



GENERAL INSTRUCTIONS

Outrigger Ergometer [01M] Dragon Boat Ergometer [D1M]

- The above ergometers are designed to replicate the action of dragon boat and outrigger paddling 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 °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 machine: 34 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.
 - Experiment to determine the shaft length best 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.

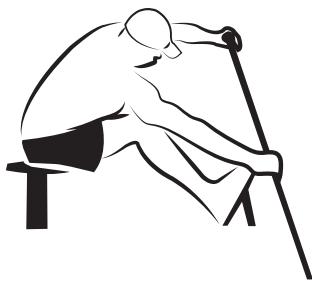


SIMPLIFIED TECHNIQUE FOR OUTRIGGER AND DRAGON BOAT



SET UP

- The torso is tall with a slight forward lean to improve leverage.
- The top arm is as open with a slight bend to find the strongest possible upper side support.
- The bottom arm is parallel to the “water” and not over extended.
- The paddle side is wound through the torso with the legs stabilizing the set up position to optimize a sense of pre-loading the stroke.



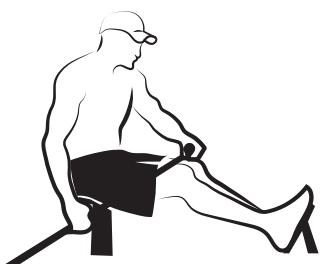
CATCH

- The motion to the catch is slightly downward to ensure both upper and lower side recruitment.
- The catch is best done with paddle side oblique compression and hand motion timed to ensure torso recruitment as much as possible.



PULL

- The body spreads the de-rotation through the pull phase by keeping the upper shoulder back as long as possible in mid-pull.
- The paddle side leg/hip engages to stabilize and contribute to torso recruitment as desired.
- The pull phase generates power by mainly torso rotation, but also assisted with an upper side downward pressure as the paddler presses up through the stroke.
- The paddle side shoulder stays low through the last part of the pull phase to ensure the best possible connection as long as possible before the exit.
- The stroke continually accelerates through the pull phase to ensure the highest degree of pressure/connection at all times.



RECOVERY

- The exit is as clean as possible with the paddle tracking back to the set up with the minimum of extraneous motion of the arms and a brief relaxation to prepare for the next pre-loaded set up.

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

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