



## GENERAL INSTRUCTIONS

### Kayak Standard Ergometer [KP1] Compact Kayak Ergometer [KPC]

- The above ergometers are designed to replicate the action of kayaking precisely.
- All KayakPro products are designed to comply with ISO 20957; ISO 20857 User Class S Accuracy Class A used indoors, in low humidity environments.
- The onboard console is designed to operate in indoor, low-medium humidity environments. [ $<60\%$  @  $25\text{ }^{\circ}\text{C}$ ]. It is not waterproof, and should not be stored, maintained and/or used in high humidity environments, nor subject to contact with water or moisture.
- High humidity environments, e.g. swimming pools, and external patios/areas in hot and humid climates may well negatively affect the functioning of the on-board consoles. Corrosion and deterioration of vital contact elements, and electronics are possible. Please see separate manual for console instructions.
- Our bumper to bumper guarantee, expressly excludes the on-board console where it is used in high humidity environments.
- The total safe working areas and areas for emergency dismount are:
  - Total Width: 175 cm (69")
  - Total Height: 178 cm (70")
  - Total Length: 343 cm (135")
- The designed maximum body mass of user is 100 Kg.
- Total mass of each machine: KP1 = 34 Kg / KPC = 43 Kg

### WARNING

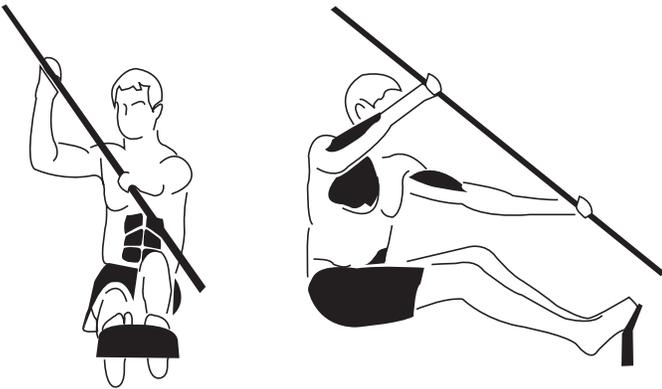
- ! Injuries to Health may result from incorrect or excessive training. The ergometer must be assembled on a stable and level base. !
- ! Heart Rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. !

## TO START TO USE

- 1 Adjust the footrest length to induce a knee bend angle of approx. 37 Degrees.
  - If the footrest pull bar is to be used to locate the feet, then adjust the moveable bar so as to clamp the feet firmly but not overtight.
- 2 Select the appropriate seat height.
- 3 Adjust the paddle shaft length to an appropriate length that feels comfortable and replicates the “feel” of paddling in your own boat.
  - As a general guide an ergometer shaft length of 170 cm [67 Inches] = 220cm paddle length.
  - Experiment, so as to determine the shaft best length for you.
  - The longer the shaft length the greater the paddling resistance and vice-versa. Remember not to tighten the length adjuster too tight; moderate hand-tight closure is all that is required – to over-tighten will make future adjustment difficult.

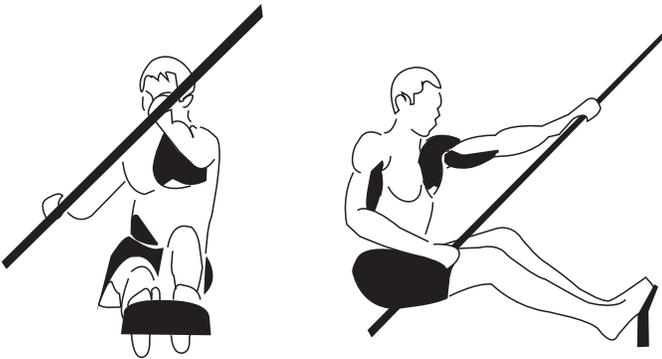
# KAYAKPRO

## SIMPLIFIED TECHNIQUE TIPS



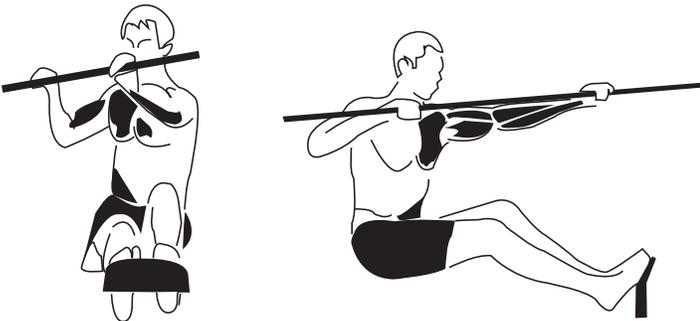
### ENTRY PHASE

- Ensure Torso Rotation
- Straighten Pulling Arm
- Resisting Arm - Shoulder / Eye Height
- Elbow Of Resisting Arm Greater Than 90 Degrees
- Pressure Through Stroke Side Leg
- Avoid Excessive Resisting Arm Crossover
- Ensure Full Blade Entry At Footrest



### PULL & EXIT PHASE

- Unwind Torso
- Extend Stroke Side Leg
- Pull Blade Backwards
- Blade Exit On Stroke Side At Hip
- Simultaneously, Resisting Arm Straightens, Finishing At Shoulder / Eye Height, With Hand Relaxed
- Elbow Remains Lower Than Hand & Shoulder On Resisting Arm
- Trapezius Remains Relaxed Throughout Paddle Cycle



### Airwork / Recovery

- Straight Lead Arm
- After Exit Of Blade - Initiate Torso Rotation
- Trailing Arm Hand Lift To Shoulder / Eye Height

\*Please refer to safety instructions, maintenance manuals and to risk assessments considerations on our website.  
If in doubt, consult your coach.

Contact Information and customer service address:

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LYNDON B. JOHNSON SPACE CENTER | HOUSTON, TEXAS



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TO THE OLYMPIC GAMES