



QUICK START GUIDE

Hand Controller = HC
Boot Transmitter = BT
 Left (Red) & Right (Green)
 Earphones and Lanyard.
 Visit www.forwardski.com for
 videos of all instructions &
 please read the Everything
 Guide for detailed information and troubleshooting.



Step 1 How to install the batteries:

HC: 2 AA batteries go in the back, under the cover.

BT: 2 AA batteries each.
 Unscrew the two cover
 screws. Carefully check
 new battery alignment.
 Make sure the seal is
 kept clean. Replace the
 cap and tighten the
 screws. They must be
 equally tight to prevent
 air leaks.



Step 2 How to activate the system:

Start the **BT's** BEFORE putting them in your
 boots. Press the On Button, make sure the
 air sensor fills out to a round shape.

Start the **HC**, push the ON Button: 



When the Bluetooth connection is made the top lights will
 come on and three beeps from the HC and earphones
 will indicate the System is ready to SET, Step 4.

- ★Rapid flashing of any light indicates low battery.
- ★Intermittent rapid flashing indicates loss of connection.

Step 3 How to wear the system:

The **HC** can be worn around your
 neck with the lanyard or put in a
 pocket for easy access.

The **BT** sensor is placed in the boot
 between your shin and the boot
 tongue before buckling up.

Leave an inch or less space
 between the top of the tongue and
 the transmitter.



Step 4 How to use the Forward Ski System:

The system has two functions. Only one function is active at a time. You switch between them by pressing the two arrow buttons at the same time, for a second.



1. The **Forward Pressure** function has a single, low, continuous tone. This tells you if you are not maintaining forward pressure on the boot tongue.
2. The **Proximity** function has a beeping tone, telling you if your feet are coming together in the turn.

Setting the Forward Pressure point:

The Forward Pressure function is the default at turn on.

With your skis on, position yourself in a **VERY LIGHT FORWARD STANCE**. Then, individually push the LEFT arrow button and then the RIGHT arrow button. This is your Forward Stance set point. The system should now be silent.

To **increase** the Forward Pressure point, either move to a more forward stance and re-set OR individually press the LEFT plus-arrow button then the RIGHT plus-arrow button to increase the pressure 10% for each boot.

Setting the Proximity distance:

With your skis on, stand with your boots about 4 inches apart, then press the two arrow buttons at the same time until you hear the beeping tone.



To change the proximity distance, move to a new stance and press either arrow button to change the set point.

To return to the Forward Pressure function press both buttons until you hear the change in tone.

Step 7 How to turn off the system:

Turn off the Hand Controller. It will also turn off if it does not get a signal from the Transmitters for 1 minute.

The Transmitters do not have an off button. They turn off automatically when they do not sense a pressure change for 10 minutes. To speed up the turn off process and save batteries, press and hold the on button, and wrap the sensor around the case deflating it. Then put them somewhere quiet, so they can fall asleep.