



SKI FAST

MAST ASSEMBLY INSTRUCTIONS

SKI FAST USA

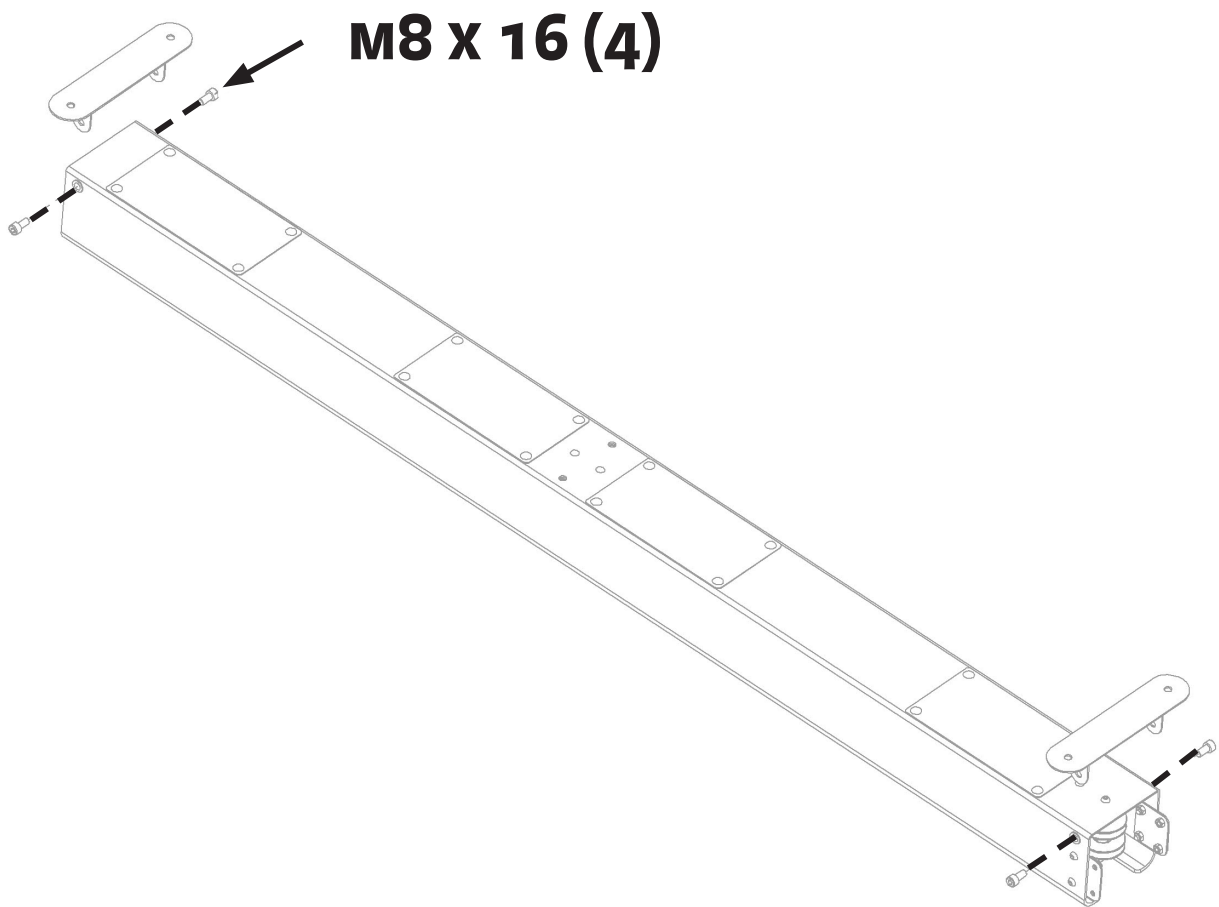
6538 COLLINS AVE SUITE 306
MIAMI BEACH FLORIDA 33141

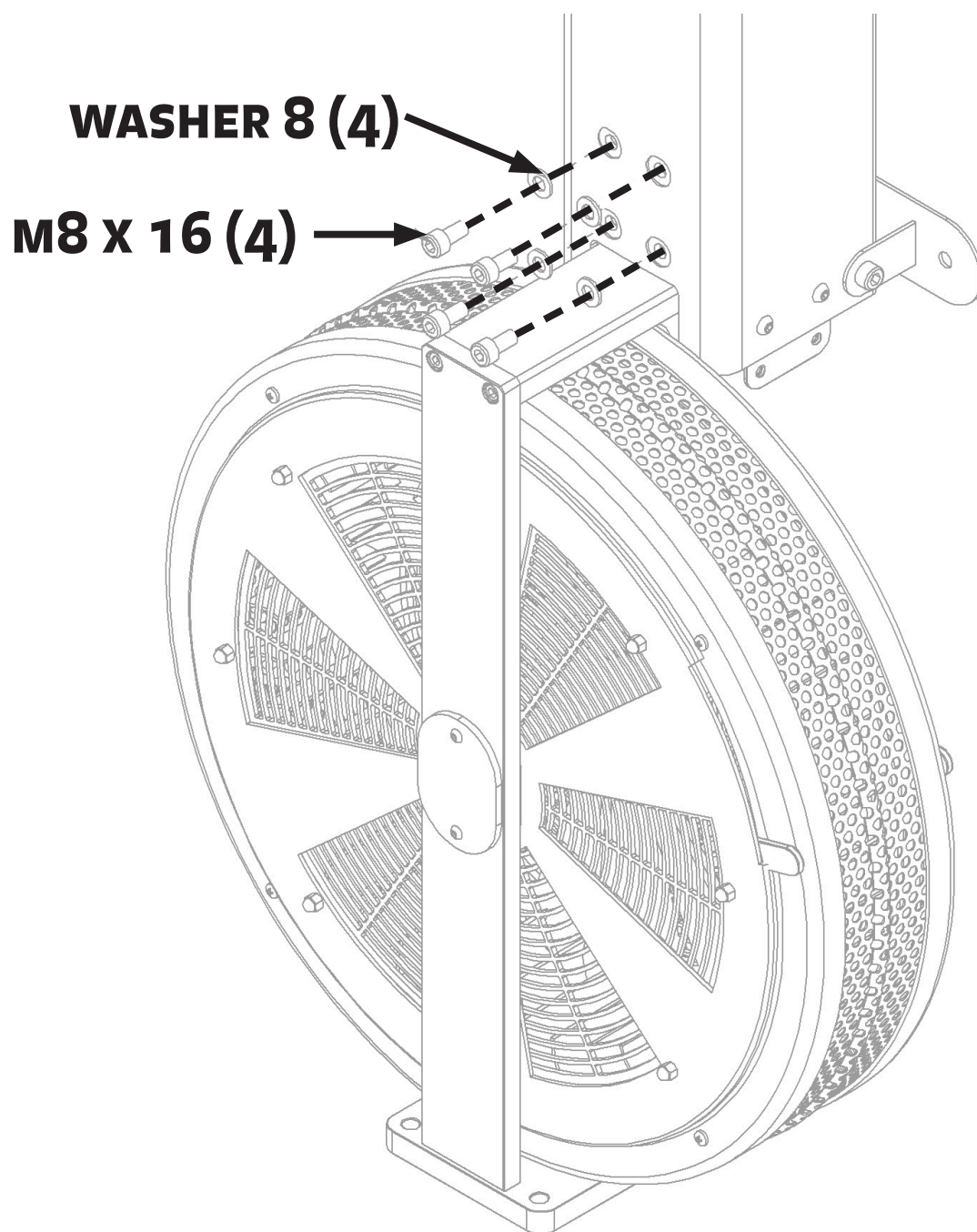
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OFFICIAL SUPPLIERS OF ERGOMETERS TO THE
2004, 2008 AND 2012 OLYMPIC GAMES

1

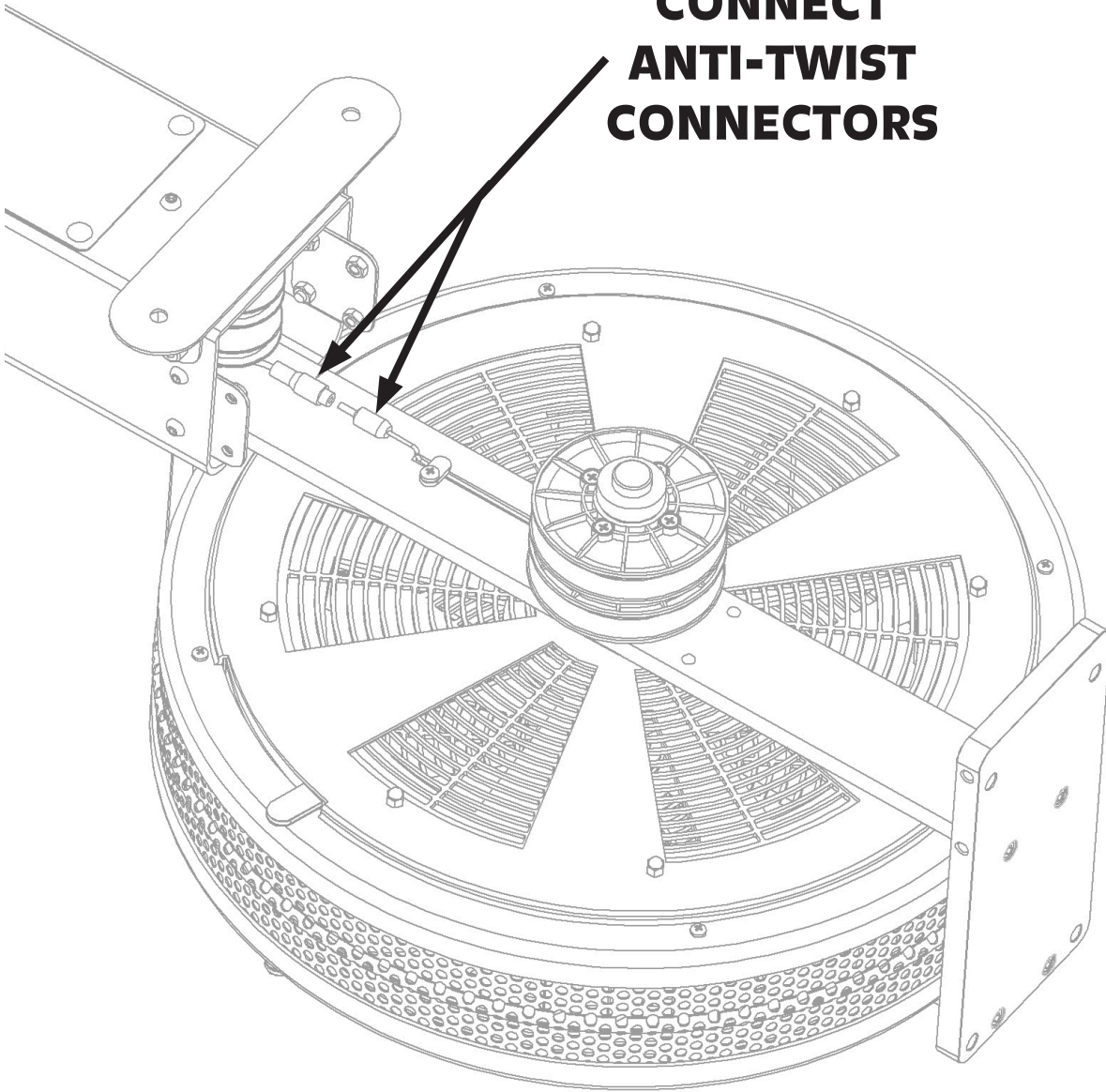


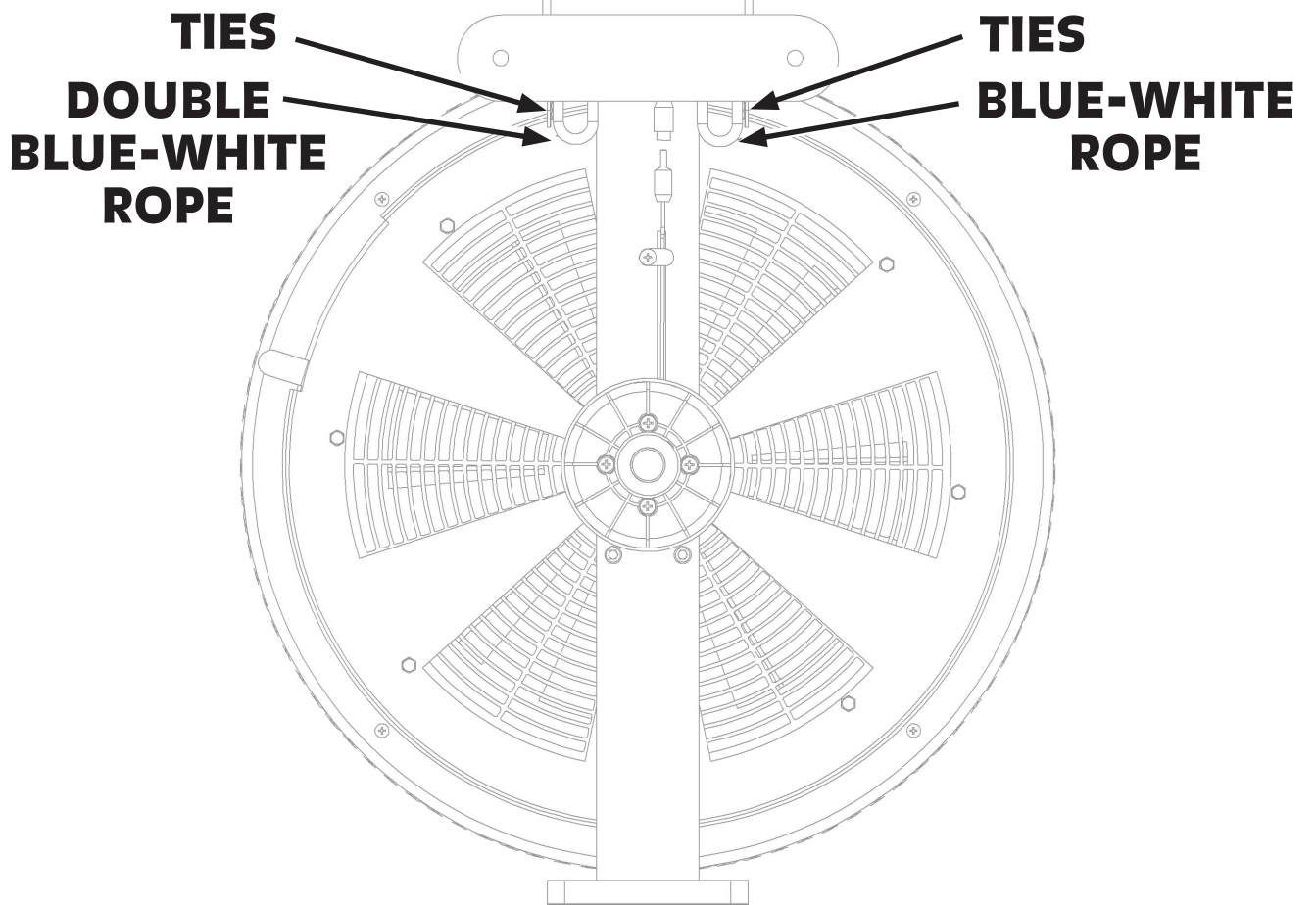


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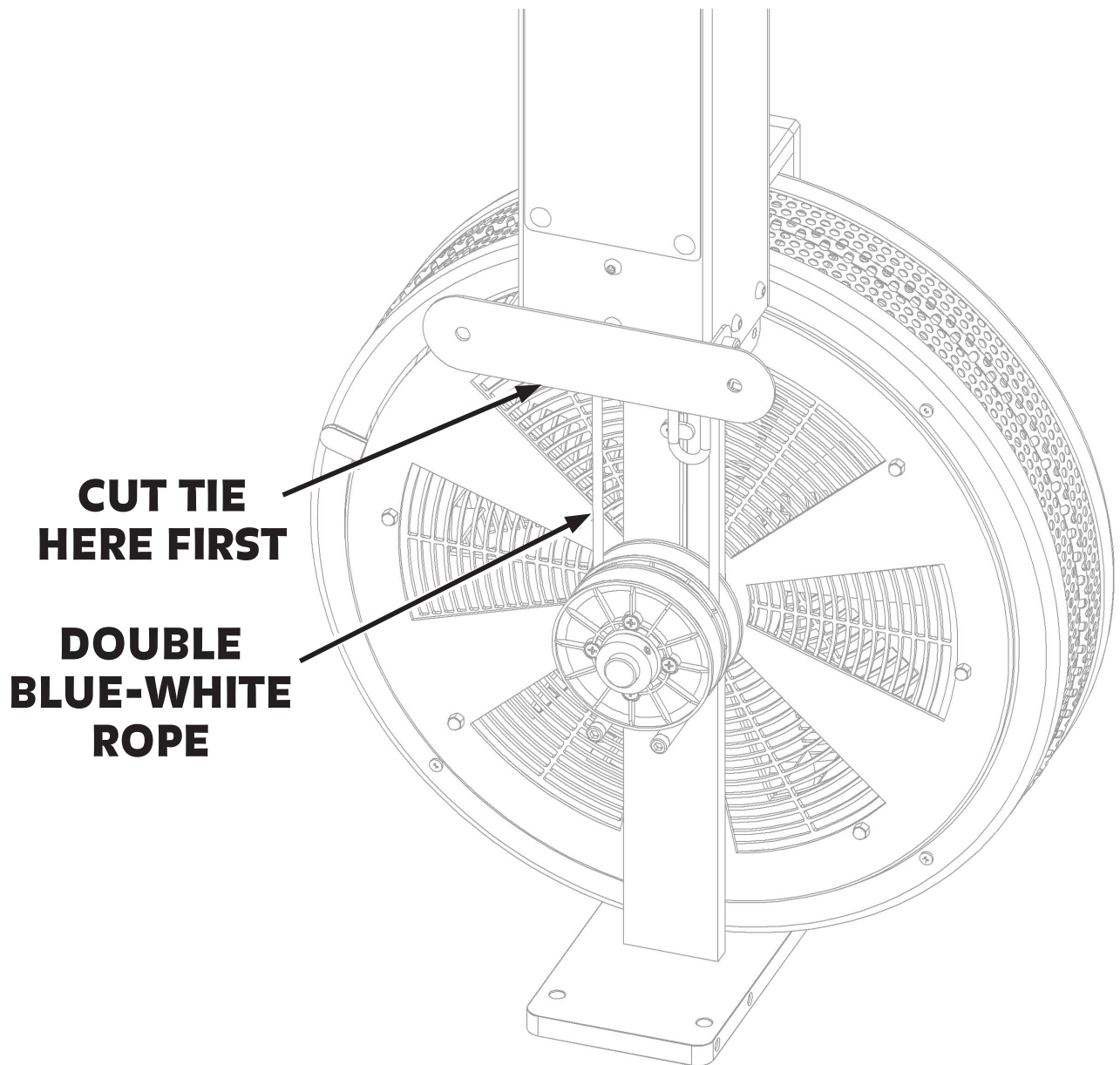
**CONNECT
ANTI-TWIST
CONNECTORS**

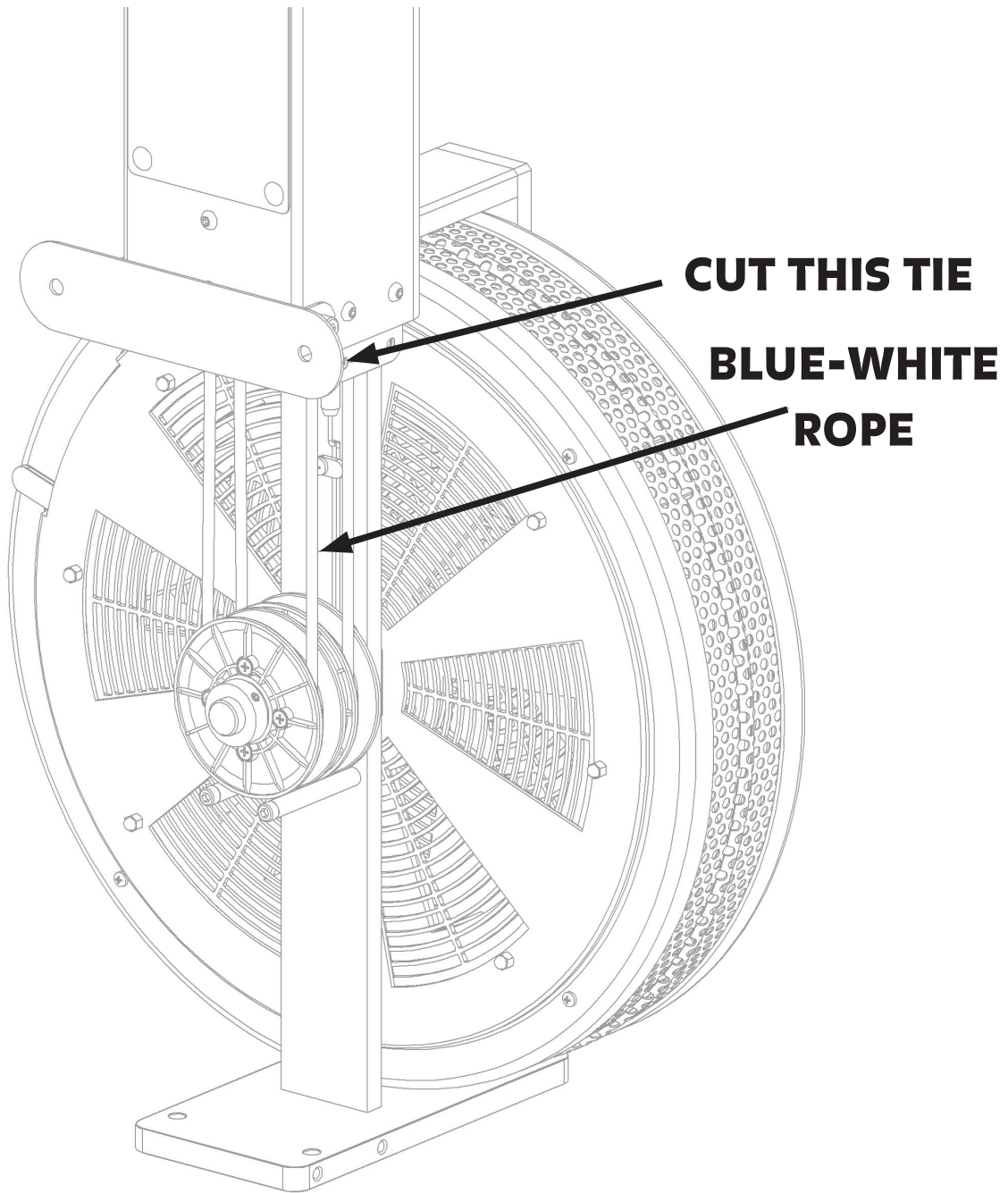




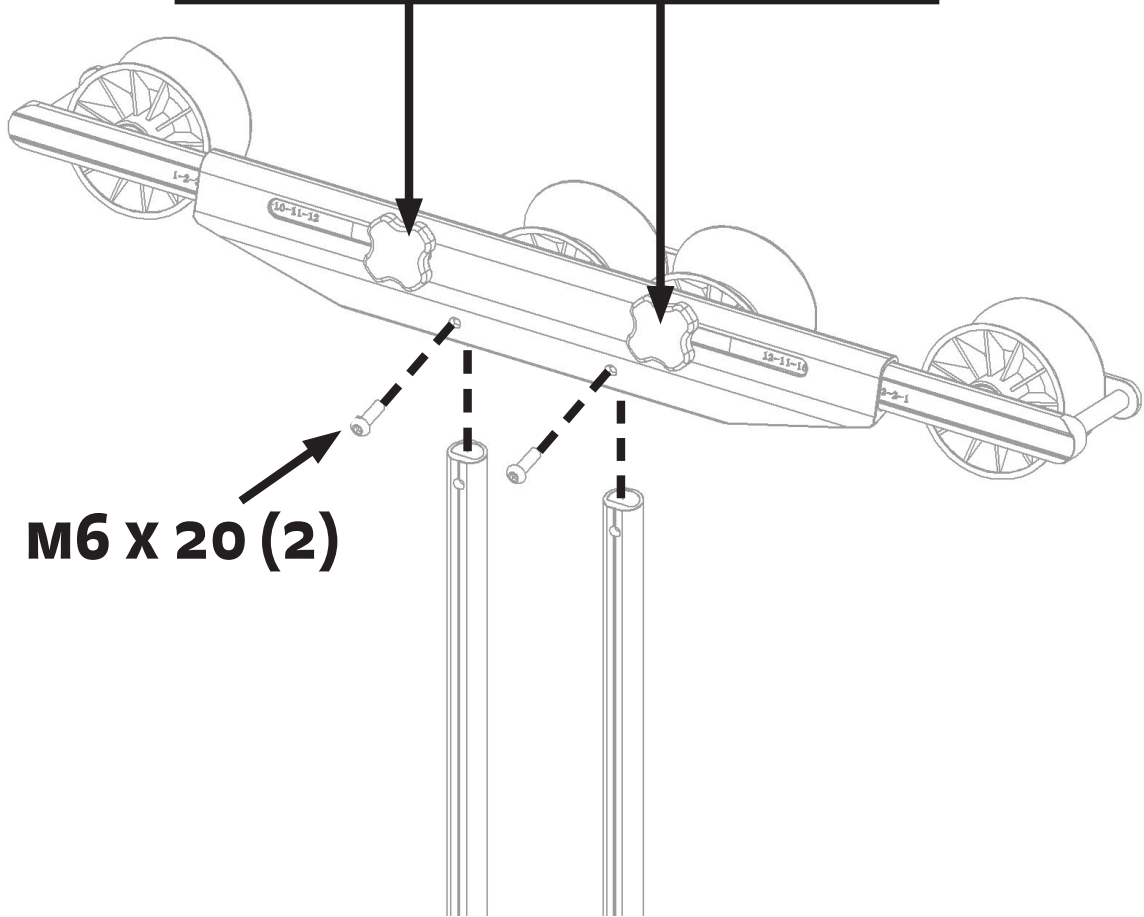
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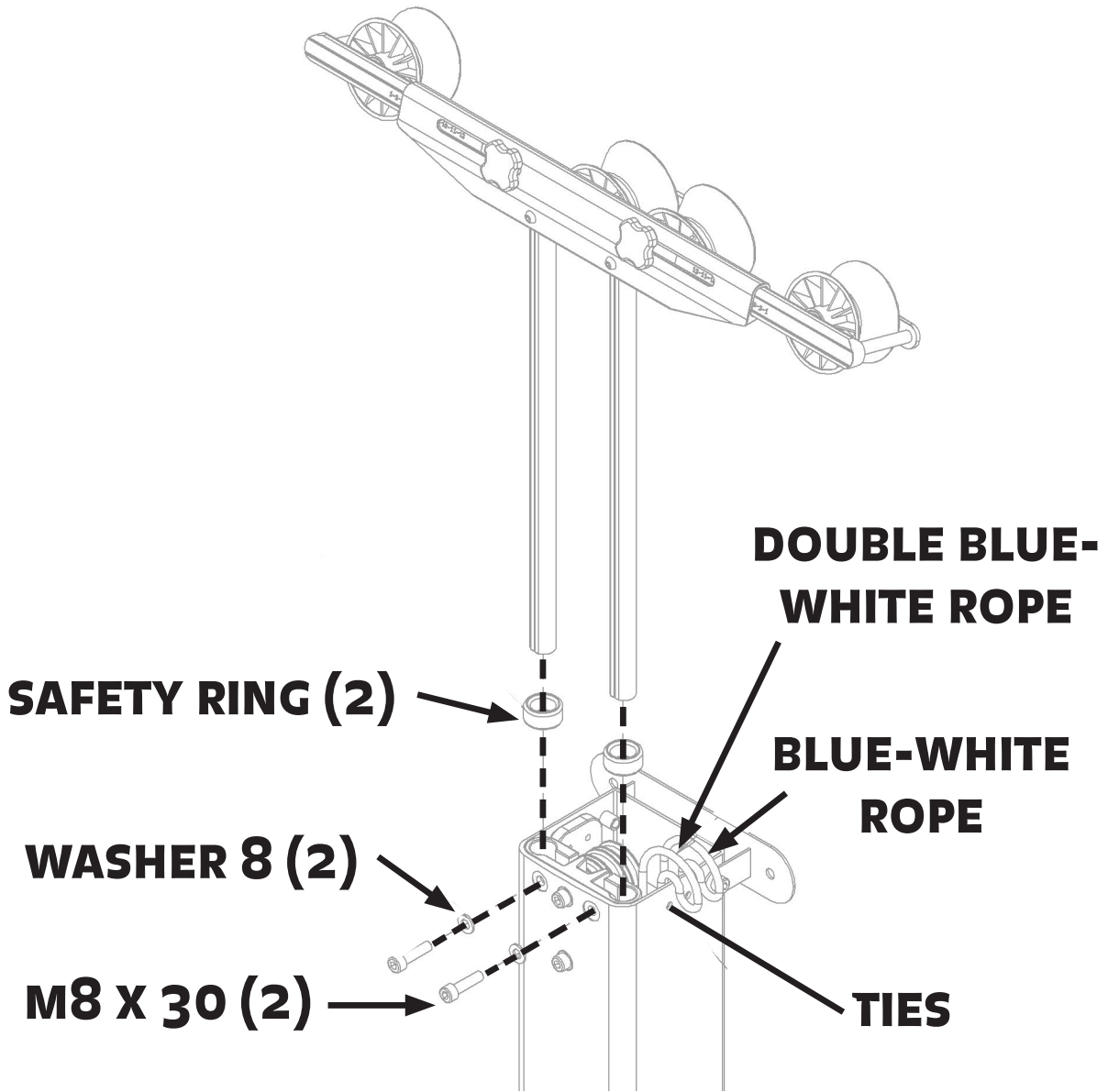
SKIFAST

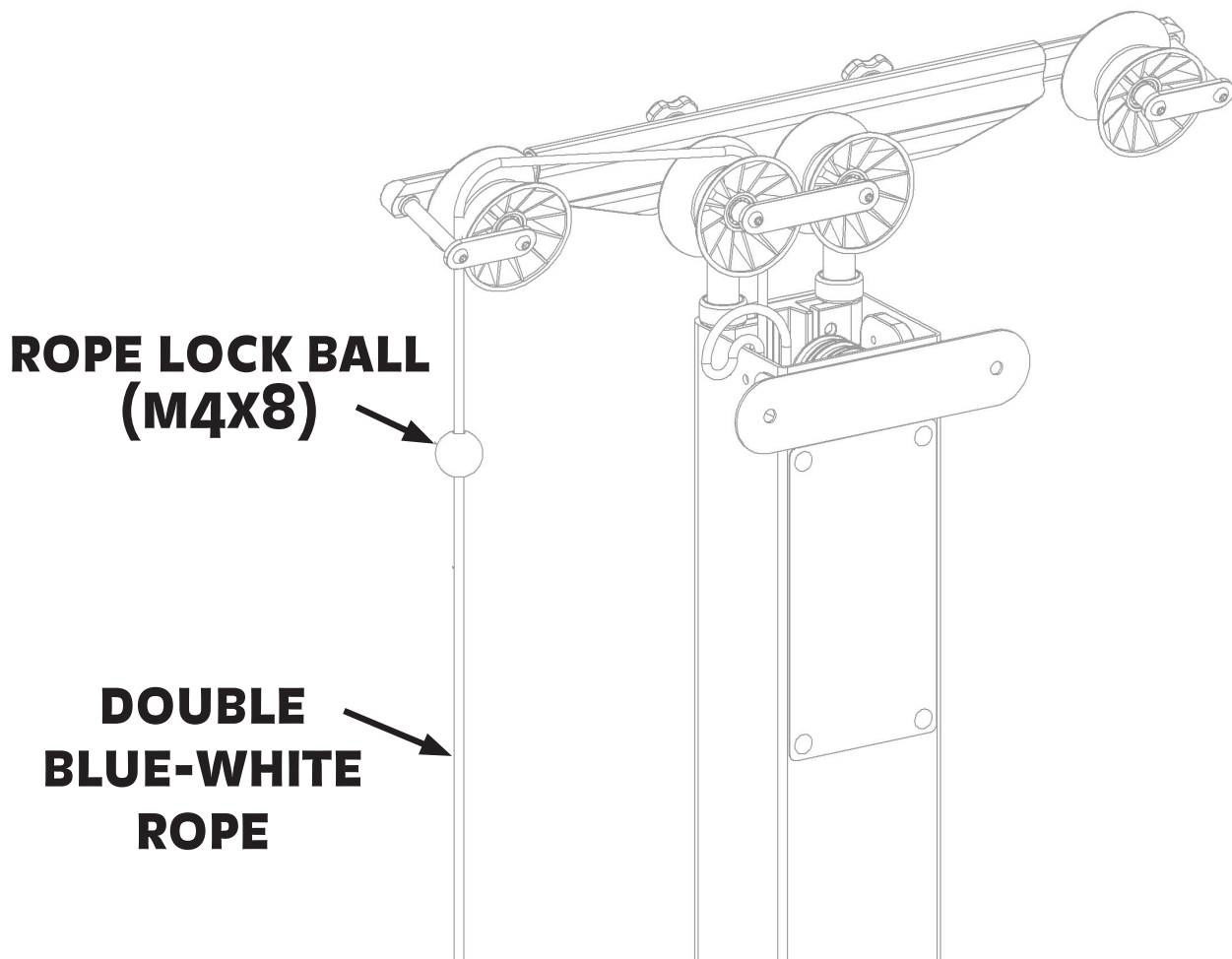




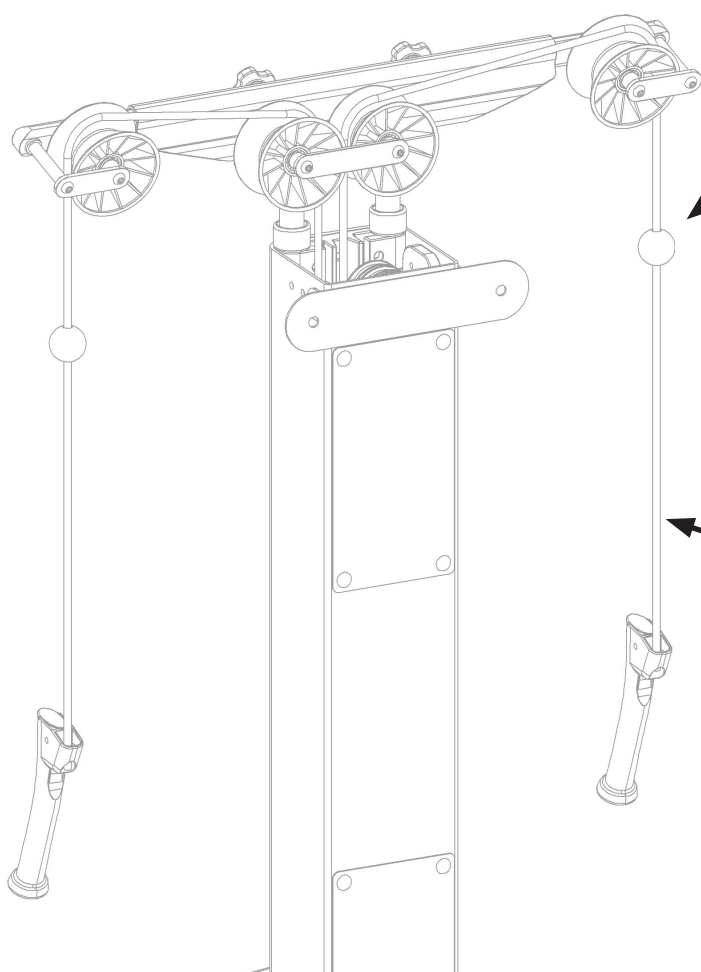
IMPORTANT NOTE!
ADJUST BOOM TO
PREFERED WIDTH HERE





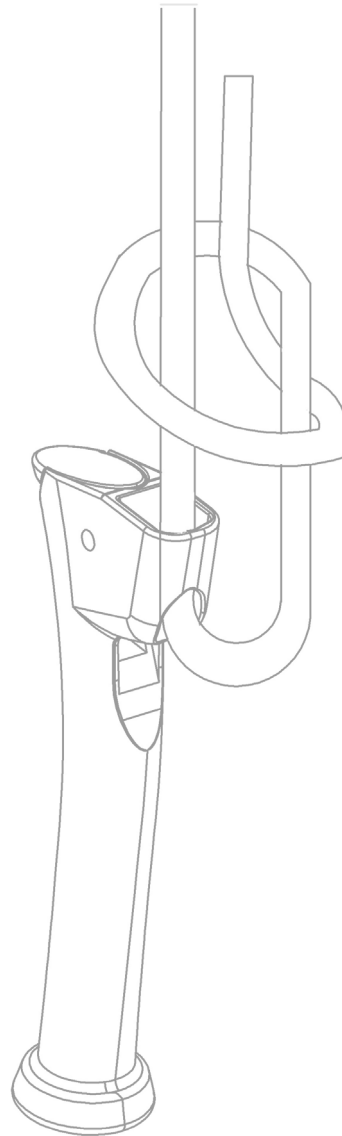


IMPORTANT NOTE!
ADJUST BOOM TO
PREFERRED HEIGHT
BEFORE FIXING
LOCK BALL

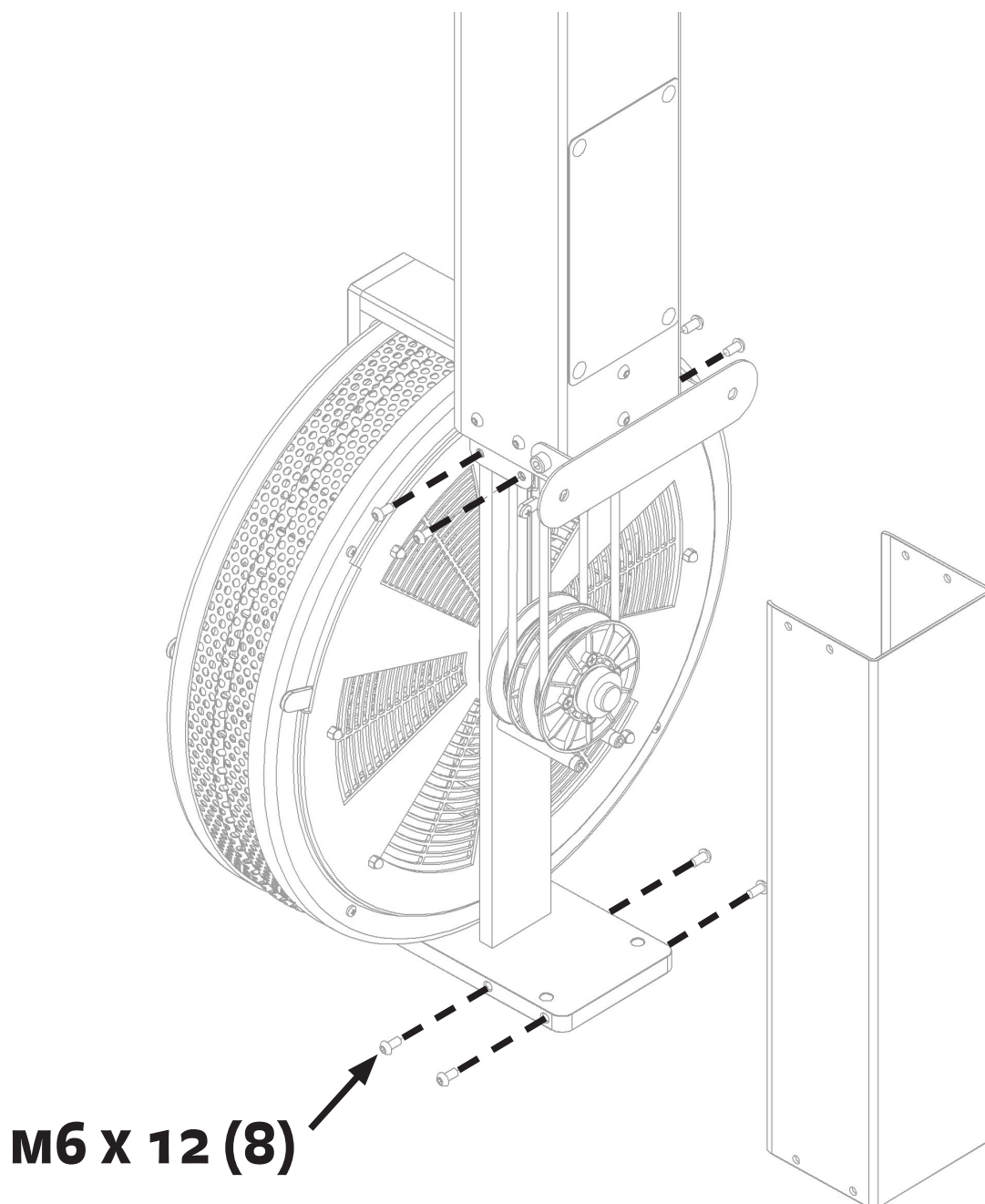


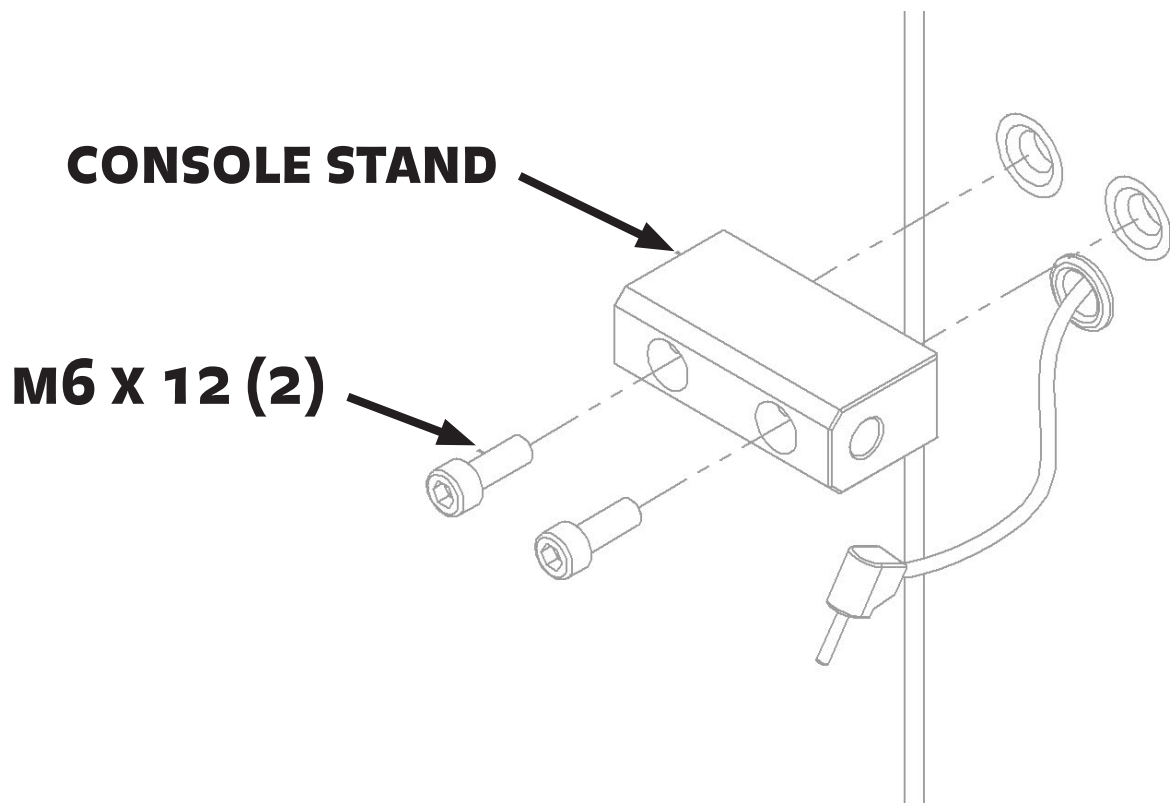
- 1. ALLOW ROPE TO DROP WITHOUT TENSION.**
- 2. PULL ROPE DOWN APPROXIMATELY 15CM**
- 3. AFFIX ROPE LOCK BALL [TO AVOID CONTACT OF CONNECTOR]**

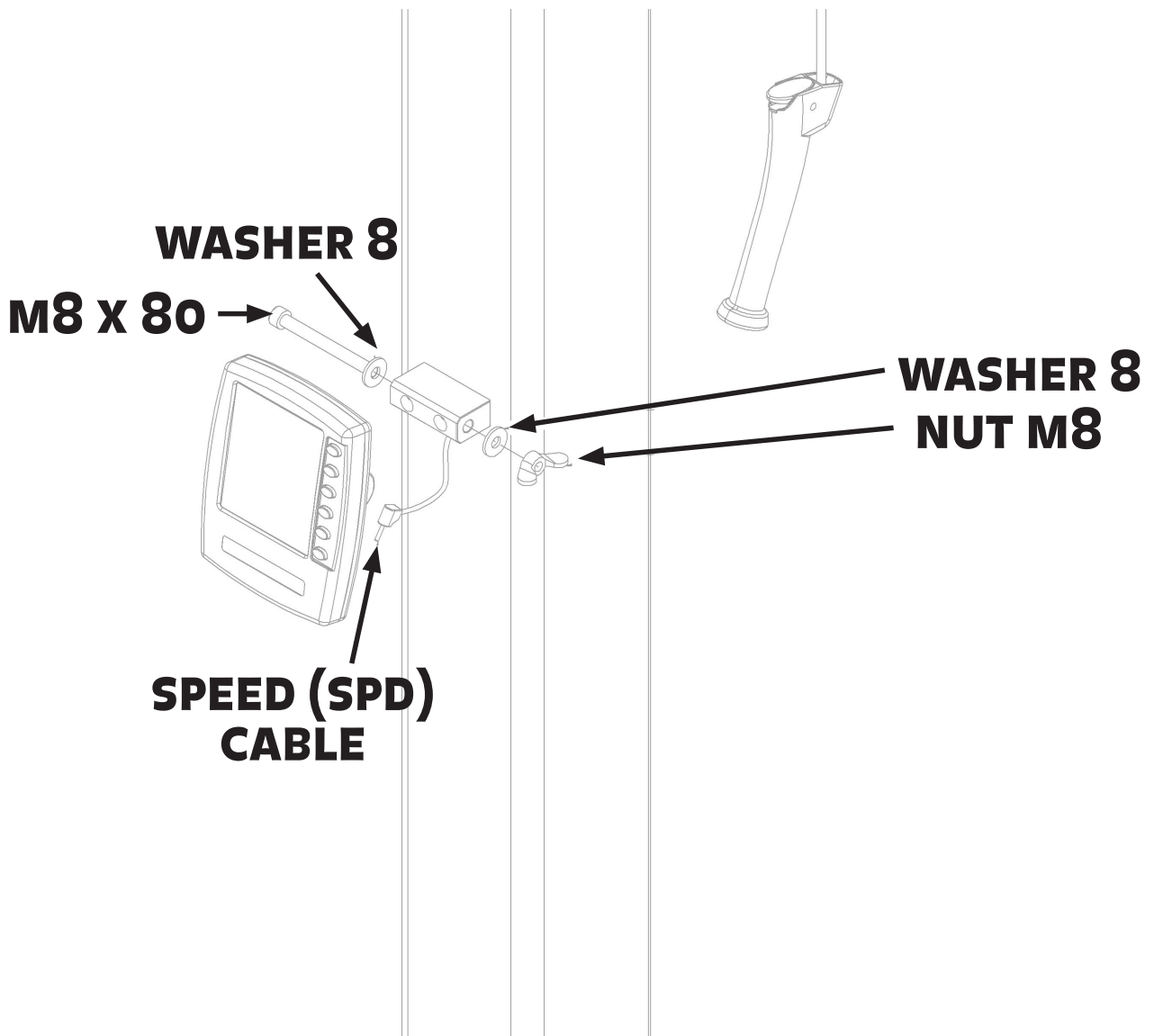
**DOUBLE
BLUE-WHITE
ROPE**

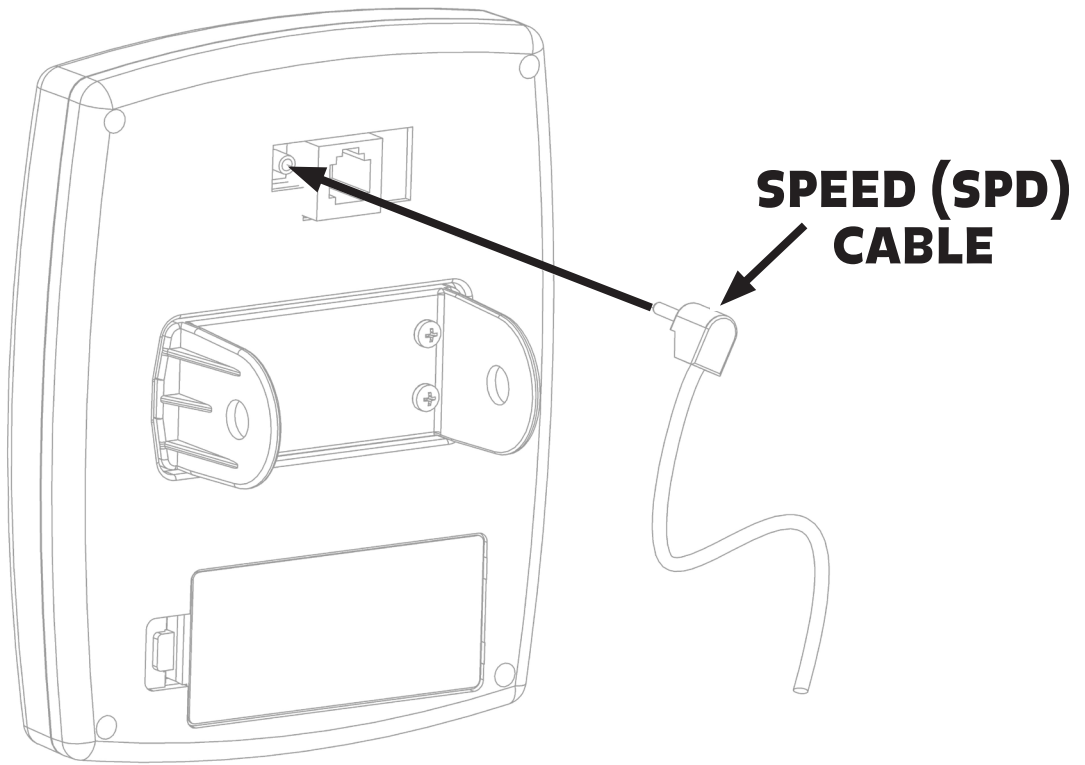


**ONCE ROPE IS TIED-OFF. SECURE ROPE
ON ITSELF WITH ELECTRICAL TIES.**

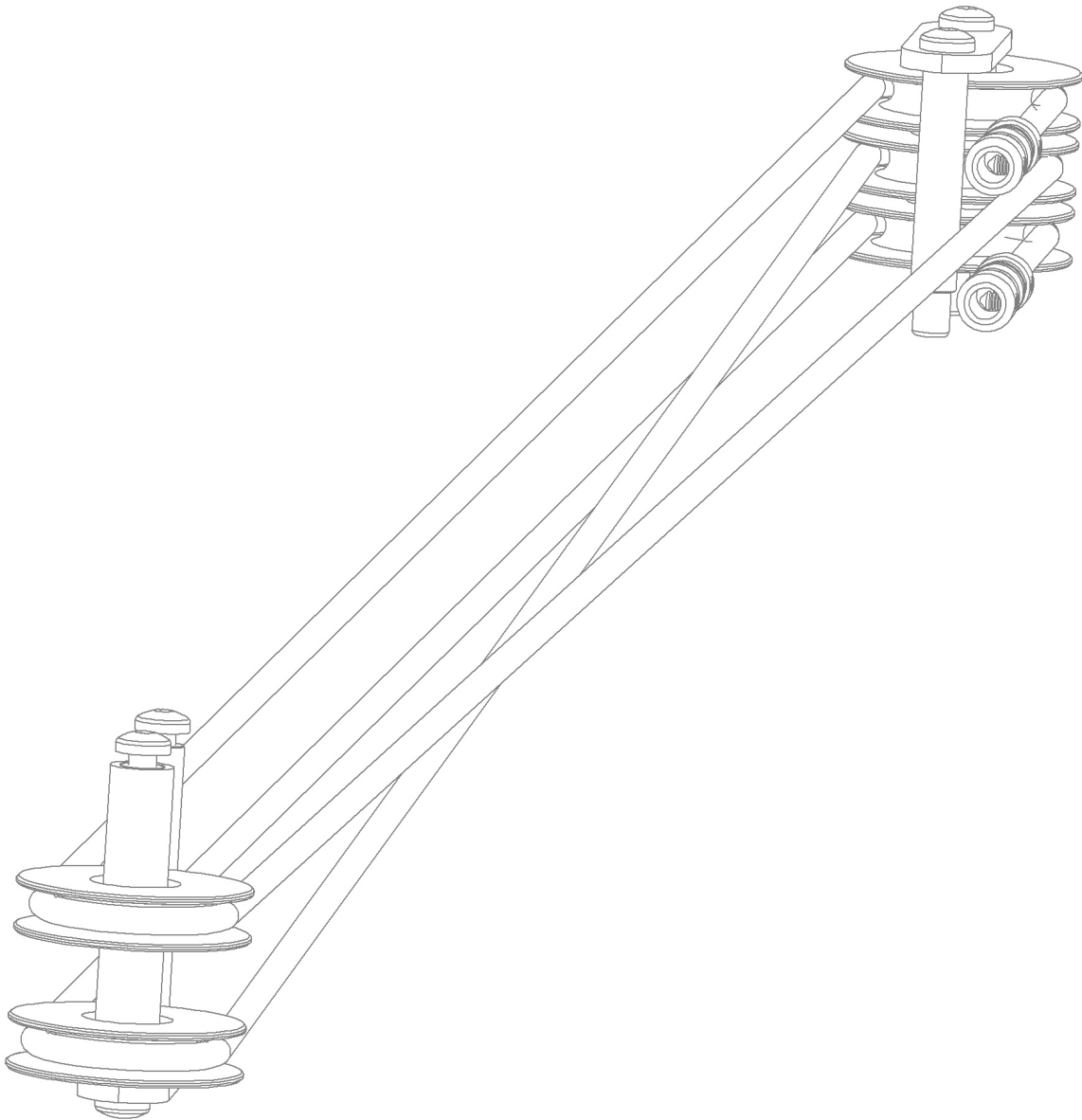




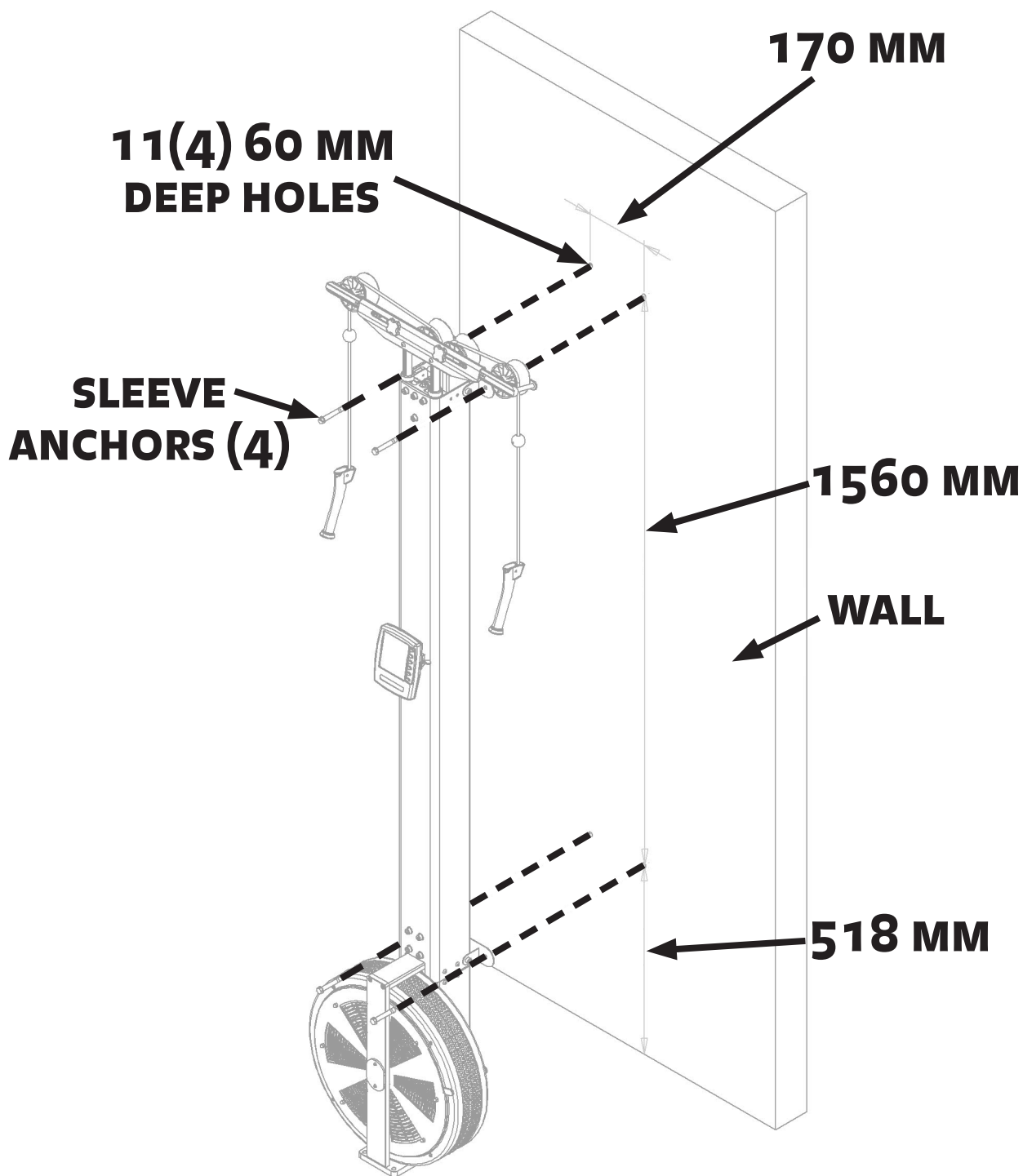




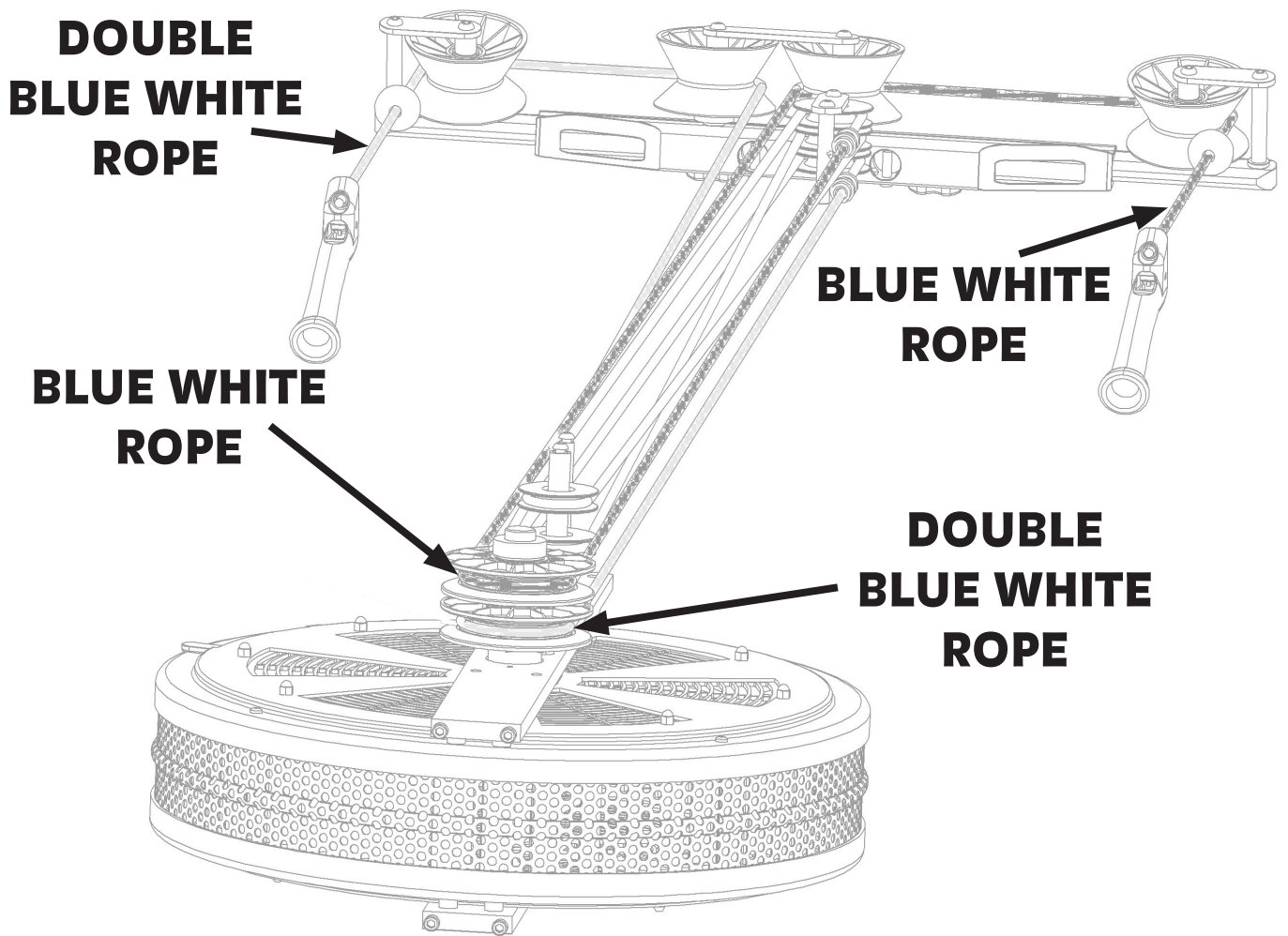
ELASTIC



WALL STEP



ROPE



ENJOY!