monitor

Display	LCD — time, distance, calories, SPM, total strokes, intensity
Connectivity	Bluetooth (iOS & Android companion app)
Power	Battery powered (replace when display fades)

3.4 General

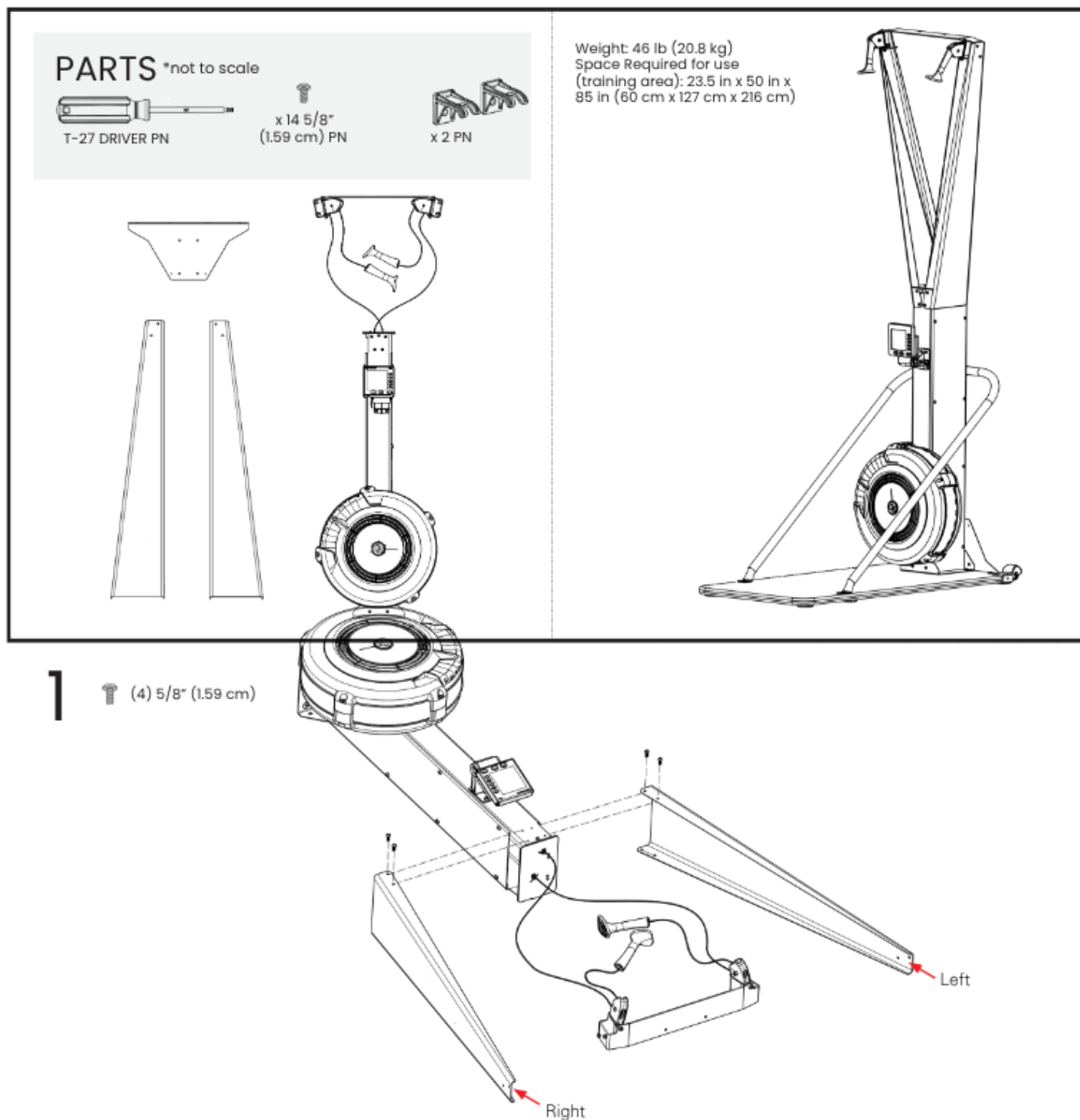
Maximum User Weight	130 kg (287 lb)
Assembly Time	Approx. 20–30 minutes (either configuration)
Applications	HIIT, CrossFit, Hyrox, general cardio, rehabilitation, home training, studio use
Warranty	2 years

5. Assembly

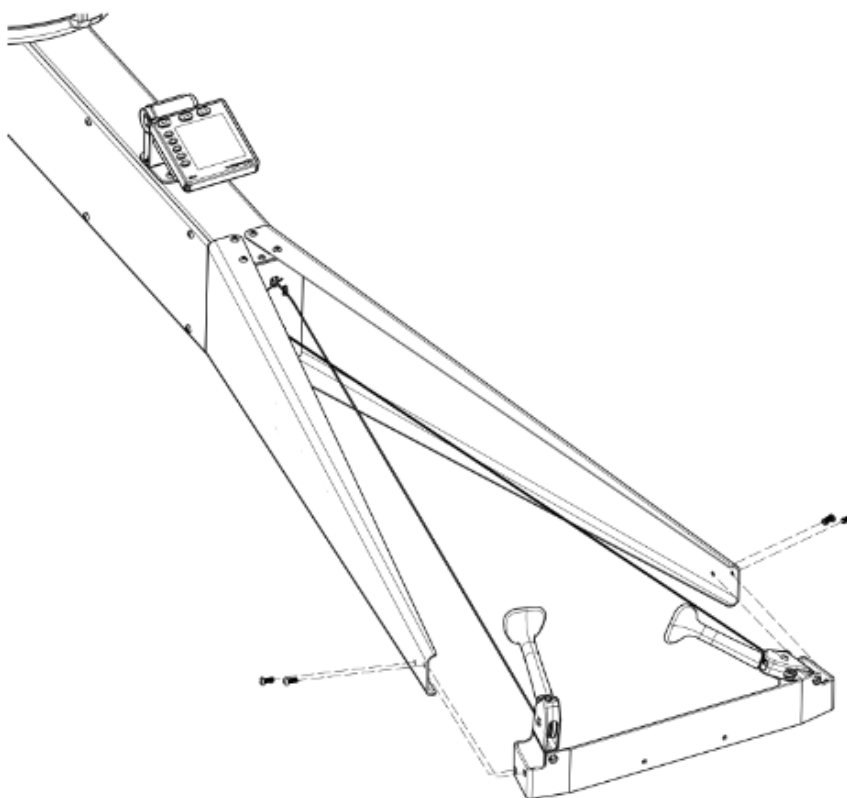
NOTE: Read through all instructions before beginning. Having a second person assist is recommended for both wall-mounted and floor stand installation.

5.1 Frame Assembly (Required for Both Configurations)

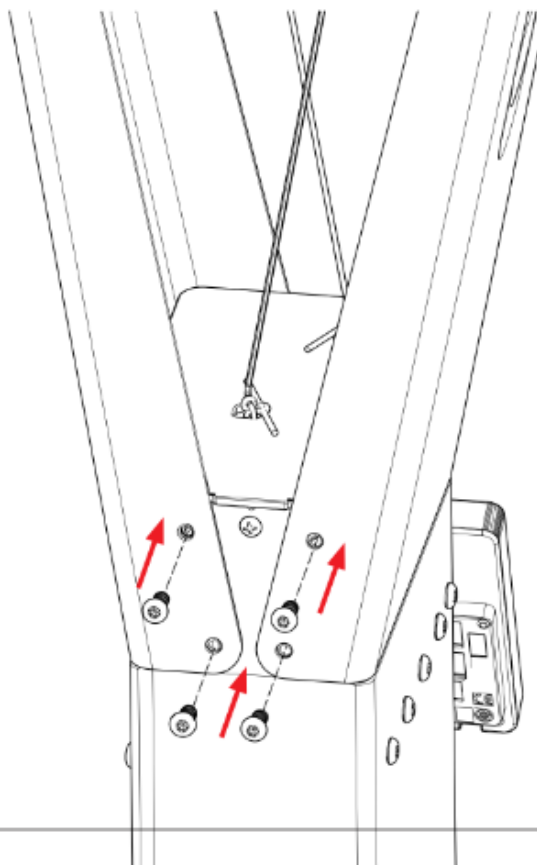
Complete the following four steps to assemble the core frame before choosing your mounting method.



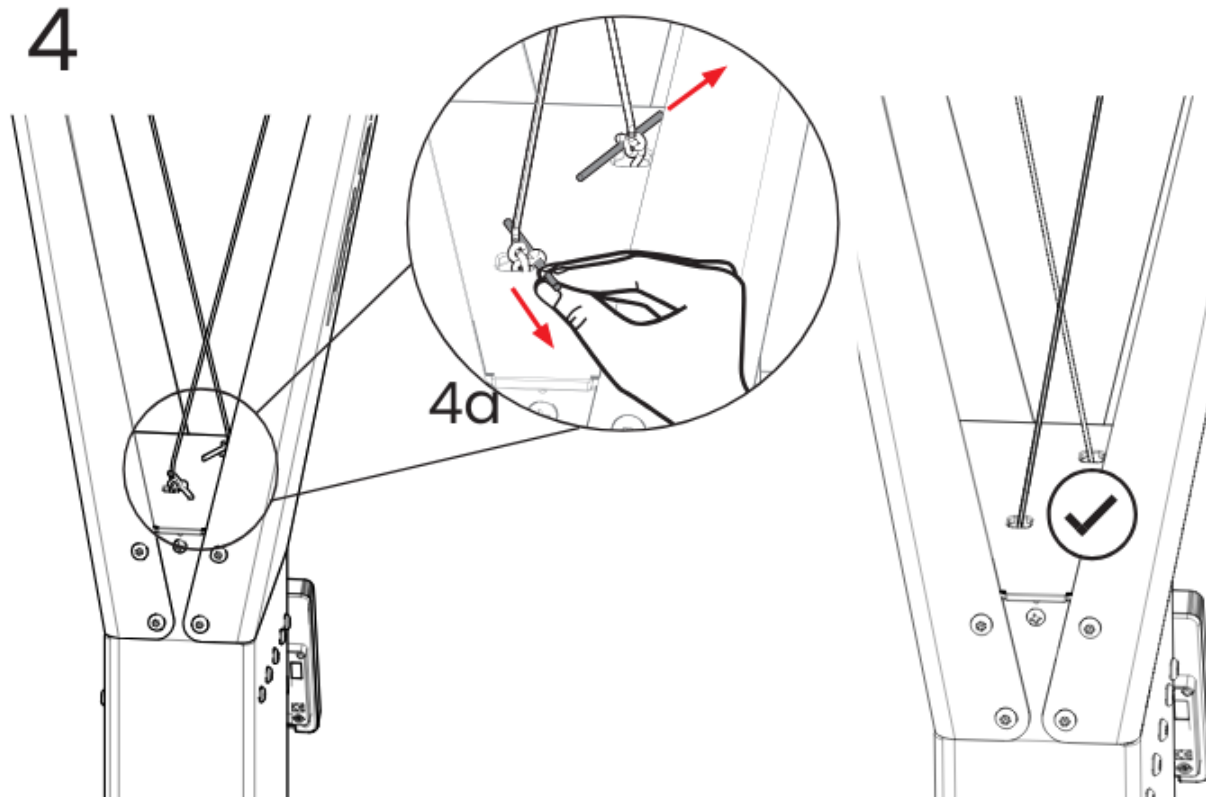
2  (4) 5/8" (1.59 cm)



3  (4) 5/8" (1.59 cm)

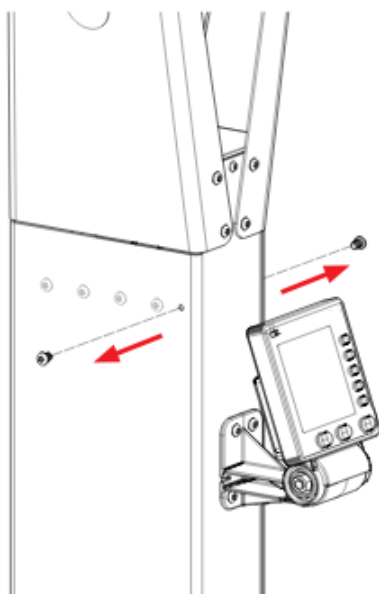


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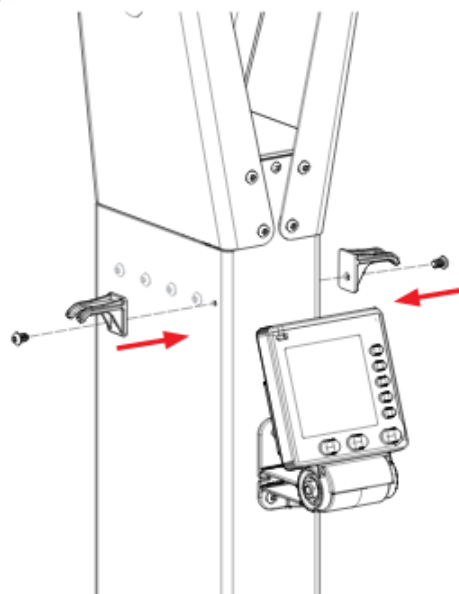


Installing Handle Hooks (Optional)

1



2  (2)

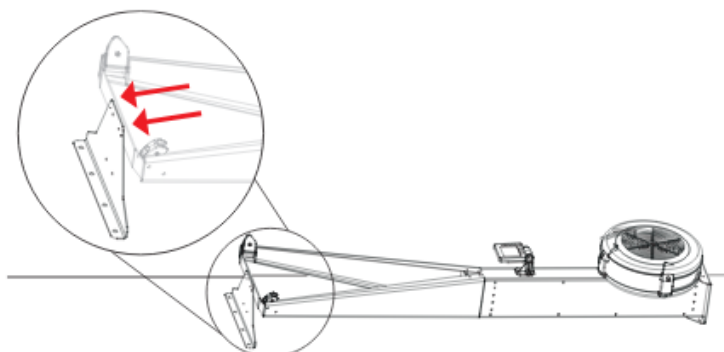


5.2 Option A — Wall Mounting

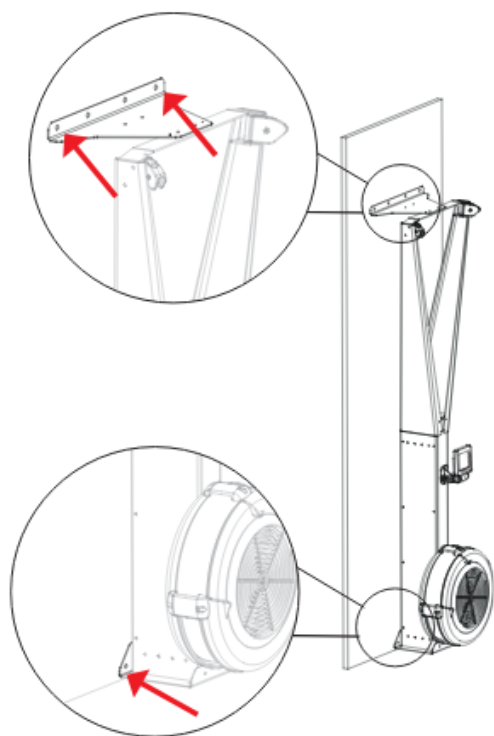
⚠ WARNING: The SKI Trainer must be securely and reliably fastened to a solid wall. Insufficient attachment may lead to injury. Do not proceed until stud location and spacing are confirmed.

1

Lay the SKI Trainer on the floor with the flywheel facing up. Install the universal bracket on the SKI Trainer top bracket. Insert two fasteners through the SkiErg top bracket and into the two outer holes of the universal bracket.

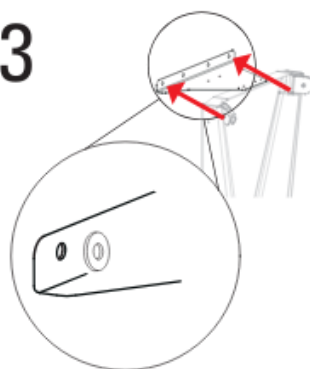


2



Hold the SKI Trainer up against the wall. The two outside holes on the universal bracket should be lined up with the wall studs. Mark each hole location. Also mark each hole location where the SkiErg bottom bracket lines up with the wall (left and right side).

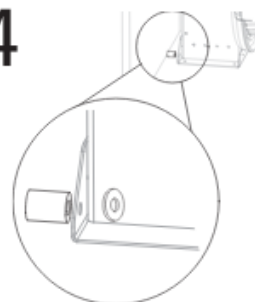
3



Starting at the universal bracket drill a $\frac{1}{4}$ " diameter hole 2" deep at each mark. Assemble a washer on a lag screw and screw into each hole until tight.

BE SURE YOU ARE DRILLING INTO SOLID MATERIAL AND THAT THE SKIERG IS FIRMLY ATTACHED TO THE WALL. INSUFFICIENT ATTACHMENT MAY LEAD TO INJURY!

4



Place a black spacer behind each mounting hole on the SKI Trainer bottom bracket. Assemble a washer on a lag screw and screw into each mounting hole until tight.

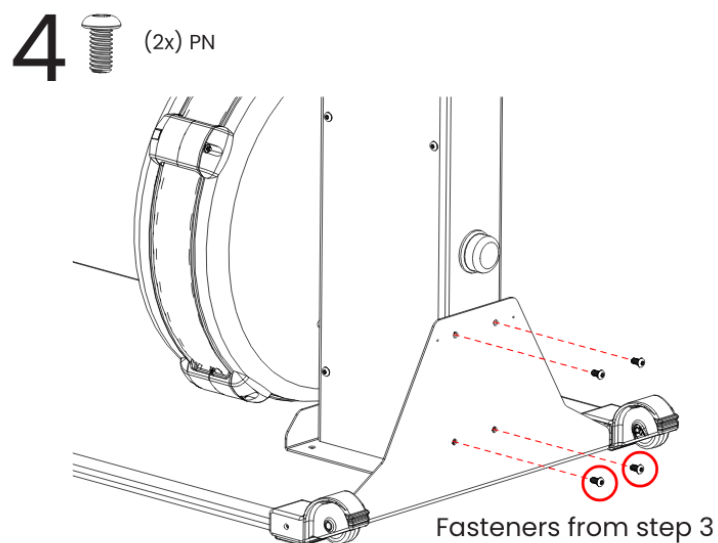
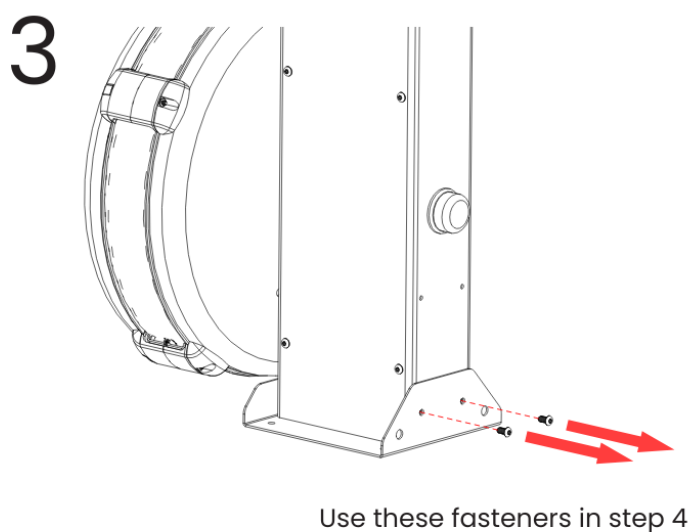
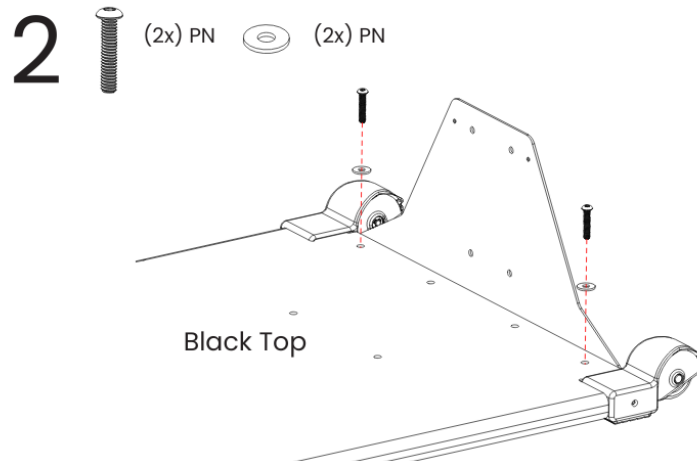
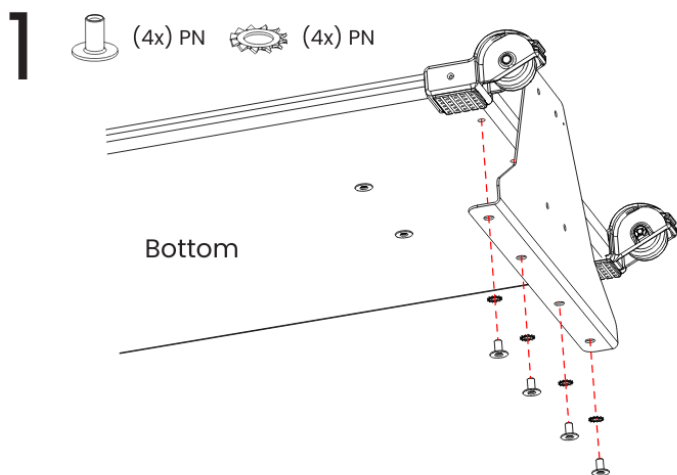
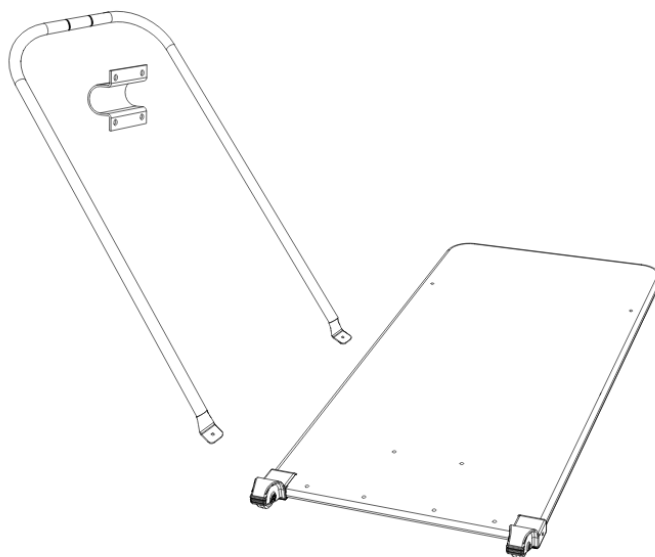
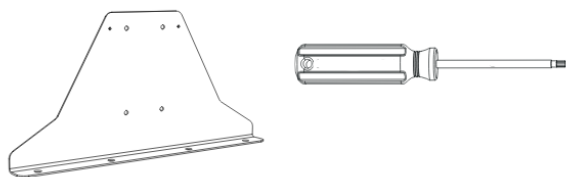
5.3 Option B — Optional Floor Stand

PH FITNESSFloor Stand Assembly and **SKI Trainer** Installation**PARTS**

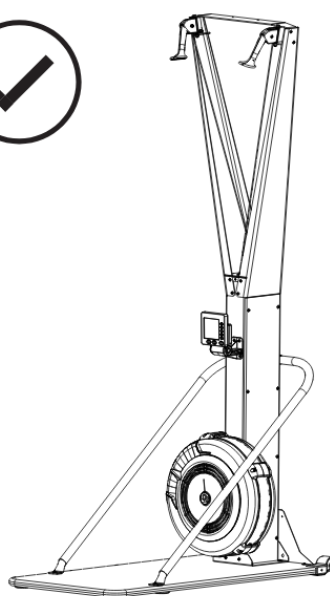
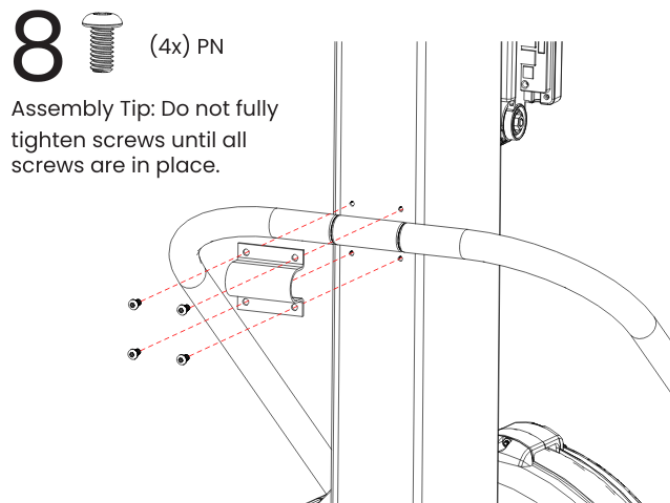
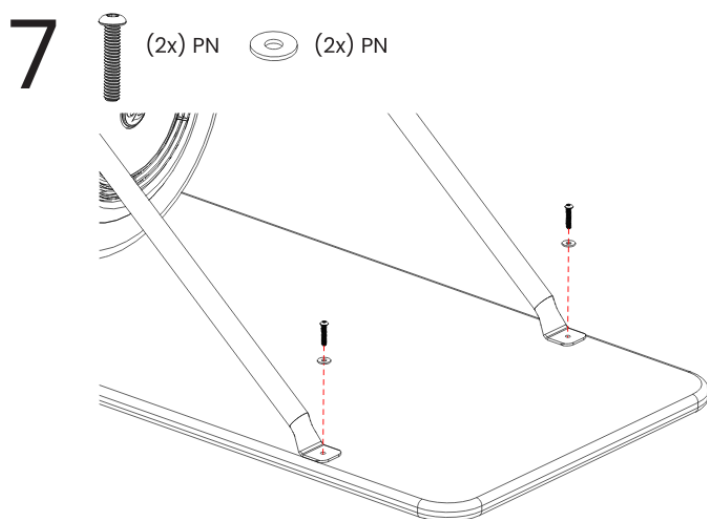
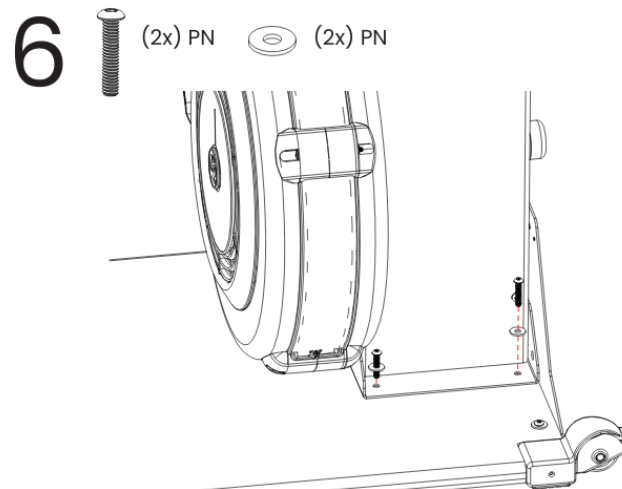
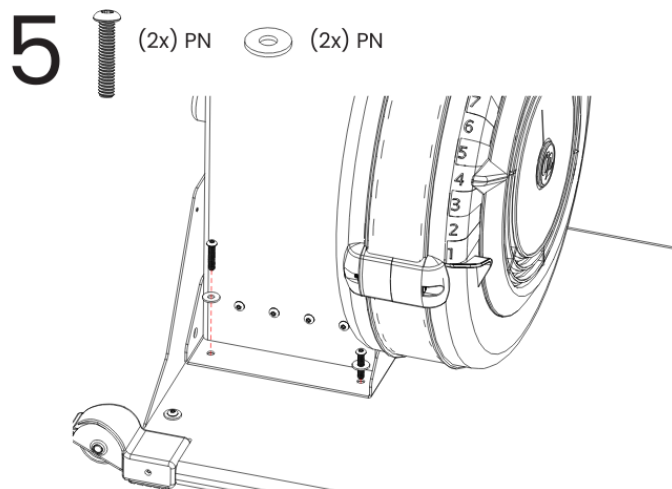
*not to scale



Located in Ski Trainer box



Floor Stand Assembly and **SKI Trainer** Installation



6. Cord & Resistance System

The SKI Trainer's resistance is generated by two handle cords and a bungee return cord working through the flywheel and pulley system. Understanding how this system behaves helps you get the most accurate, consistent training feel.

6.1 How Resistance Is Generated

Pulling the handles spins the internal flywheel, which draws in air through the housing vents. Air resistance increases with flywheel speed — the harder and faster you pull, the more resistance you feel. There is no fixed intensity setting; the machine responds only to your own effort.

6.2 Damper Setting

The spiral damper (settings 1–10) is similar to bicycle gearing: it changes the feel of the pull without directly changing the resistance itself. Higher settings feel like skiing in slow, uphill, or deep-snow conditions. Lower settings feel like skiing on flat or downhill terrain. For general fitness and aerobic training, use a damper setting between 1 and 4.

i NOTE: The 1–10 damper scale is a handy reference for setting the "gearing." Using the drag factor shown on the Performance Monitor is a more accurate way to compare resistance across sessions.

7. Use & Training

7.1 Ski Technique

7.1.1 Double-Pole Technique

- Begin with hands shoulder-width apart at about eye level, arms bent, feet shoulder-width apart.
- Drive the handles downward by engaging your abdominal muscles and bending your knees, keeping the handles fairly close to your face.
- Finish the drive with knees slightly bent and arms extended down alongside your thighs.
- Bring your arms back up and straighten your body to return to the start position.

7.1.2 Classic Technique (Alternating Arms)

- Begin with one arm raised and slightly bent.
- Pull down with the top arm while gradually raising the lower arm.
- Continue alternating arm pulls, keeping some bend in the pulling arm for a stronger position.

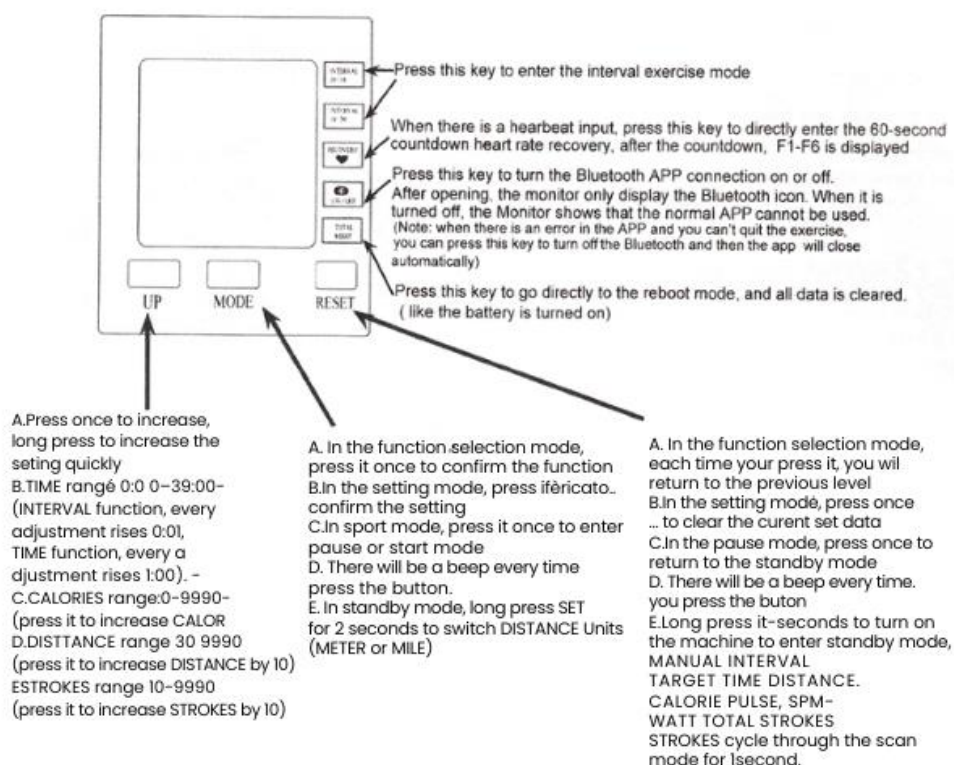
7.2 Workout Intensity

Resistance is entirely user-controlled: the harder you pull, the more resistance you feel, because resistance is generated by the spinning flywheel rather than a fixed setting. Cadence (strokes per minute, SPM) is shown in the upper-right corner of the Performance Monitor.

- General fitness (double-pole): aim for a cadence of 30–40 SPM.
- Classic technique (alternating arms): cadence will be roughly twice your double-pole cadence.
- Short, intense intervals: higher cadence for shorter bursts, with full recovery between sets — the resistance re-calibrates automatically each stroke.

7.3 Performance Monitor (PM)

Press UNITS or DISPLAY at any time to choose your preferred output — pace, watts, or calories. Scan the 2D code included with your machine to download the companion iOS/Android app and pair via Bluetooth.



7.4 Getting Started

7.4.1 Before Your First Workout

- Consult your physician to confirm an exercise program is safe for you.
- Review the technique information in Section 7.1 — improper technique can result in injury.
- Warm up with several minutes of easy skiing, then stretch before continuing. Stretch again afterward.
- Start gradually — no more than five minutes on your first day.

⚠ WARNING: Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

7.4.2 Your First Workout

- Begin with a minute or two of easy skiing to learn the motion.
- Ski steadily for 3 minutes at a cadence of 30–35 SPM, settling into a comfortable rhythm.
- Rest for several minutes; review the monitor readout, walk, or stretch.
- Ski easily again for 3–5 minutes at 30–45 SPM.
- Rest 1–2 minutes, then repeat the previous step two or three times.

Gradually increase skiing time and intensity over the first two weeks. Do not ski at full power until you are comfortable with the technique and have skied for at least a week.

8. Exercise Guide

The SKI Trainer's continuous, automatically-calibrated air resistance makes it suitable for a wide range of training styles — from steady-state cardio to maximal HIIT intervals. The exercises below make use of the double-pole and classic pulling motions described in Section 7.

Exercise	Station	Primary Muscles
Double-Pole Ski Stroke	Standard Pull	Shoulders, lats, triceps, core, glutes, hamstrings
Classic Ski Stroke (Alternating)	Standard Pull	Shoulders, lats, core, obliques
Standing Ab Crunch Pull	Standard Pull	Rectus abdominis, obliques, hip flexors
20/20 HIIT Intervals	Standard Pull	Full body, anaerobic power, cardiovascular conditioning
Hyrox Ski-Erg Simulation	Standard Pull	Full body, race-pace pacing, muscular endurance
Steady-State Endurance Ski	Standard Pull	Cardiovascular endurance, postural core, grip
Tempo Pyramid Intervals	Standard Pull	Full body, cardiovascular conditioning, pacing control
Single-Arm Alternating Power Pull	Standard Pull	Lats, obliques, rotational core control
Warm-Up Flush (Low Damper)	Standard Pull	Full body — light activation, joint mobility
Finisher Sprint (Max Effort)	Standard Pull	Full body, maximal anaerobic output

i NOTE: For any exercise, resistance always matches your own effort — no manual adjustment is required between exercises or intervals.

Scan the 2D code to download and install APP



Remarks:

1. When the window display fades, the battery power is not enough, replace the battery
2. When there is no signal input, please check if the cable is connected.

9. Maintenance

⚠ WARNING: The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately or keep the machine out of use until repaired.

9.1 On a Regular Basis — Untwist the Cords

Grasping the handles can inadvertently twist the cords, much like the cord on a telephone handset. Left unchecked, this causes a lumpy feeling when pulling and premature cord wear.

- Pull out both handles as far as they go.
- Hold the cords at the top bracket, allowing the handles to dangle and spin freely.
- Run your hand down the length of each cord to untwist it.
- Return the handles to the top position.
- Repeat the process at least twice.

9.2 Clean Grips

Use a mild soap or cleaning product to clean the handle grips every few workouts as needed.

9.3 Every 50 Hours of Use — Inspect the Cords

- Inspect the handle cords by pulling them all the way out and visually checking for wear.
- Remove the lower right side cover (8 screws, T-27 driver) to access the cords working inside the vertical frame.
- Have a helper slowly pull the handles all the way out while you observe the full working length of both cords and the bungee cord.

i NOTE: Each cord is a solid braid. Mild surface "fuzzing" is normal over time, but localized worsening means it is time to replace the cord — replace both cords together. On the bungee cord, once the white inner fibers are visible through the braided covering, replace it immediately.

9.4 Inspect Fasteners & Pulleys

- Confirm all fasteners are tight and have not loosened during use. If wall mounted, examine the wall-mount fasteners carefully.
- Confirm the top-bracket pulleys spin freely in their housings and that the housings swing freely in the pulley brackets.

9.5 As Needed — Cleaning

- Clean the surfaces of the SKI Trainer, including the floor or floor stand base, with a non-abrasive household cleaner. Do not spray any fluid onto the Performance Monitor.
- Dust and lint can collect inside the flywheel enclosure, restricting airflow and reducing resistance feel. Remove the four screws holding the fan enclosure cover together to clean it periodically.

10. Troubleshooting

Issue	Possible Cause	Solution
Handles feel lumpy or uneven when pulled	Cords have become twisted inside the frame	Untwist the cords following the procedure in Section 9.1
Resistance feels inconsistent between pulls	Dust/lint buildup restricting airflow in the flywheel enclosure	Remove the fan enclosure cover (4 screws) and clean the flywheel housing
Cord shows surface fuzzing	Normal wear over time	Monitor closely; replace both cords if fuzzing worsens in a localized spot
Bungee cord shows white fibers	Excessive wear on covering	Replace the bungee cord immediately
Monitor display is faint or blank	Battery depleted	Replace the Performance Monitor battery
Monitor shows no signal / no stroke data	Cable connection issue	Check that the monitor cable is fully connected
Bluetooth app will not connect	Bluetooth toggled off, or app error	Press the Bluetooth button on the monitor to re-enable pairing; if the app is unresponsive, press the button again to reset the connection
Handles do not return smoothly to top position	Bungee cord tension reduced or pulley obstruction	Inspect the bungee cord and pulleys per Section 9.3–9.4; replace if worn
Wall-mounted unit feels loose or shifts during use	Fasteners not seated in solid wall material, or not fully tightened	Re-check stud location per Section 5.2 and retighten all lag screws
Floor stand shifts on the floor during use	Caster wheels on an uneven surface, or fasteners loose	Move to a level surface and re-check all floor stand fasteners

11. Warranty & Contact

PH Fitness Ski Trainer machines come with a 2-year full warranty covering manufacturing defects under normal use.

- For complete warranty details, visit phfitness.nl/warranty.
- If purchased outside the Netherlands, Belgium, or Germany and warranty support is required, contact the official PH Fitness reseller or support partner in your region.
- Use only genuine PH Fitness replacement parts (cords, pulleys, hardware) to maintain safety, performance, and warranty coverage.

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Normal wear items: cords, batteries, pulleys
- Cosmetic damage from misuse or environmental exposure
- Damage from unauthorised modifications

Requesting Assistance

Before contacting support, do NOT attempt any repairs. Have the following information ready:

- Your name, address, and telephone number
- Model name: PH Fitness Ski Trainer
- Tax receipt or purchase invoice (if under warranty)
- Clear description and photograph of the problem

Making a Warranty Claim

- Retain your original proof of purchase — required for all warranty claims.
- Photograph the defect clearly from multiple angles.
- Contact PH Fitness customer support via the website or email.
- Provide model (Ski Trainer), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

PH FITNESS

Website: phfitness.nl

Mail: support@phfitness.nl

Your gym. Your performance. Your pace.

PH FITNESS

SKI TRAINER

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