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Stand next to the ski exerciser, 2. Set the drag-strap adjuster at 3. Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring on the underside of the ski exerciser begins to expand.

NOTE: Adjust the resistance 10 the appropriate level when you are to exercise.

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2. Once you have two people present for assembly, you can attach the Front Stabilizer to the Base with four M10 x 20mm screws; do not fully tighten the screws yet.

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