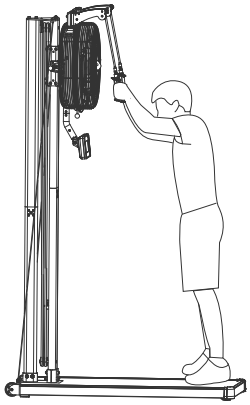
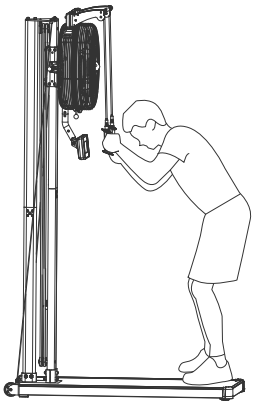
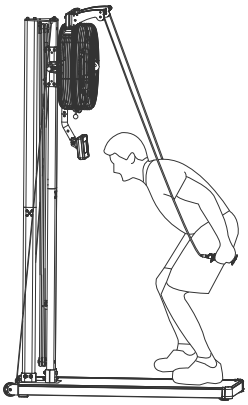
High Position Located w/ Pulling Grip – ski exercise



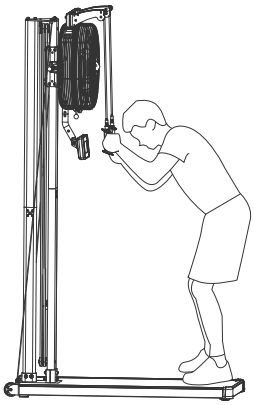
START
Begin with your hands and shoulder-width apart slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.



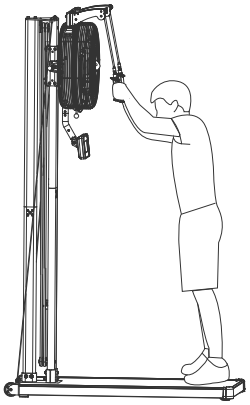
PULLING
Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.



FINISH
Finish the drive with knees slightly bent, and arms extended down alongside your thighs.

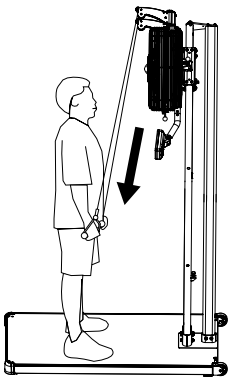


RETURN
Bring your arms back up and straighten your legs.

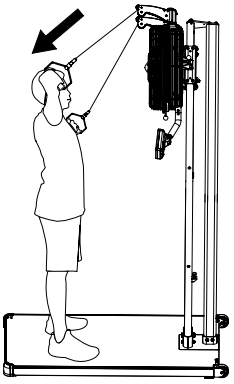


REPEAT
Extend your arms upward and straighten your body to return to the start position.

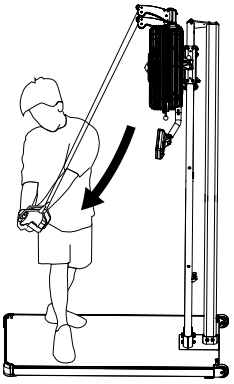
High Position Located w/ Cross Grip handles



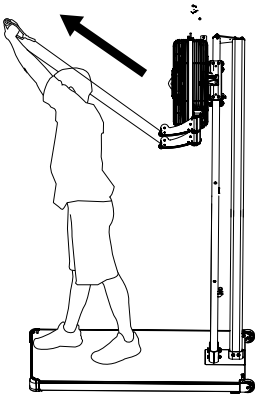
Standing Lat Pushdown



Reverse Crossover

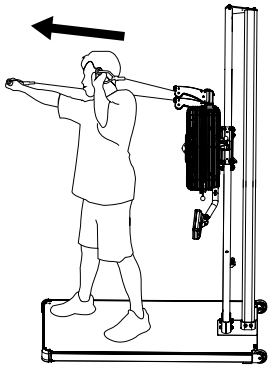


Wood Chop

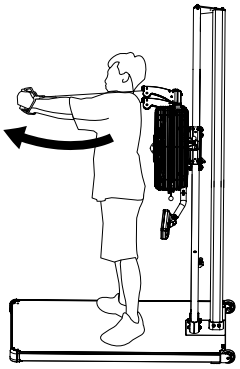


Tricep Extension (Overhead)

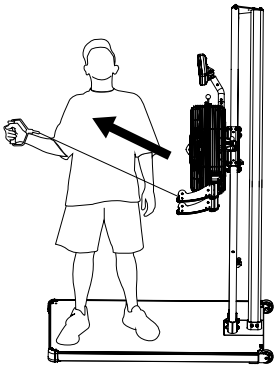
Middle Position Located w/ Cross Grip Handles



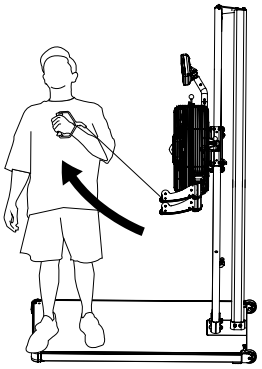
Boxing Cardio



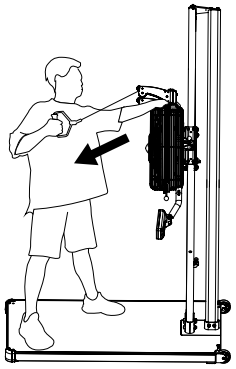
Cable Crossover



External Rotation

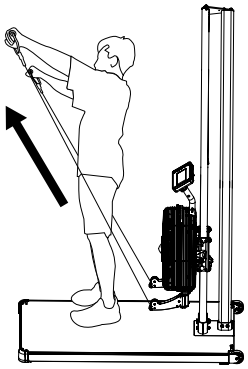


Internal Rotation

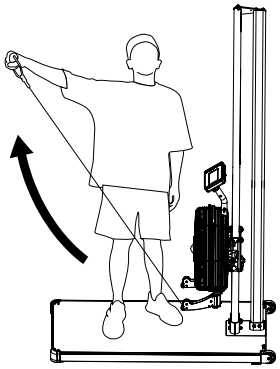


Cable Row

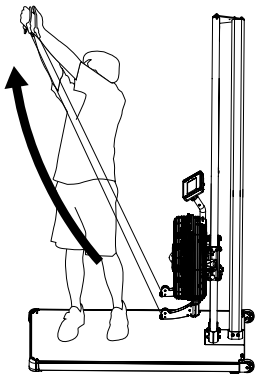
Low Position Located w/Cross Grip handles



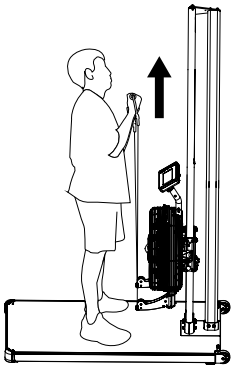
Front Delt Raise



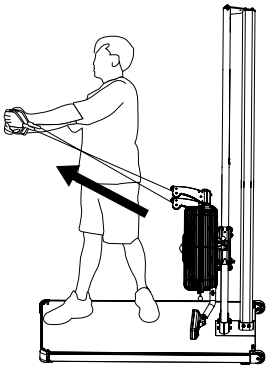
Mid Delt Raise



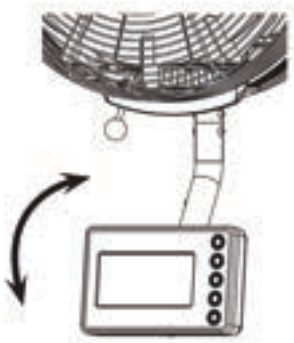
Reverse Wood Chop



Bicep Curl



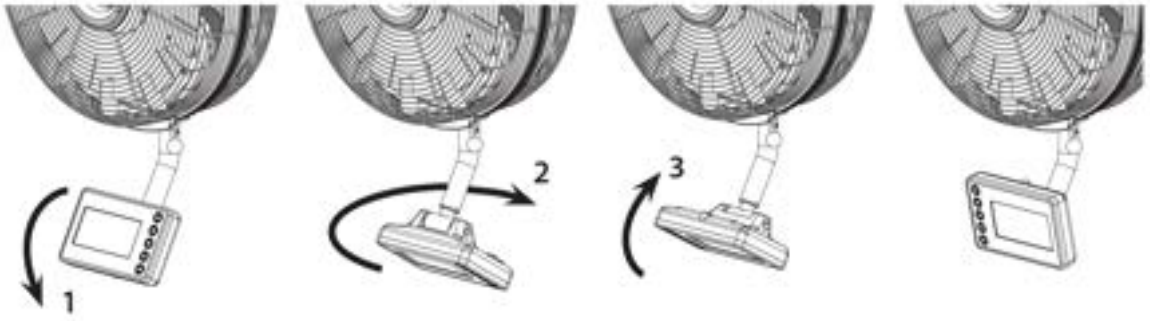
Torso Twist



Adjusting the Console

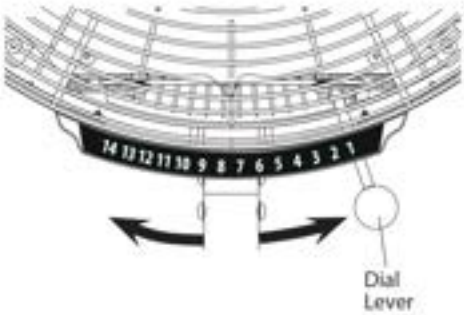
1. Adjust the console display to suitable angle for easy viewing by rotating the console itself with both hands evenly as shown.
2. You can also change the console up side down for easy viewing when needed by rotating the console with both hands evenly as shown .

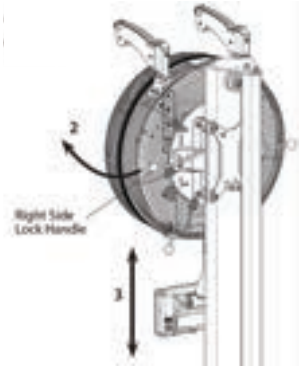
- Fold down or upward the displayed screen slowly.
- Rotate the console clockwise (or counter-clockwise) carefully.
- Fold up or downward the displayed screen slowly as required.



Adjusting the Resistance

1. This Cascade Raptor features a speed independent (14 levels adjustable) system.
2. The harder you pull, the more resistance you will feel. As you put more efforts into your pulling, you will go faster, produce more watts and burn more calories. But it is more important to ski for a longer time than to ski harder.
3. The resistance is controlled by a magnet mechanism, which is moved closer or further away from the air fan wheel assembly – the closer the magnet is to the fan wheel the harder the resistance.
4. The magnet is controlled manually, by moving the dial lever.
5. The resistance levels goes from 1 = easy to 14 = hard.





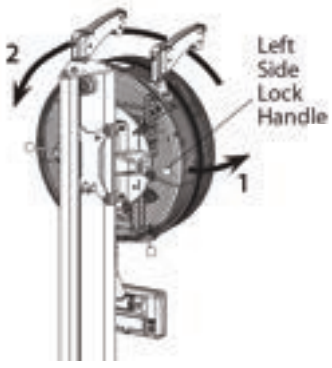
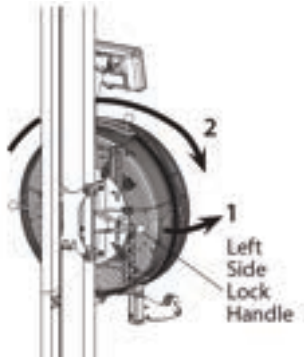
Adjusting the Locations

1. Push to lift the Cascade Raptor slightly with both hands to remove the lock pin in position
2. Pull the right side lock handle with your right hand and adjust the Cascade Raptor up or down on the track as wished.
3. Release the right side lock handle after the required position found. Make sure unit is securely locked in place.

Rotating the Cascade Raptor

1. Upside down

   Pull the left side lock handle with your left hand and rotate the Cascade Raptor clockwise carefully until the stop pin engaged in position securely.

2. Back to Standard

   Pull the left side lock handle with your left hand and rotate the Cascade Raptor counter-clockwise carefully until the stop pin engaged in position securely.