

 CENTR
USER MANUAL

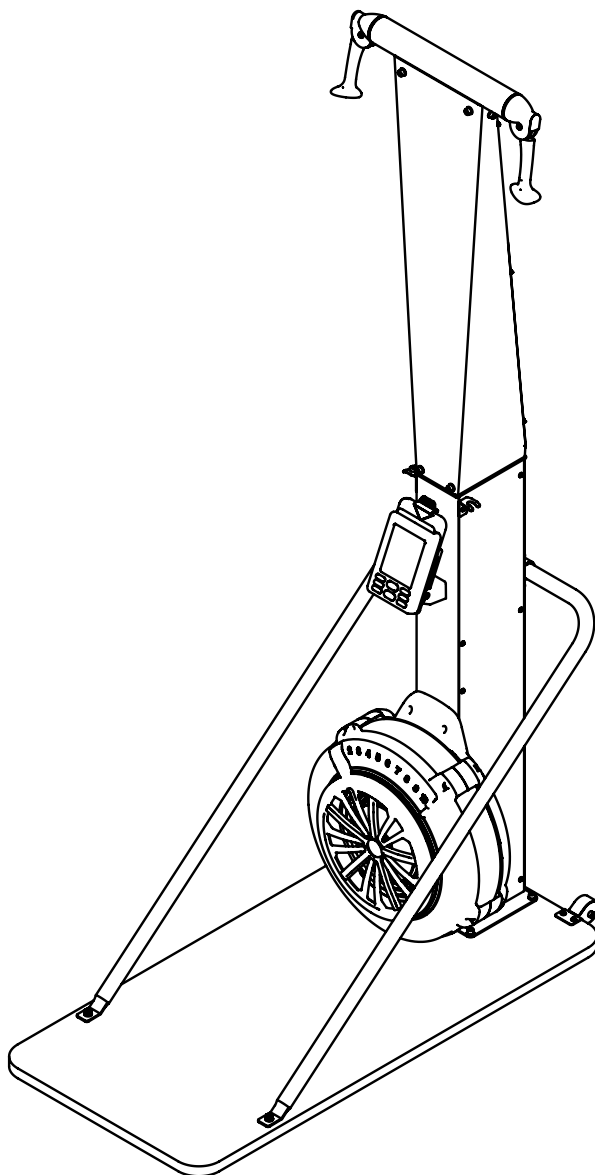
SKU: AAB.2

PERFORM SERIES SKI MACHINE

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT



Record Serial Number Here

80763-V2026-07-09
MADE IN CHINA

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

GLOBAL CUSTOMERS

If you have questions or issues with your equipment, please contact our Customer Support team.



EMAIL

support@centr.com



VISIT OUR WEBSITE FOR HELP

help.centr.com



PHONE

877-738-1729 (US)

+1 877-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.



AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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IMPORTANT SAFETY NOTICE

HEALTH GUIDELINES

1. Before starting any exercise program, you should consult a physician to determine if you have any medical or physical conditions that could put your health and safety at risk from using the equipment for its intended exercises.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
3. STOP exercising if you experience any of the following: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or nausea. Consult a physician before resuming exercise.
4. Women who are pregnant or nursing should consult a physician before exercising.
5. Always wear closed-toed athletic shoes and appropriate athletic clothing when exercising.
6. Always stay hydrated before, during, and after exercise.

IMPORTANT SAFETY NOTICE

When installing and/or handling heavy steel assemblies with thin edges, basic precautions should always be followed, including the following:

DANGER

To avoid imminently hazardous situations that could result in serious injury or death:

1. Do not operate the SKI MACHINE:
 - a. Without the Support Handle installed when operating in the Free Standing configurations.
 - b. Without the Wall Brackets installed onto the SKI MACHINE and secured to a concrete wall when operating in the Wall Mount configuration.
 - c. Without the SKI MACHINE completed assembled by following all assembly steps of either the Free Standing or Wall Mount configurations.
2. Confirm that bolts cannot be turned by hand for:
 - a. Bolts securing the MAIN BODY to the BASEBOARD.
 - b. Bolts securing the U-PLATE to the MAIN BODY.

WARNING

To avoid potentially hazardous situations that could result in serious injury:

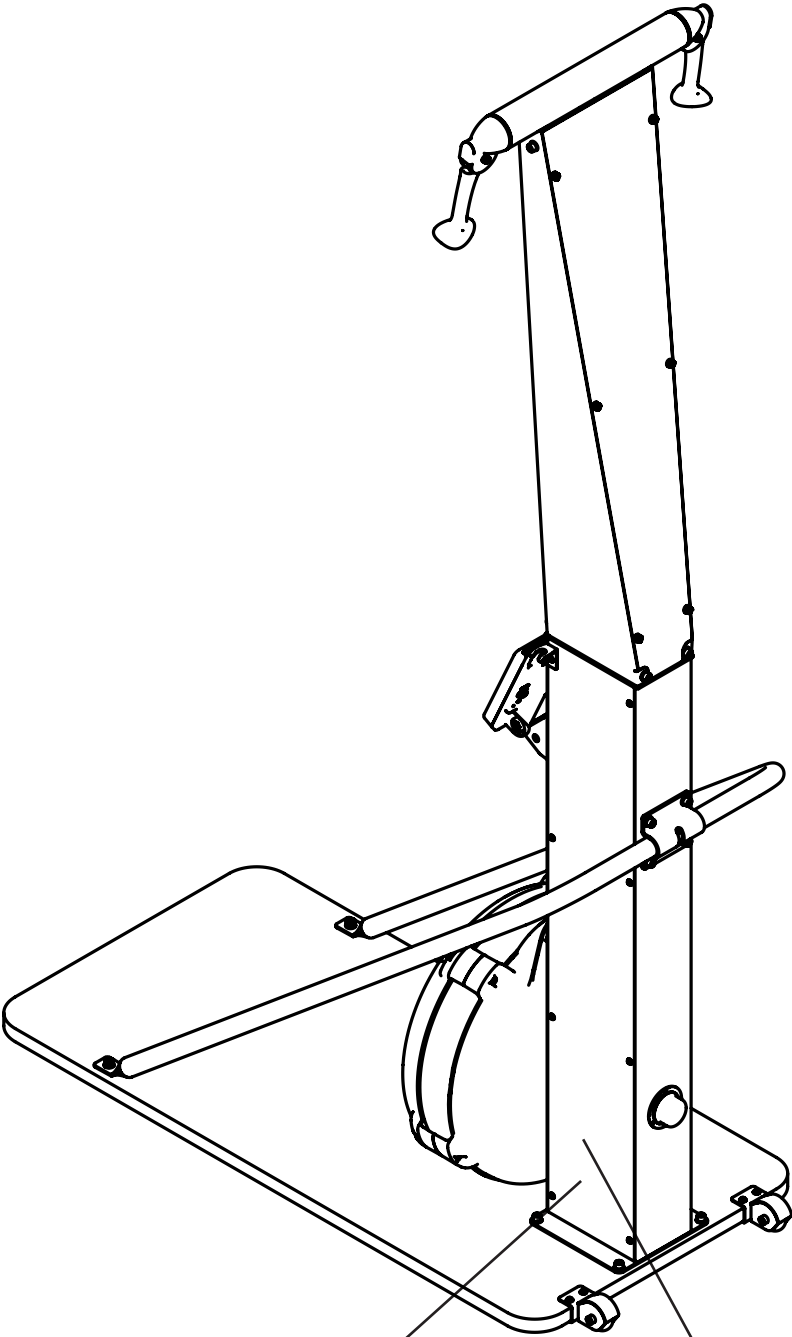
1. Do not operate the SKI MACHINE when either of the Handle Cables show signs of fraying.
2. Confirm that bolts cannot be turned by hand for:
 - a. Bolts securing the PULLEY ASSEMBLY to the U-PLATE.
 - b. Bolts securing the SUPPORT HANDLE to the MAIN BODY.

CAUTION

To avoid potentially hazardous situations that could result in moderate injury:

1. Do not operate the SKI MACHINE when any component is not fully installed with bolts secured so that the bolts cannot be turned by hand.
2. When installing the SKI MACHINE, do not place installation hardware in your mouth.
3. Always wear close-toed shoes when operating the SKI MACHINE.
4. Always keep children and pets away from the exercise area.
5. Follow all warnings and instructions included in this manual.

DECAL PLACEMENT



For Consumer Use Only
Pour usage grand public
uniquement.
Solo para uso del consumidor.

NO MEDICAL TREATMENT PURPOSE! Made in China.
AUCUN BUT DE TRAITEMENT MÉDICAL ! Fabriqué en Chine.
¡SIN PROPÓSITO DE TRATAMIENTO MÉDICO! Hecho en China.

Model / Modèle / Modelo
AAB.2

Class / Classe / Clase
HB

SERIAL NO.
NO DE SÉRIE
N.º DE SÉRIE

AAB.2-23-XX-XX-XXXXXX

HEALTH IN MOTION LLC
3300 Horseless Carriage Drive, Norco, CA 92860
+1 714 738-1729

Load / Charger / Carga
N/A

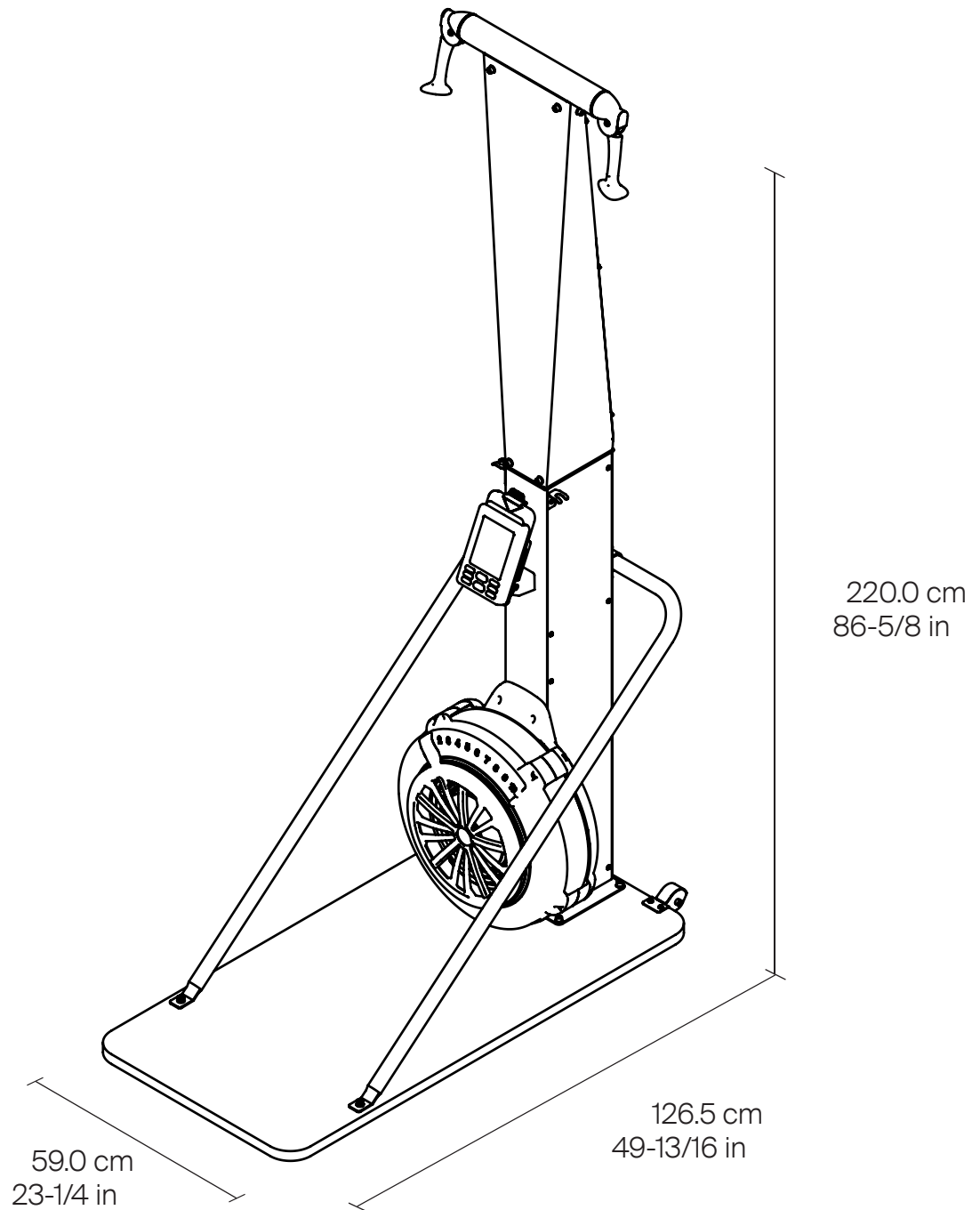
80763-V2026-04-26

⚠ WARNING ⚠

- READ AND FOLLOW THE USER MANUAL AND FOLLOW ALL WARNINGS BEFORE THE ASSEMBLY. FAILURE TO FOLLOW ALL WARNINGS AND INSTRUCTIONS COULD RESULT IN INJURY OR DAMAGE.
- KEEP CHILDREN UNDER 14-YEAR-OLD AND PETS AWAY FROM EQUIPMENT.
- FOR CONSUMER USE ONLY.
- REPLACE THIS CAUTION LABEL IF DAMAGED, ILLEGIBLE, OR REMOVED.
- MAXIMUM USER WEIGHT IS 350 LBS (160 KG)
- CONSULT A PHYSICIAN BEFORE STARTING EXERCISE.

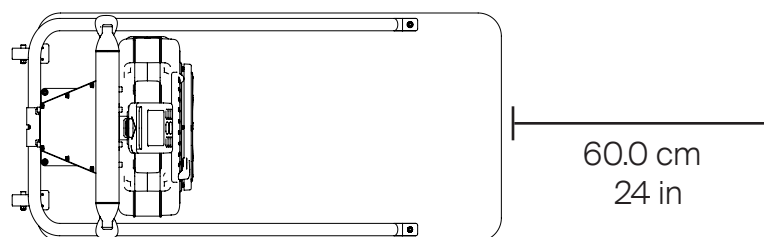
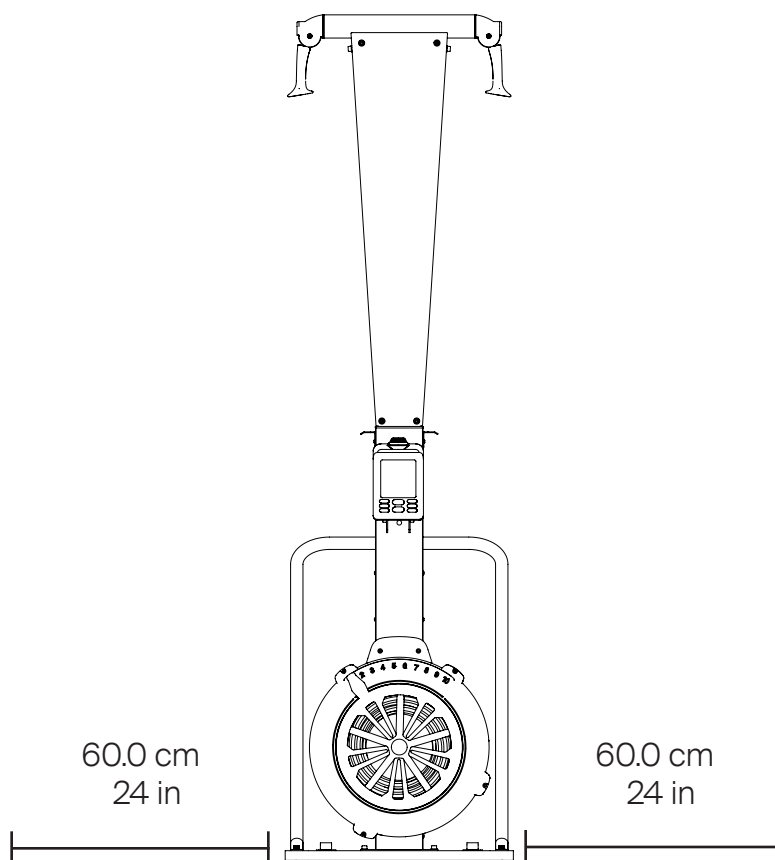
80763-V2026-04-25

PRODUCT DIMENSIONS



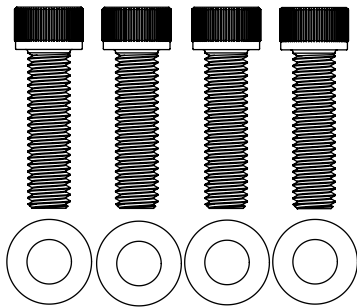
SPACE REQUIREMENTS

For safe operation, keep a minimum 60 cm (24 in) of space on all sides of the SKI MACHINE during use.



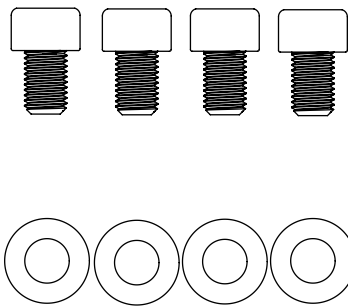
HARDWARE KIT

STEP 1



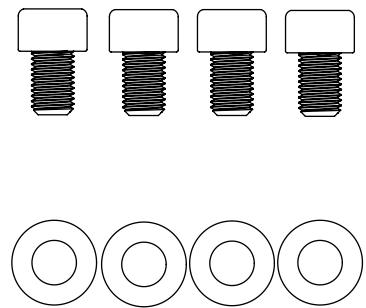
#14 Bolt, M8 x 1.25 x 30, 4pcs
#16 Washer, M8, 4pcs

STEP 2



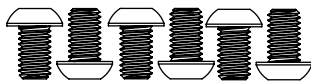
#12 Bolt, M8 x 1.25 x 12, 4pcs
#16 Washer, M8, 4pcs, 4pcs

STEP 3



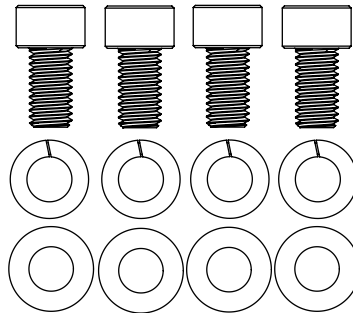
#12 Bolt, M8 x 1.25 x 12, 4pcs
#16 Washer, M8, 4pcs, 4pcs

STEP 4



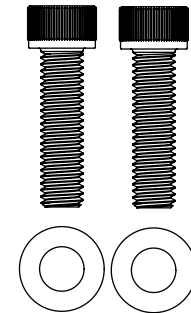
#15 Bolt, M6 x 1.00 x 10, 6pcs

STEP 5



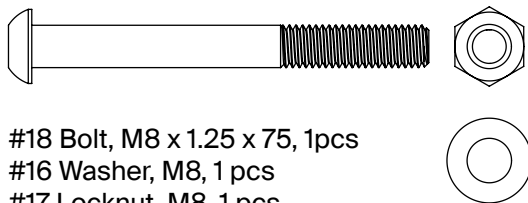
#13 Bolt, M8 x 1.25 x 20, 4pcs
#11 Split Washer, M8, 4 pcs
#16 Washer, M8, 4 pcs

STEP 5 (continued)



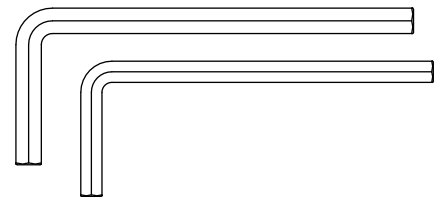
#14 Bolt, M8 x 1.25 x 30, 2pcs
#16 Washer, M8, 2pcs

STEP 6



#18 Bolt, M8 x 1.25 x 75, 1pcs
#16 Washer, M8, 1 pcs
#17 Locknut, M8, 1 pcs

TOOLS



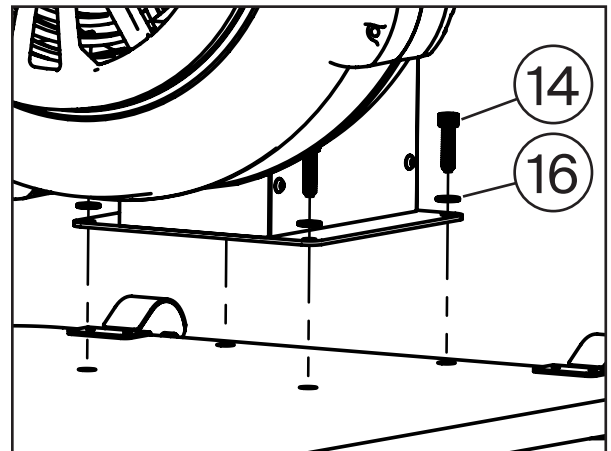
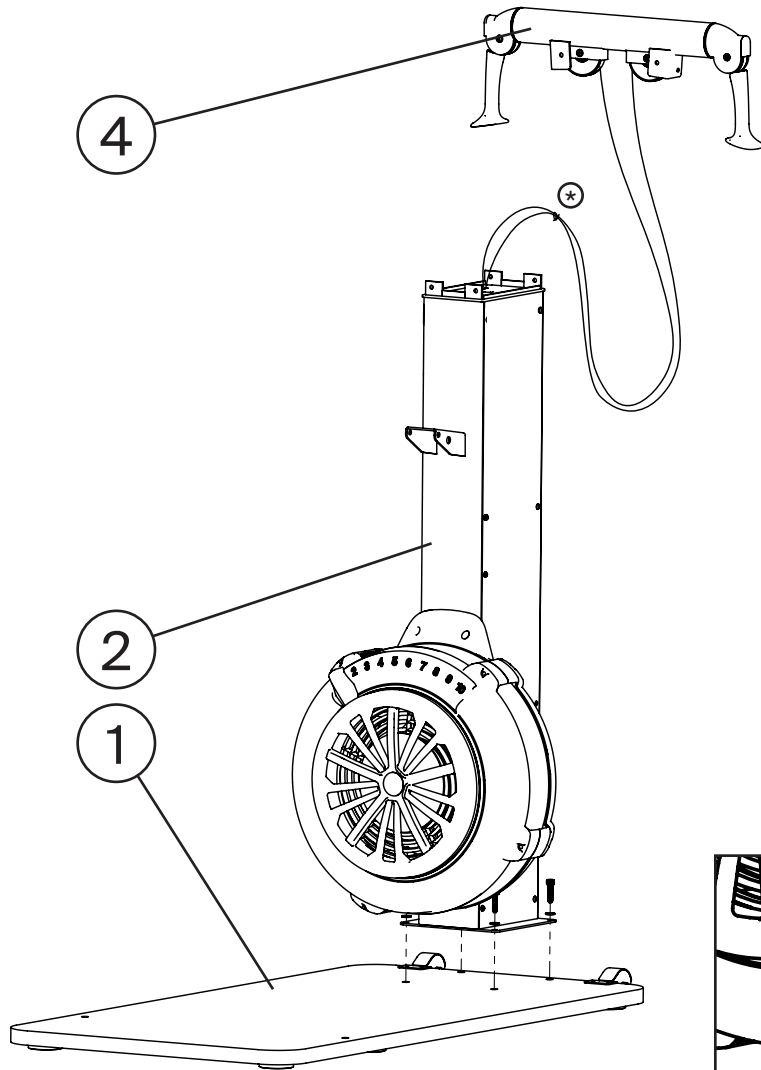
Allen Key, 6mm, 1pcs
Allen Key, 4mm, 1 pcs

ASSEMBLY INSTRUCTIONS

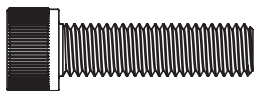
STEP 1: Install the MAIN BODY (2) onto the BASEBOARD (1). Rest the PULLEY ASSEMBLY (4) on the top surface of the MAIN BODY or on any way that does not shear or pinch the cables.

NOTE:

Do not remove cable clips (*) until STEP 4.



HARDWARE REQUIRED



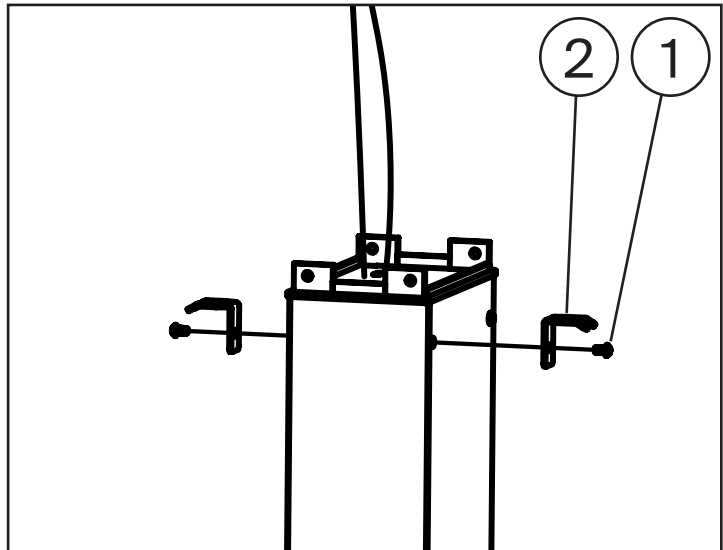
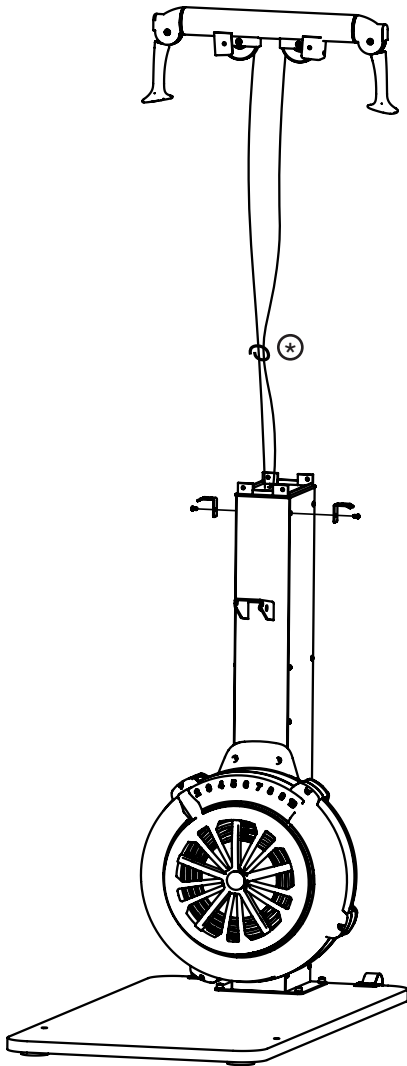
#14 Bolt, M8 x 1.25 x 30, 4pcs
#16 Washer, M8, 4pcs

ASSEMBLY INSTRUCTIONS

STEP 1 (continued): Remove two screws (1) from the MAIN BODY, install the HANDLE HOLDERS (2), and re-install the screws.

NOTE:

Do not remove cable clips (*) until STEP 4.

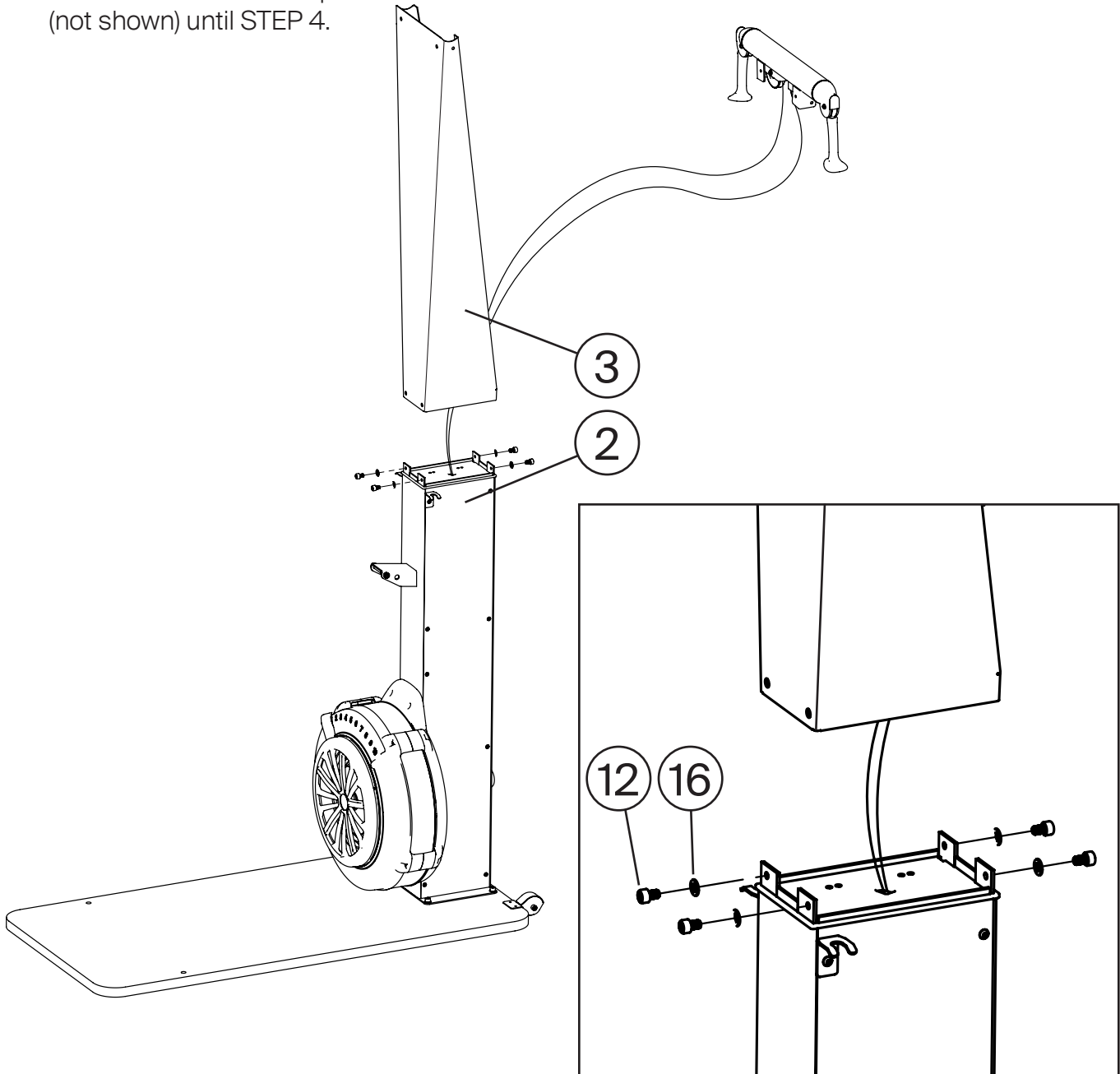


ASSEMBLY INSTRUCTIONS

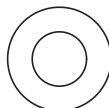
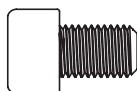
STEP 2: Install the U-PLATE (3) onto the MAIN BODY (2).

NOTE:

Do not remove cable clips
(not shown) until STEP 4.



HARDWARE REQUIRED



#12 Bolt, M8 x 1.25 x 12, 4pcs

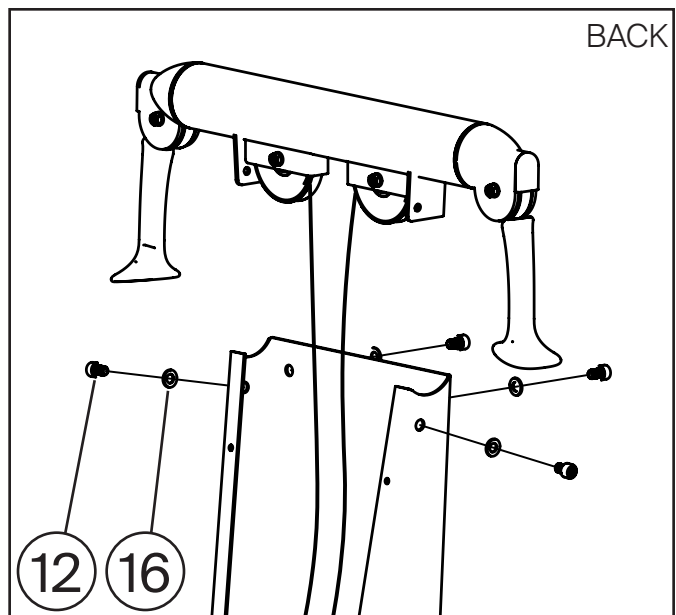
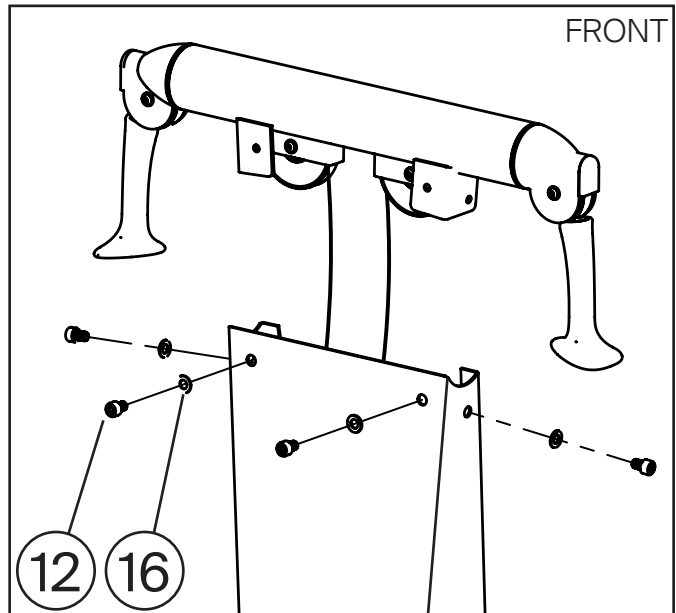
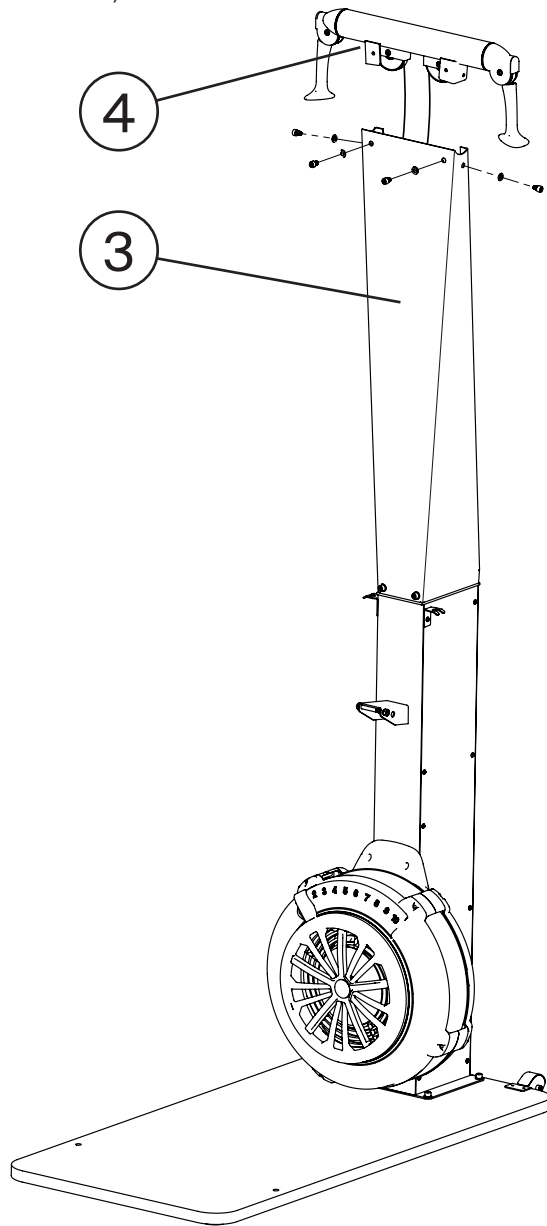
#16 Washer, M8, 4pcs

ASSEMBLY INSTRUCTIONS

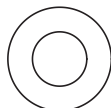
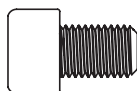
STEP 3: Install the PULLEY ASSEMBLY (4) onto the U-PLATE (3).

NOTE:

Do not remove cable clips
(not shown) until STEP 4.



HARDWARE REQUIRED



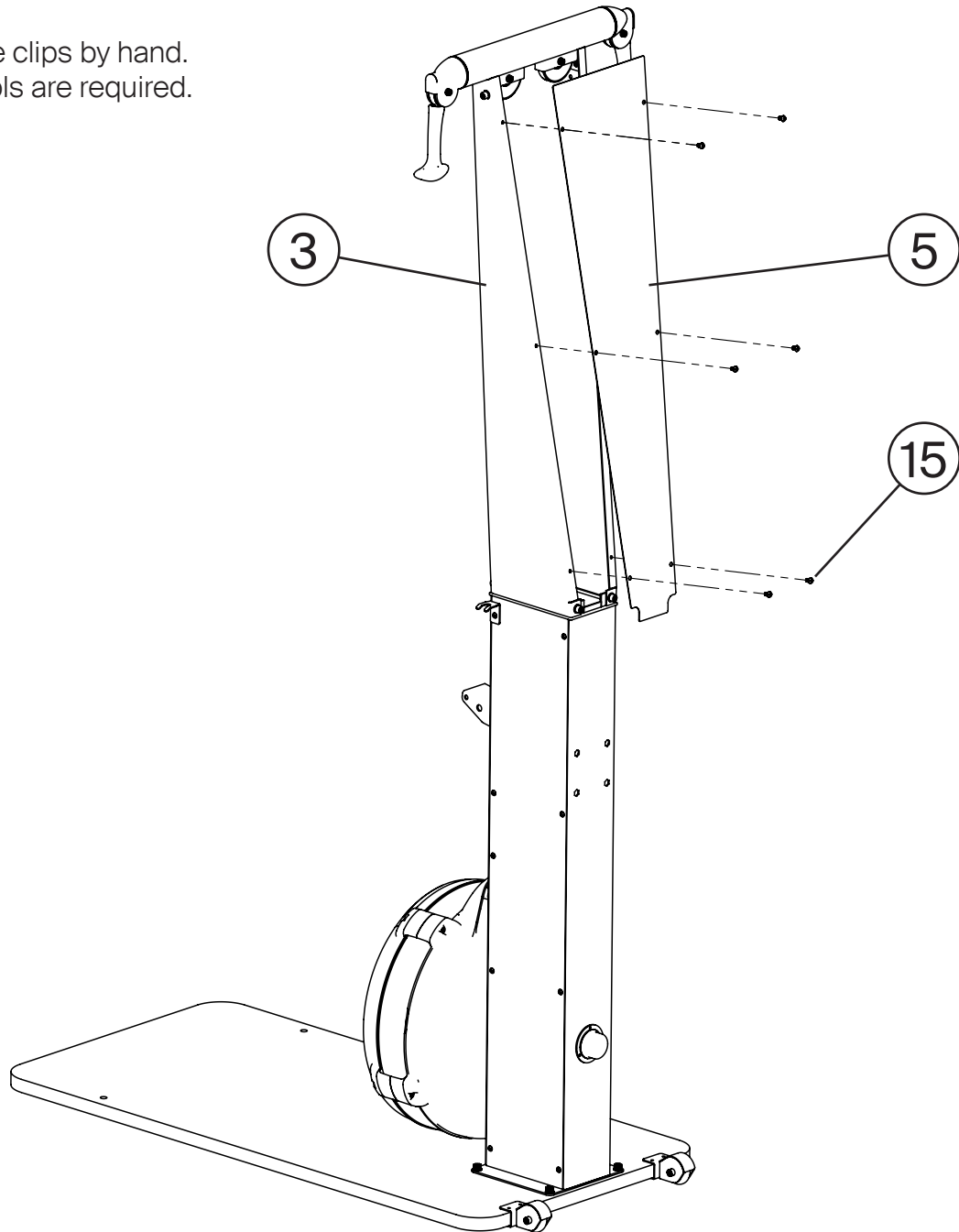
#12 Bolt, M8 x 1.25 x 12, 4pcs
#16 Washer, M8, 4pcs

ASSEMBLY INSTRUCTIONS

STEP 4: Remove the cable clips (not shown) noted in STEP 1, then Install the BACK COVER (5) onto the U-PLATE (3).

NOTE:

Remove cable clips by hand.
No cutting tools are required.



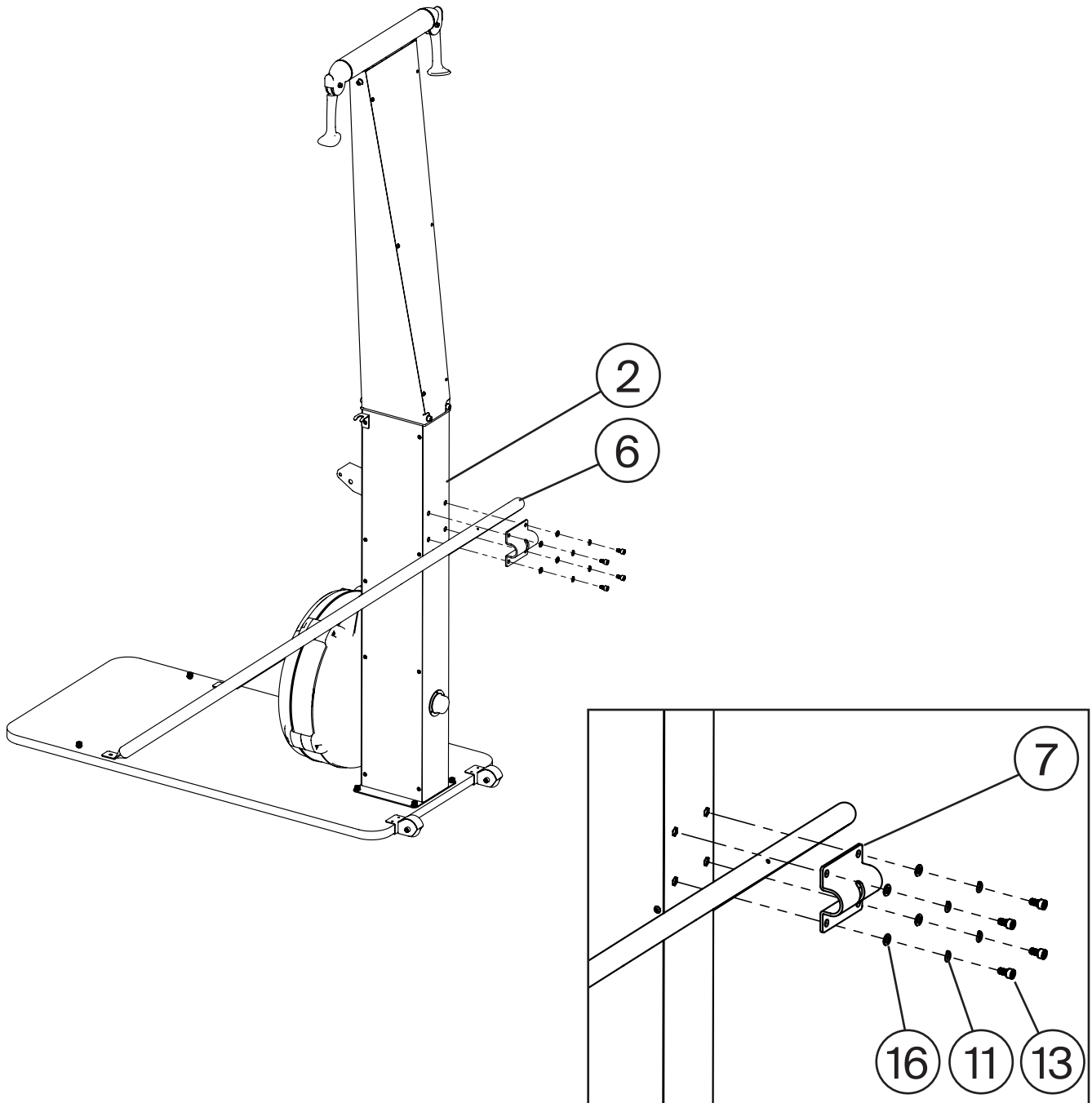
HARDWARE REQUIRED



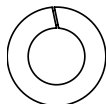
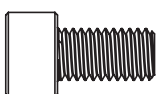
#15 Bolt, M6 x 1.00 x 10, 6pcs

ASSEMBLY INSTRUCTIONS

STEP 5: Install the SUPPORT HANDLE (6) onto the MAIN BODY (2) with the BRACKET (7).



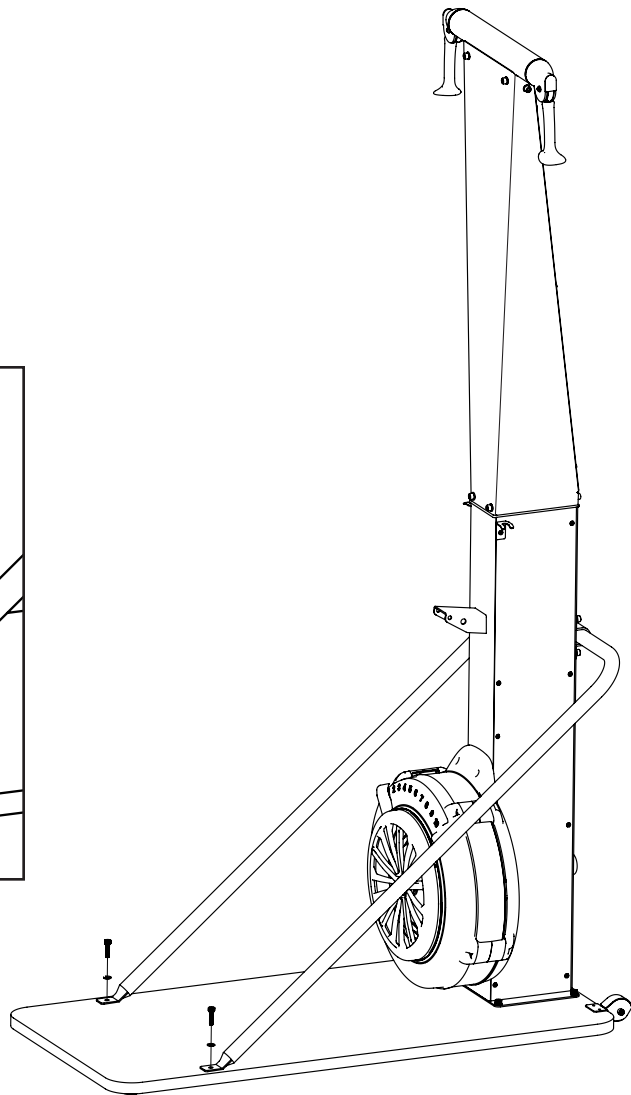
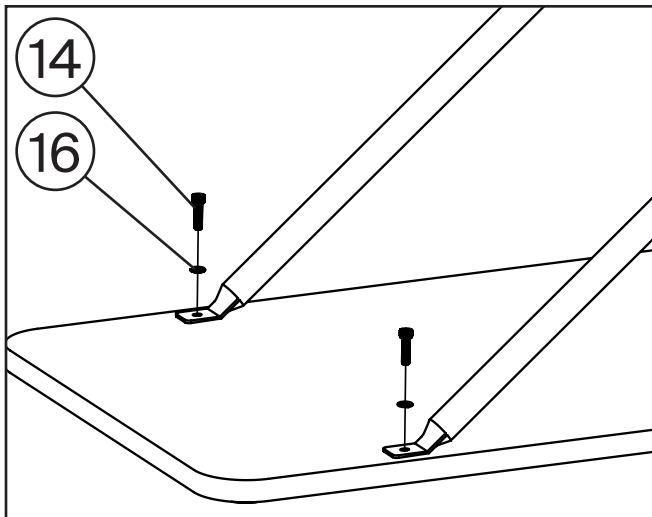
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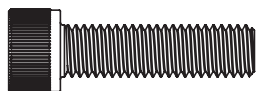
#13 Bolt, M8 x 1.25 x 20, 4pcs
#11 Split Washer, M8, 4 pcs
#16 Washer, M8, 4pcs

ASSEMBLY INSTRUCTIONS

STEP 5 (continued): Fasten the SUPPORT HANDLE (6) in to the BASEBOARD (1).



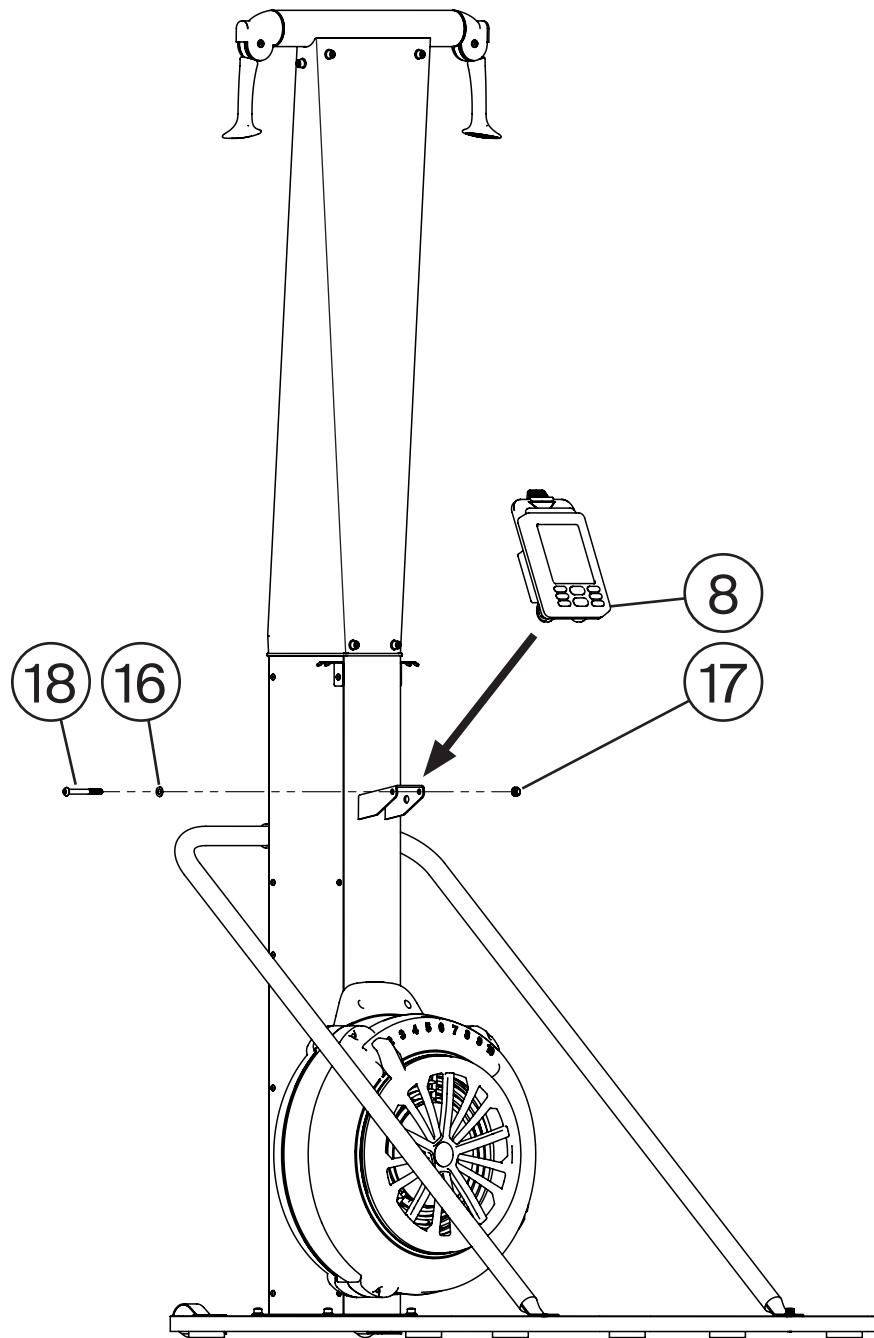
HARDWARE REQUIRED



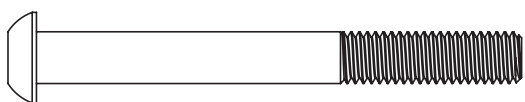
#14 Bolt, M8 x 1.25 x 30, 2pcs
#16 Washer, M8, 2pcs

ASSEMBLY INSTRUCTIONS

STEP 6: Install the CONSOLE (7) onto the MAIN BODY (2).



HARDWARE REQUIRED



#18 Bolt, M8 x 1.25 x 75P, 1pcs

#16 Washer, M8, 1pcs

#17 Lock Nut, M8 x 1.25 x 8, 1 pcs

CONSOLE INSTRUCTIONS

INSTALL BATTERIES

Remove battery cover
on the backside.



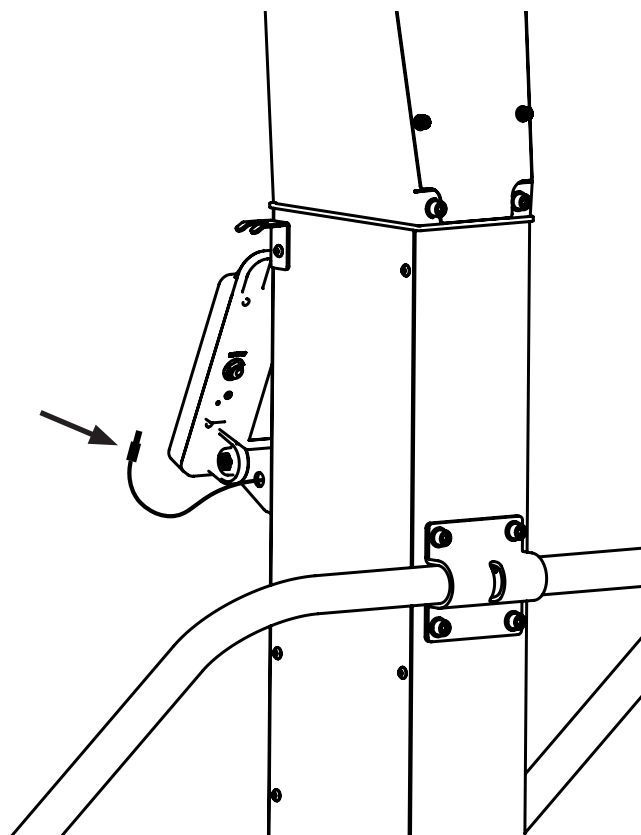
Insert two D-Cell batteries
(provided).



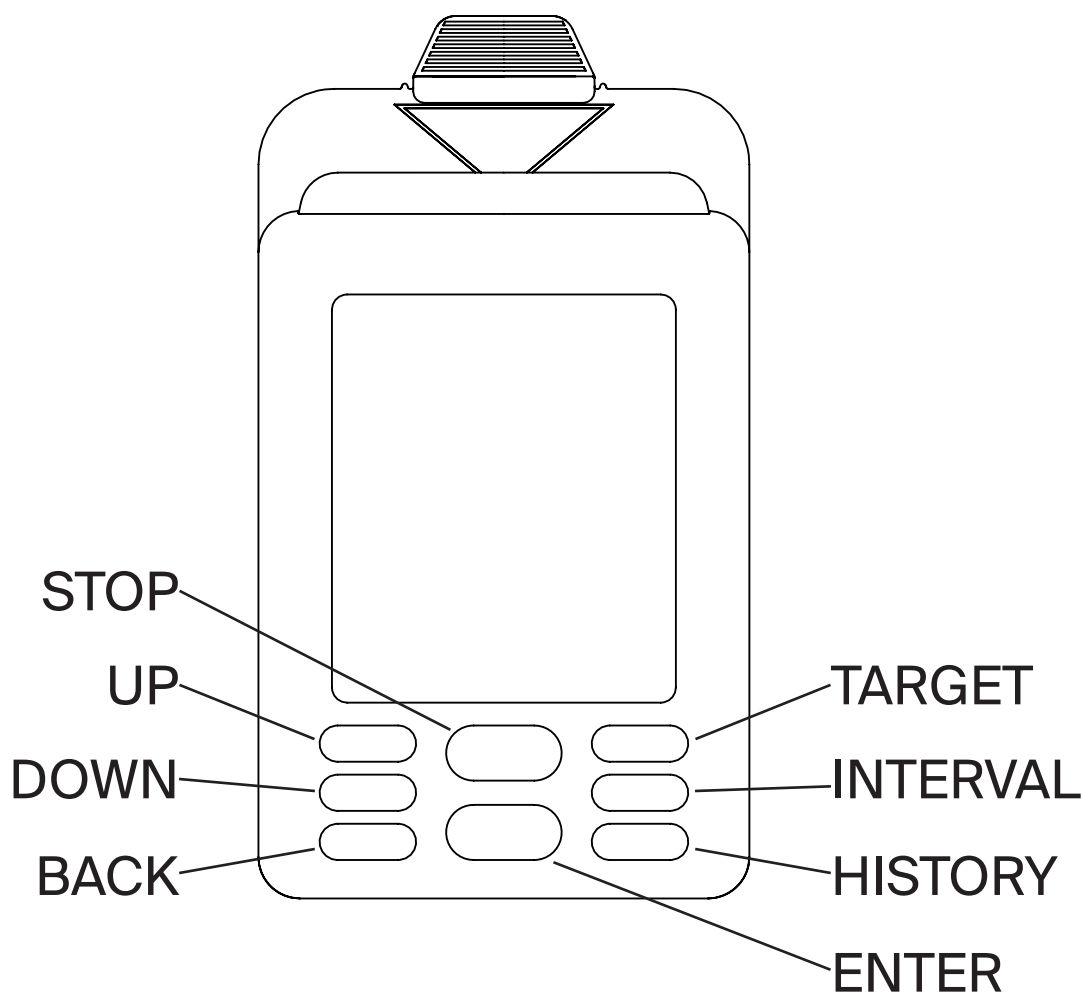
Replace battery cover.



CONNECT AUX CABLE



CONSOLE INSTRUCTIONS



QUICK START

1. Without pressing any buttons, simply begin exercising to turn on the console.
2. To *pause* the workout, press the “STOP” button once. To resume the workout, simply resume the exercise.
3. To *stop* the workout and show the workout summary, press the “STOP” button when the workout is *paused*. For example, during an exercise, press “STOP” once to *pause* the workout and press “STOP” again to *stop* the workout.
4. To return the console to *idle* mode, press the “STOP” button when the workout is *stopped*. Doing so will save the workout to the console memory. The console memory can save 99 workouts.

CONSOLE INSTRUCTIONS

TARGET WORKOUT

Set a target to achieve. Once the target is achieved, the workout will end automatically and the console will save the workout to console memory.

1. With the console in *idle* mode, press "TARGET". If the console is off, press "STOP" once to enter *idle* mode.
2. After pressing "TARGET", the console will show *distance* by default. Press "TARGET" again to cycle through the other available modes of *calories* and *time*.
 - a. Selecting the *distance* or *calories* modes will set up the exercise to continue after the required distance has been traversed or the required calories have been expended.
 - b. Selecting the *time* mode will set up the exercise to continue until the timer runs down to zero. The timer will automatically pause when the exercise is paused and automatically resume when the exercise is resumed.
3. Cycle to the desired target mode and press the "UP" or "DOWN" buttons to set the target.
4. Press "ENTER" to confirm the target.
5. The workout will now begin.

INTERVAL WORKOUT

Set intervals to achieve multiple targets with rest in-between. Once all intervals have been completed, the workout will end automatically and the console will save the workout to console memory.

1. With the console in *idle* mode, press "INTERVAL". If the console is off, press "STOP" once to enter *idle* mode.
2. After pressing "INTERVAL", the console will show *distance* by default. Press "INTERVAL" again to cycle through the other available modes of *calories* and *time*.
3. Use the "UP" or "DOWN" buttons to set the interval target and press "ENTER" to confirm.
4. Use the "UP" or "DOWN" buttons to set the number of intervals and press "ENTER" to confirm. Each interval is a target workout to achieve the previously set interval target. For example, setting an interval target of 500 meters and an interval number of 3 means you will need to complete 3 sets of 500 meters.
5. Use the "UP" or "DOWN" buttons to set the rest time. This is the amount of time allotted to resting between intervals.
6. Press "ENTER" to confirm the intervals.
7. The workout will now begin.

CONSOLE INSTRUCTIONS

VIEWING THE CONSOLE MEMORY

Review saved workouts and splits within workouts.

1. With the console in *idle* mode, press “HISTORY”. If the console is off, press “HISTORY” once to enter *idle* mode.
2. After pressing “HISTORY”, the console will show console memory #1 by default. The console saves the most recent workout to the lowest memory #; each new saved workout will be saved to memory #1 and older workouts will be pushed to a higher memory #. For example, completing a workout will save that workout to memory #1; completing a subsequent workout will save that subsequent workout to memory #1 and the previous workout - which was previously saved to memory #1 - will be pushed to memory #2.
3. Use the “UP” and “DOWN” buttons to select a memory # to view.
4. When viewing a memory, press the “HISTORY” button to cycle between workout information.
5. When viewing a memory, press the “UP” and “DOWN” buttons to cycle between splits. The console can save a maximum of 99 splits within one workout.
 - a. Splits will not be activated during a QUICKSTART workout. Splits will only be activated during a TARGET or INTERVAL workout.
 - b. During a *distance* workout, splits will count every:
 - i. 100m up to 500m;
 - ii. 500m from 500m up to 10,000m;
 - iii. 1,000m from 10,000m up to 20,000m;
 - iv. 2,000m from 20,000m to 50,000m.
 - c. During a *calories* workout, splits will count every:
 - i. 10cal up to 100cal;
 - ii. 20cal from 100cal up to 500cal;
 - iii. 50cal from 500cal up to 1,000cal;
 - iv. 100cal from 1,000cal up to 2,000cal;
 - v. 150cal from 2,000cal up to 3,000cal;
 - vi. 200cal from 3,000cal up to 4,000cal;
 - vii. 250cal from 4,000cal up to 5,000cal.
 - d. During a *time* workout, splits will count every:
 - i. 20sec up to 1min;
 - ii. 30sec from 1min up to 5min;
 - iii. 1min from 5min up to 20min;
 - iv. 3min from 20min up to 60min;
 - v. 5min from 60min up to 100min;

CONSOLE INSTRUCTIONS

VIEWING THE CONSOLE MEMORY (continued)

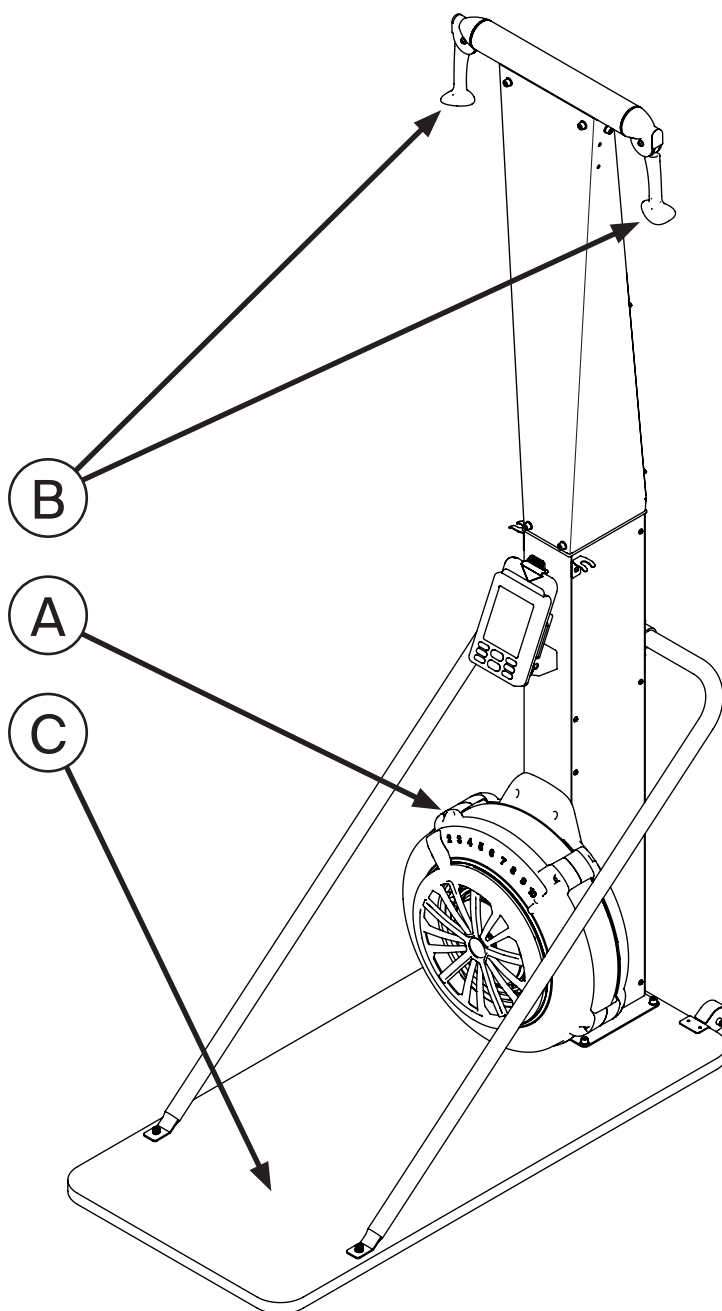
- vi. 10min from 100min up to 200min;
- vii. 15min from 200min up to 5hrs;
- viii. 30min from 5hrs up to 10hrs.

OPERATING INSTRUCTIONS - SUGGESTED STEPS

STEP 1 - Set resistance level (A).

STEP 2 - Grip handles (B)

STEP 3 - Stand approximately at the end of the support handles (approximately 1-meter from the wall if wall mounted) and pull handles towards your feet while bending your knees.



MAINTENANCE

The safe operation of the SKI MACHINE can only be maintained when the machine is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear; components which are most susceptible to wear are the Handle Cables and Wheels. Worn or damaged components should be replaced immediately. Inspect all bolts, nuts, and any other securing devices to ensure that they are fully tightened. All warnings and instructions should be read prior to use and followed during use.

General cleaning and maintenance will help prolong the life and performance of the SKI MACHINE.

- Inspect the Handle Cables regularly to ensure the cables are not frayed and at risk of breaking.
- Check all hardware noted during assembly steps to ensure all components are secured; tighten any bolts that are capable of rotating by hand.
- The Handle pulleys should rotate smoothly. If not, contact customer support.

CENTR