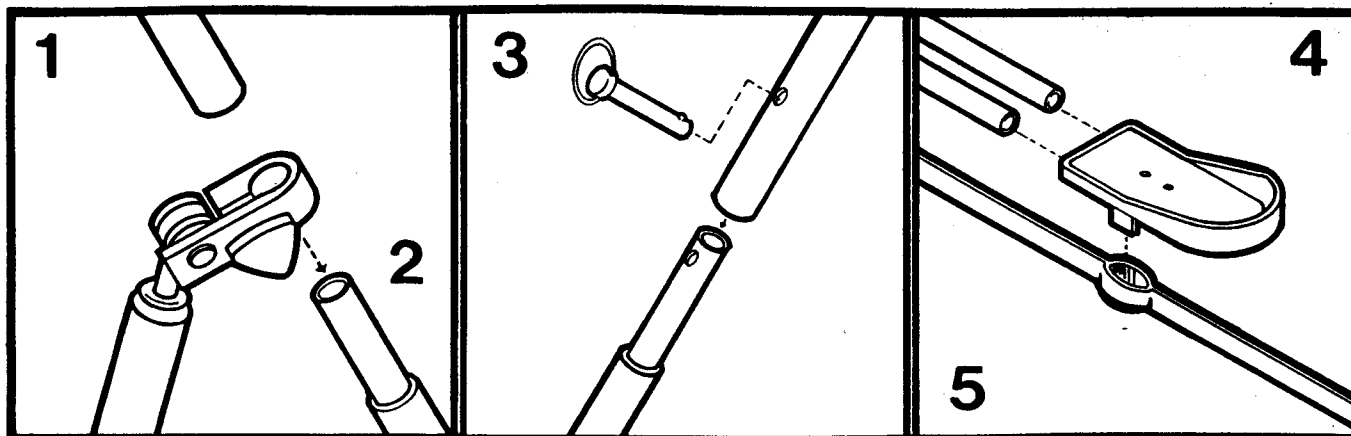


ASSEMBLY INSTRUCTIONS

1. Loosen the Triangle Knobs (23) on the J-clamps (22). Slide the J-clamps over the tops of the Skiing Arms (16), and push the J-clamps down to the desired height.
2. Make sure that the J-clamps are even on both sides and tighten the Triangle Knobs.
3. Slide the Skiing Poles (15) over the ends of the Skiing Arms (16) and attach them with the Hitch Pins(37).
4. Clip the Pedals (33 & 34) onto the Side Rails (6).
5. With the Pedals side by side, attach the Tabs (33a & 34a) to the Nylon Strap (10).



Model No. 831.290401

PARTS LIST

Part No.	Reorder Number	Description	Qty.	Part No.	Reorder Number	Description	Qty.
1	004041	Main Frame	1	21	019006	Outside Shock Bushing	2
2	040049	Large Rubber Strip	1	22	016005	"J" clamp	2
3	006065	Frame End Bar	2	23	017031	Triangle Knob	2
4	019068	Threaded Spacer	4	24	013107	Carriage Bolt	4
5	013201	Bolt	4	25	043016	Hydraulic Shock	2
6	006069	Side Rail	2	26	013262	Allen Head Bolt	4
7	012073	Nut	1	27	019070	Spacer	2
8	072010	Tension Strap Guide	1	28	014005	Washer	4
9	010057	Center Platform	1	29	012074	Lock Nut	4
10	035012	Nylon Tension Strap	1	30	013263	Frame Bolts	12
11	017026	Tension Control Knob	1	31	051008	Rubber Feet	2
12	072009	Tension Control Bar	1	32	040065	Small Rubber Strip	1
13	040004	End Cap	2	33	038013	Left Pedal	1
14	041008	Foam Hand Grip	2	33a	008076	Left Pedal Tab	1
15	006028	Skiing Pole	2	34	038014	Right Pedal	1
16	006067	Skiing Arm	2	34a	008076	Right Pedal Tab	1
17	010056	Base Plate	1	35	008075	Foot Bracket	2
18	012002	Lock Nut	2	35a	041021	Foot Grip Tape	2
19	014019	Washer	2	36	013264	Bolt	4
20	019005	Inside Shock Bushing	2	37	015002	Hitch Pin	2

Replacement Parts may be ordered by calling
Customer Service toll-free at **1-800-824-3109** (in
Canada, **1-800-824-8949**) during regular
business hours: Mon.-Fri. 8 a.m. - 5 p.m..

