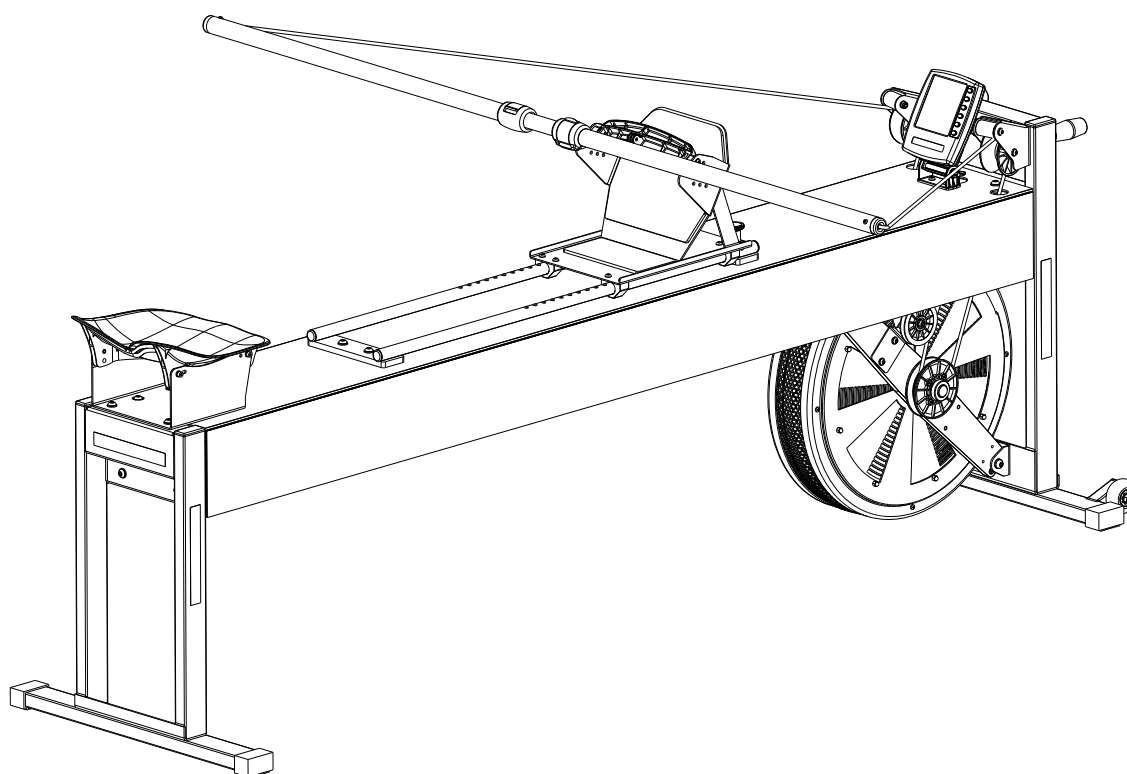




# KayakPro® Xeon 2.0 Kayak Ergometer

## ASSEMBLY MANUAL v 2.0



# SAFETY PRECAUTIONS

Safe operation and use.

Serious injury can occur if the following precautions are not observed.

1. Always consult your physician prior to undertaking any exercise regimen.
2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage.

Please note for the KayakPro® Xeon Kayak Ergometer, the space requirements are:

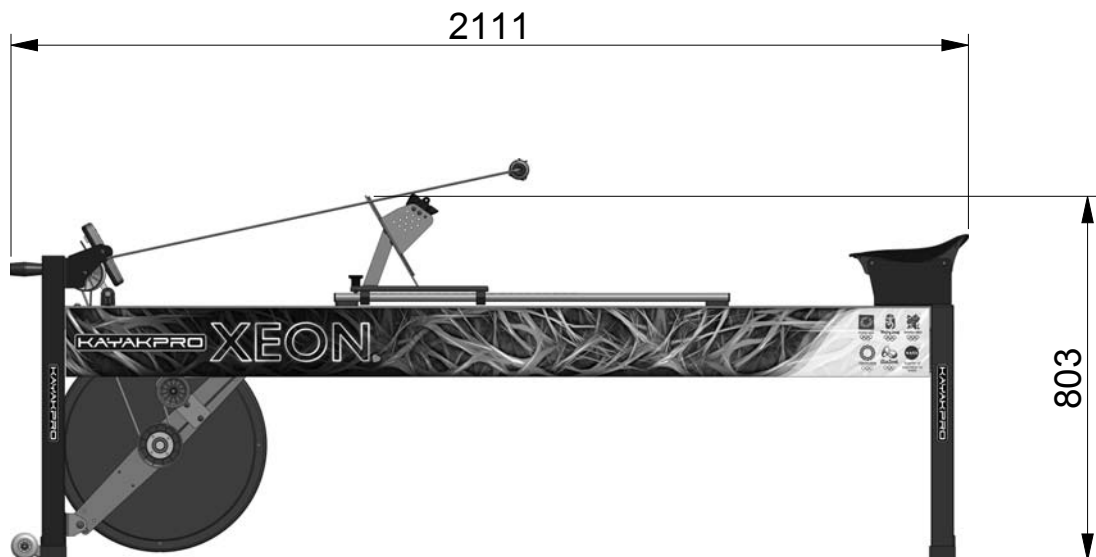
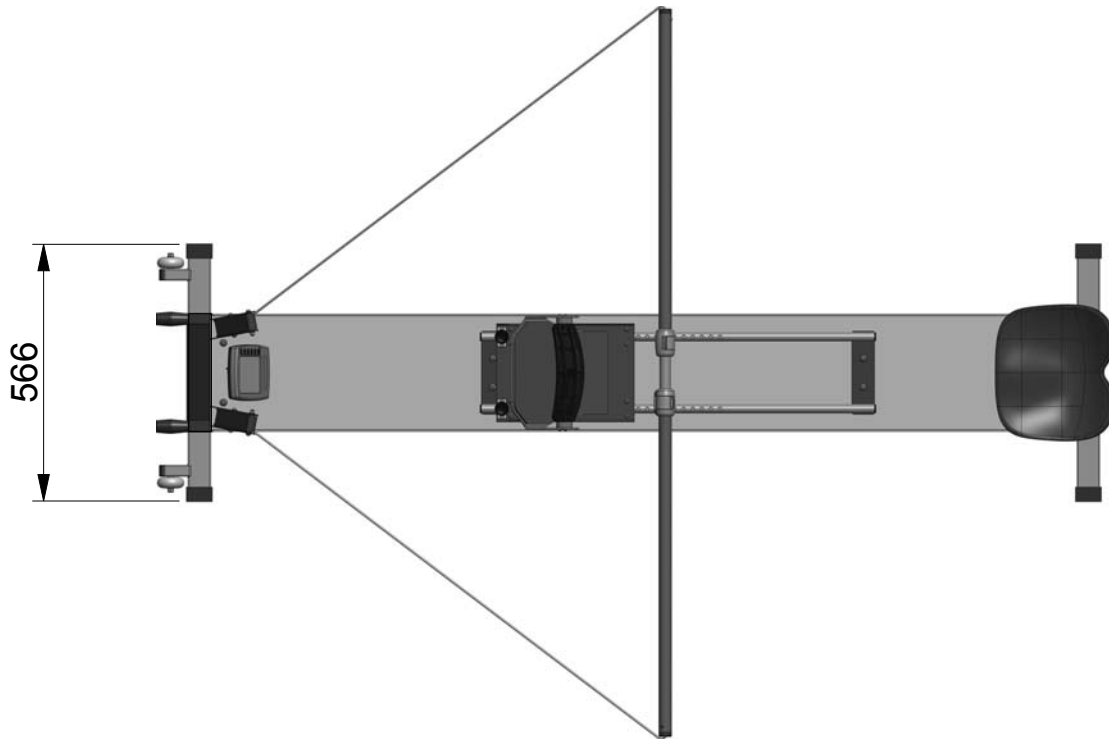
machine storage: 2.1m (l) x 0.8m (h) x 0.6m (w)  
6' 11" (l) x 2' 8" (h) x 1' 10" (w)

safe working area: 3m (l) x 1.8m (h) x 1.75m (w)  
9' 10" (l) x 5' 11" (h) x 5' 9" (w)

3. Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.
4. Contact manufacturer if machine is broken or jammed.
5. Use machine only as intended.
6. Do not modify the machine.
7. Children must not be allowed near this machine.
8. Teenagers must be supervised in the use of this machine.
9. By using the KayakPro® Xeon Kayak Ergometer the user accepts all and full responsibility for self.

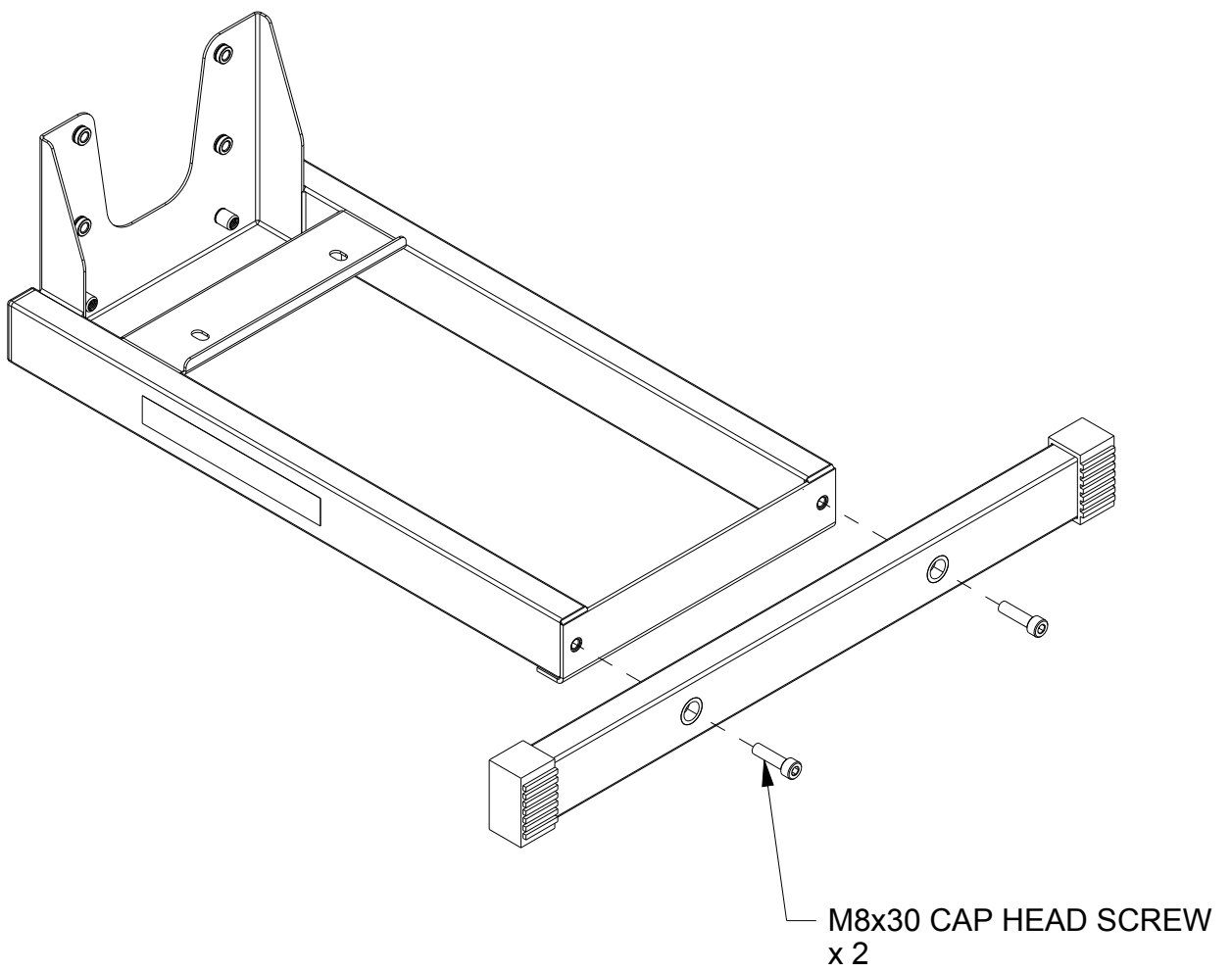
## Tools required:

- 4mm Hex Allen Key
- 5mm Hex Allen Key
- 6mm Hex Allen Key
- Side Cutters (for Cable Tie)



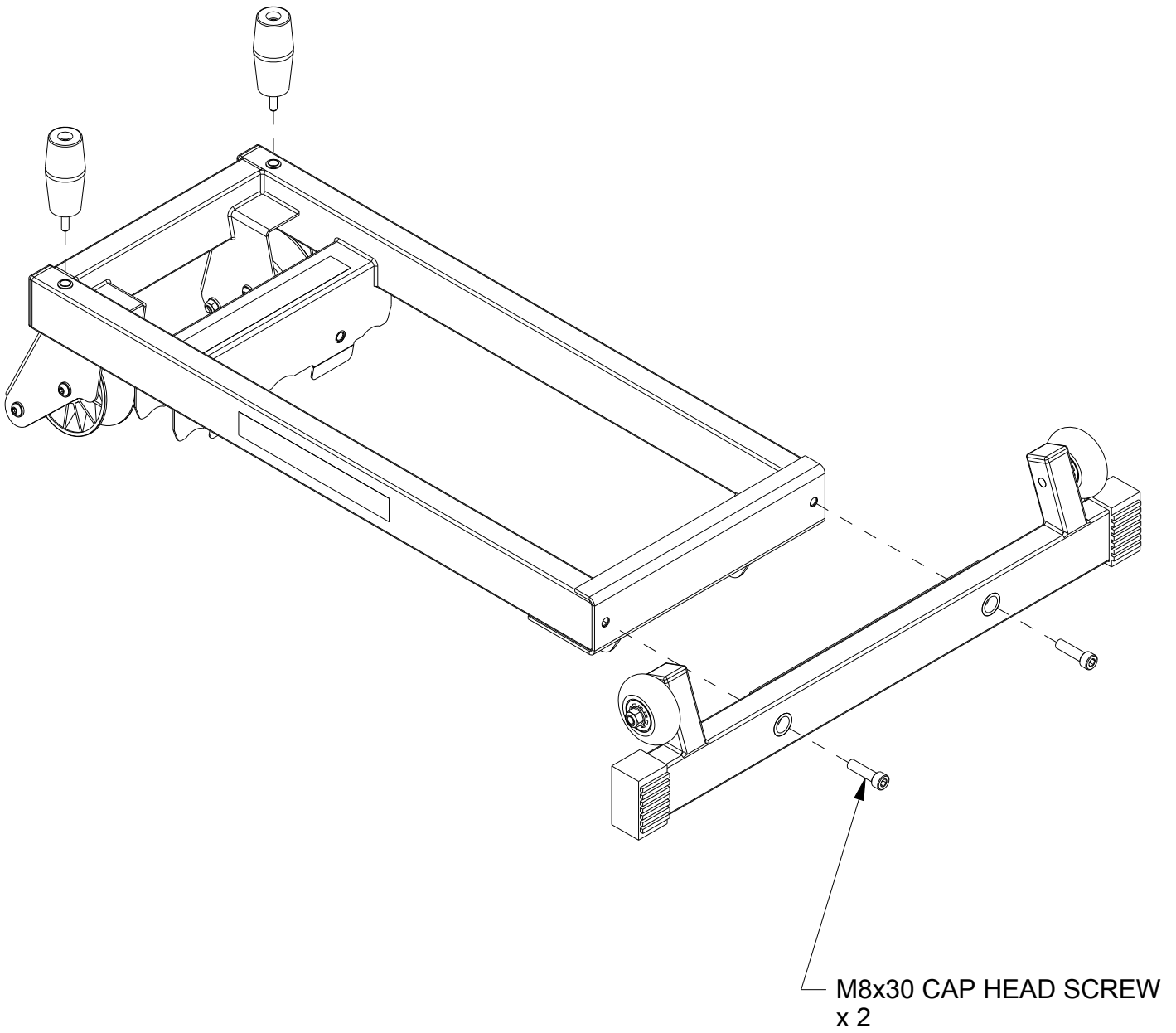
STEP 1

Attach Rear Foot to Rear Leg Assembly



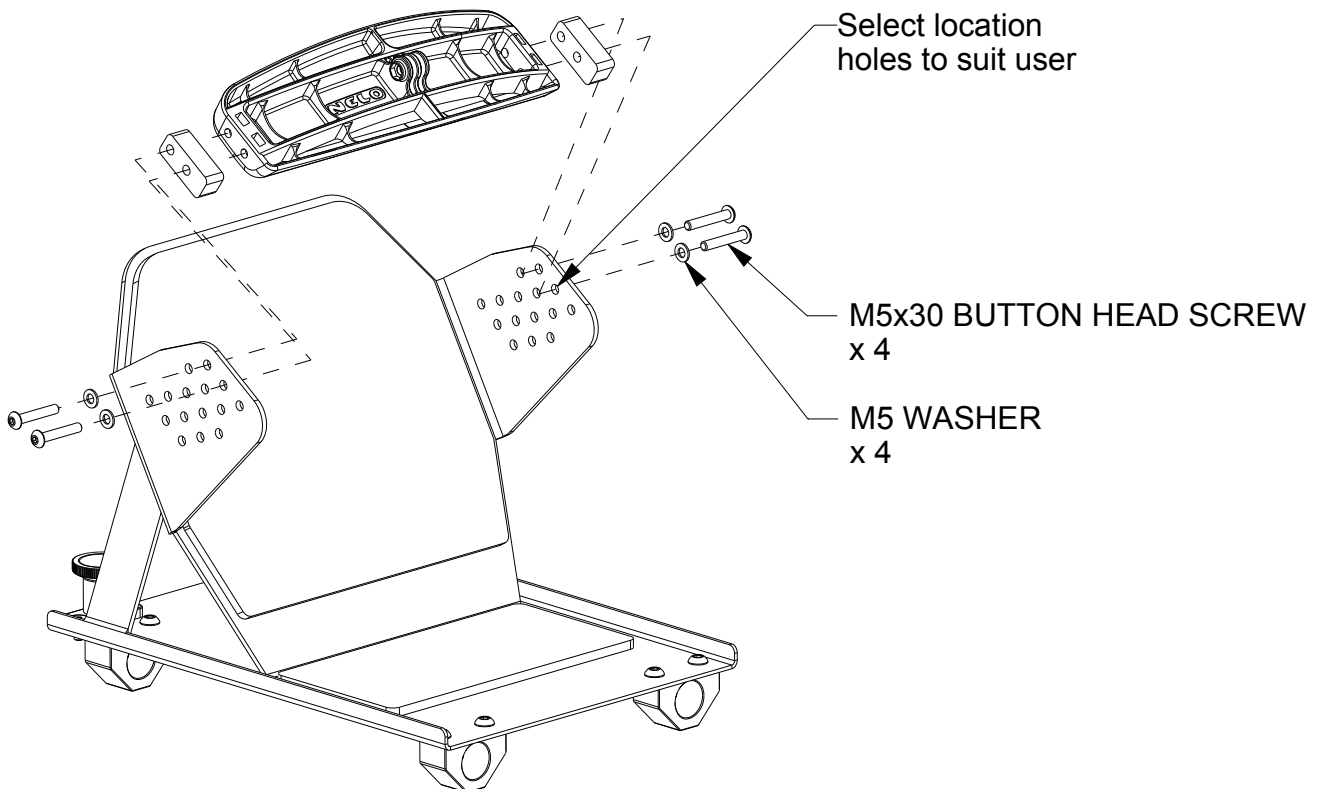
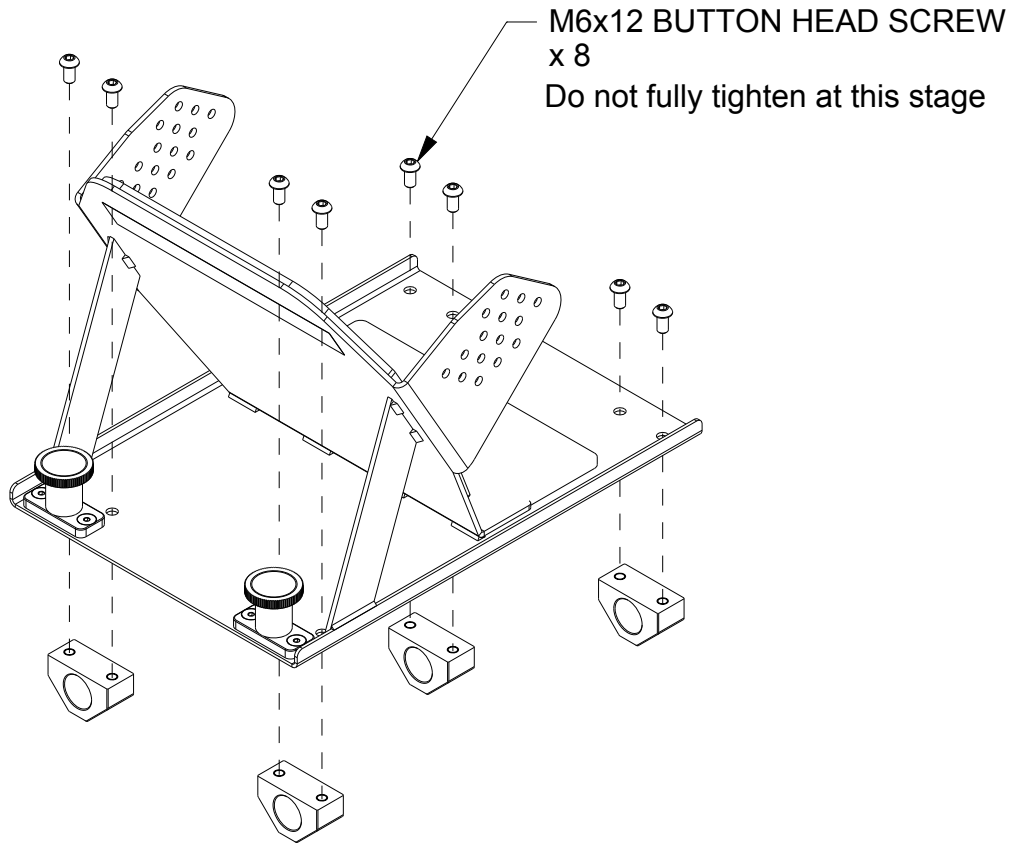
STEP 2

Attach Front Foot & Foot Assemblies to Front Leg Assembly



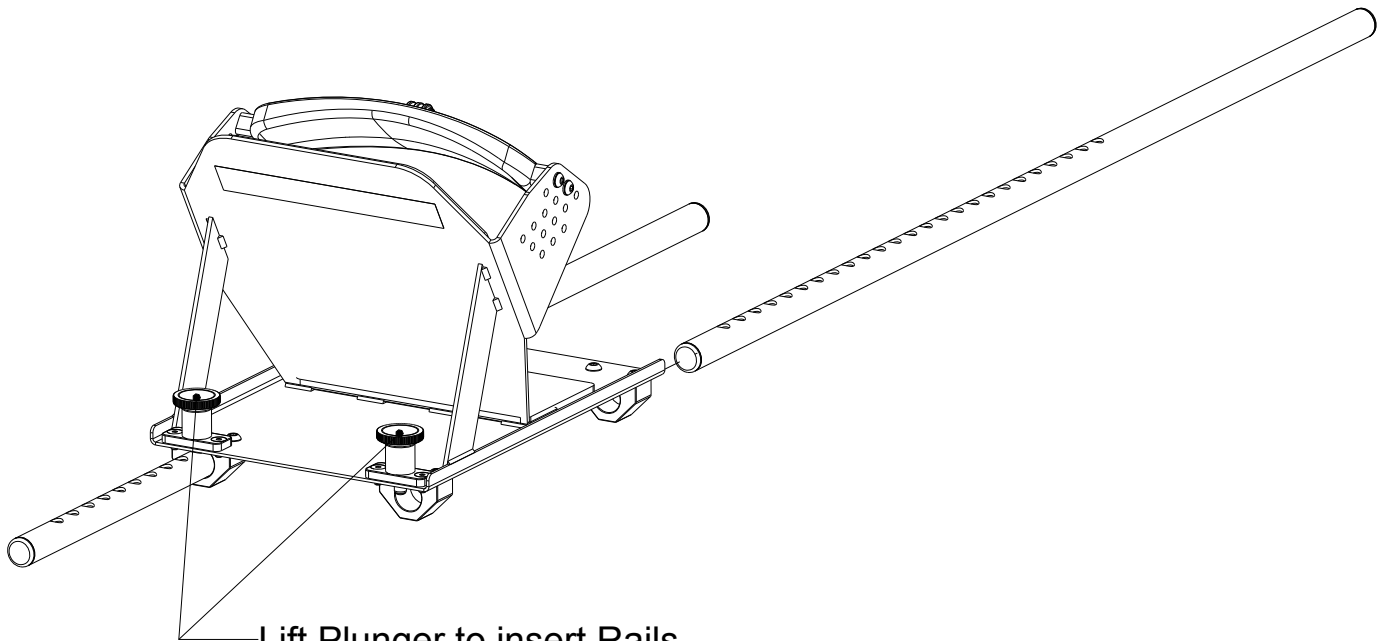
**STEP 3**

**Fit Bearing Blocks & Pull Bar to Footrest Assembly**

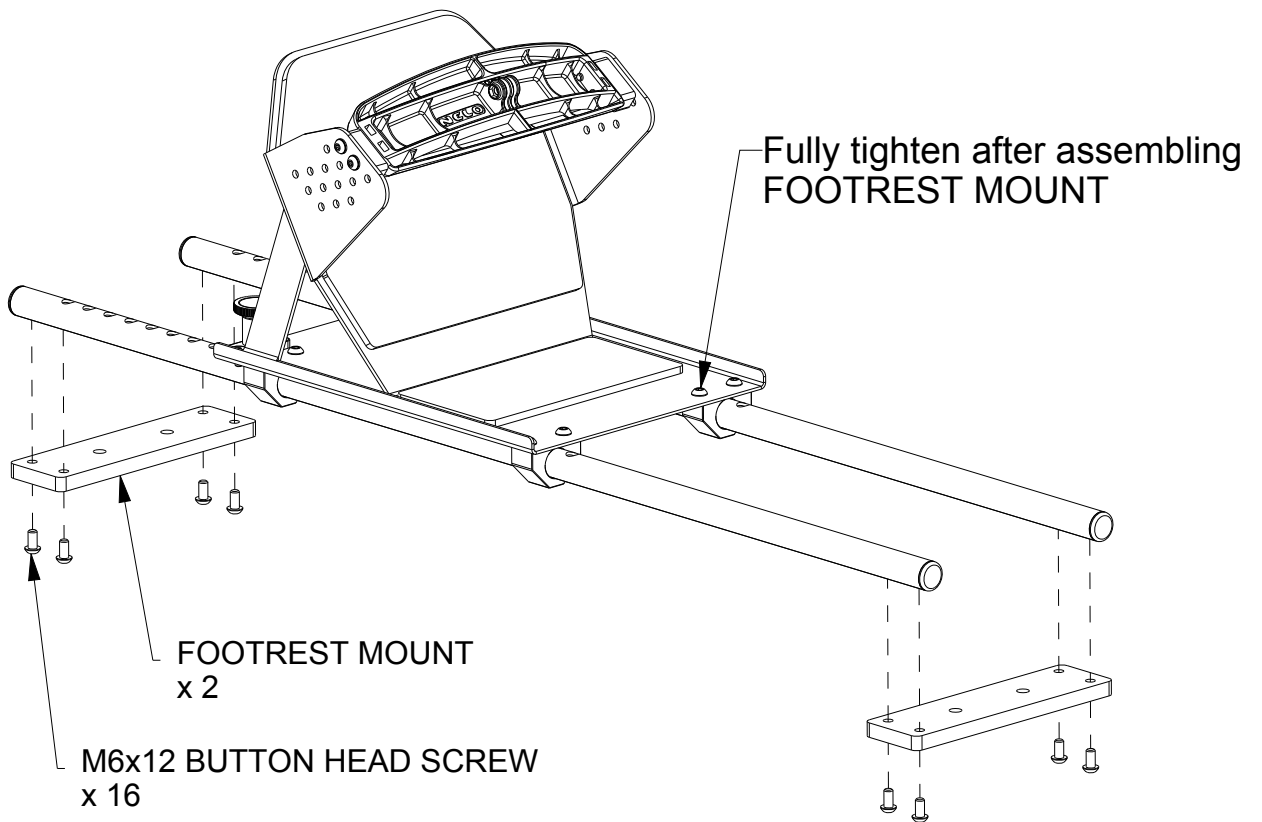


STEP 4

Assemble Footrest Rails



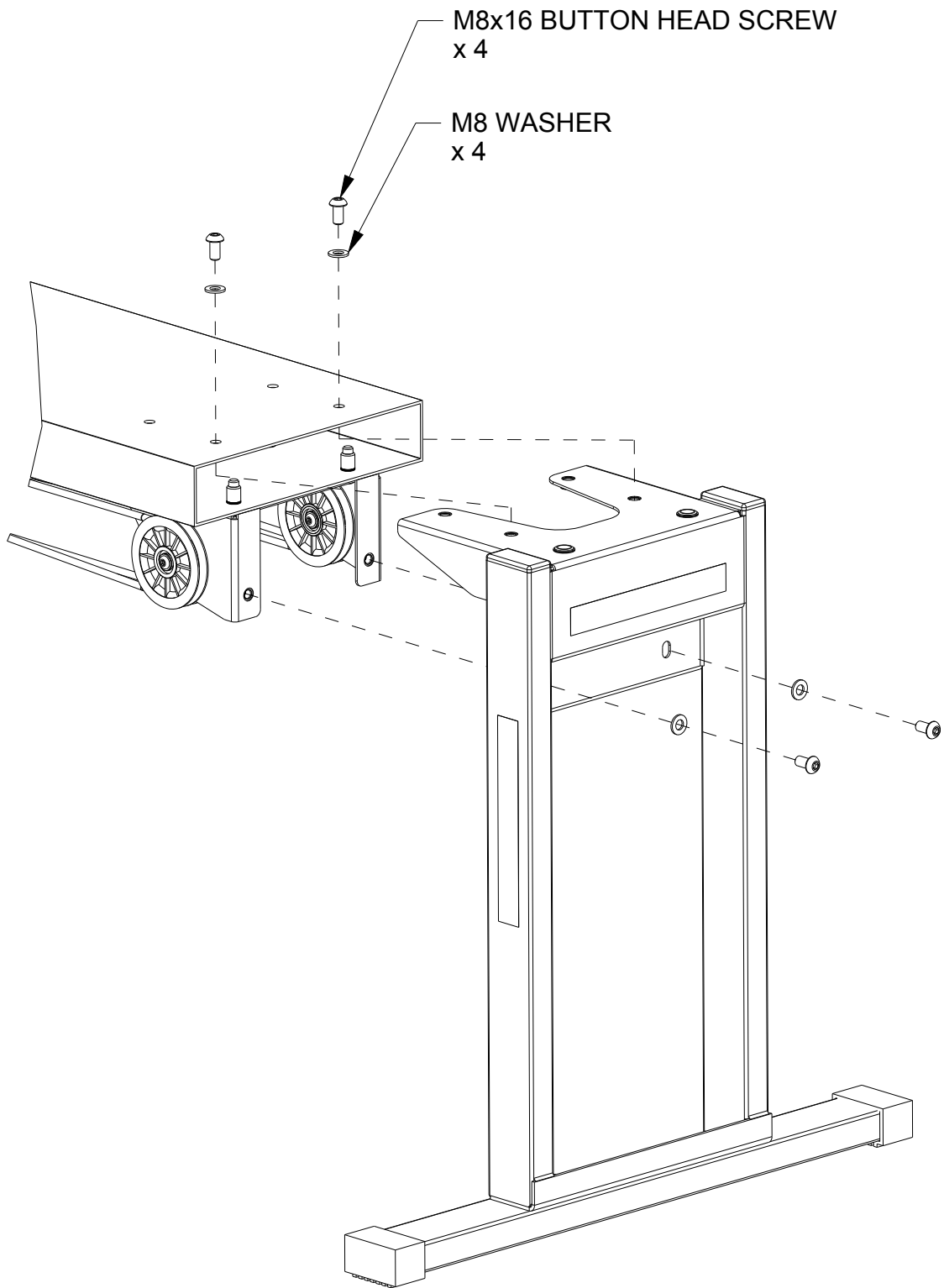
Lift Plunger to insert Rails.  
Slide Rails to be in line.  
Ensure both Plungers are fully engaged.



Ensure Footrest is free to slide full length of Rails  
& both Plungers engage fully in all positions

STEP 5

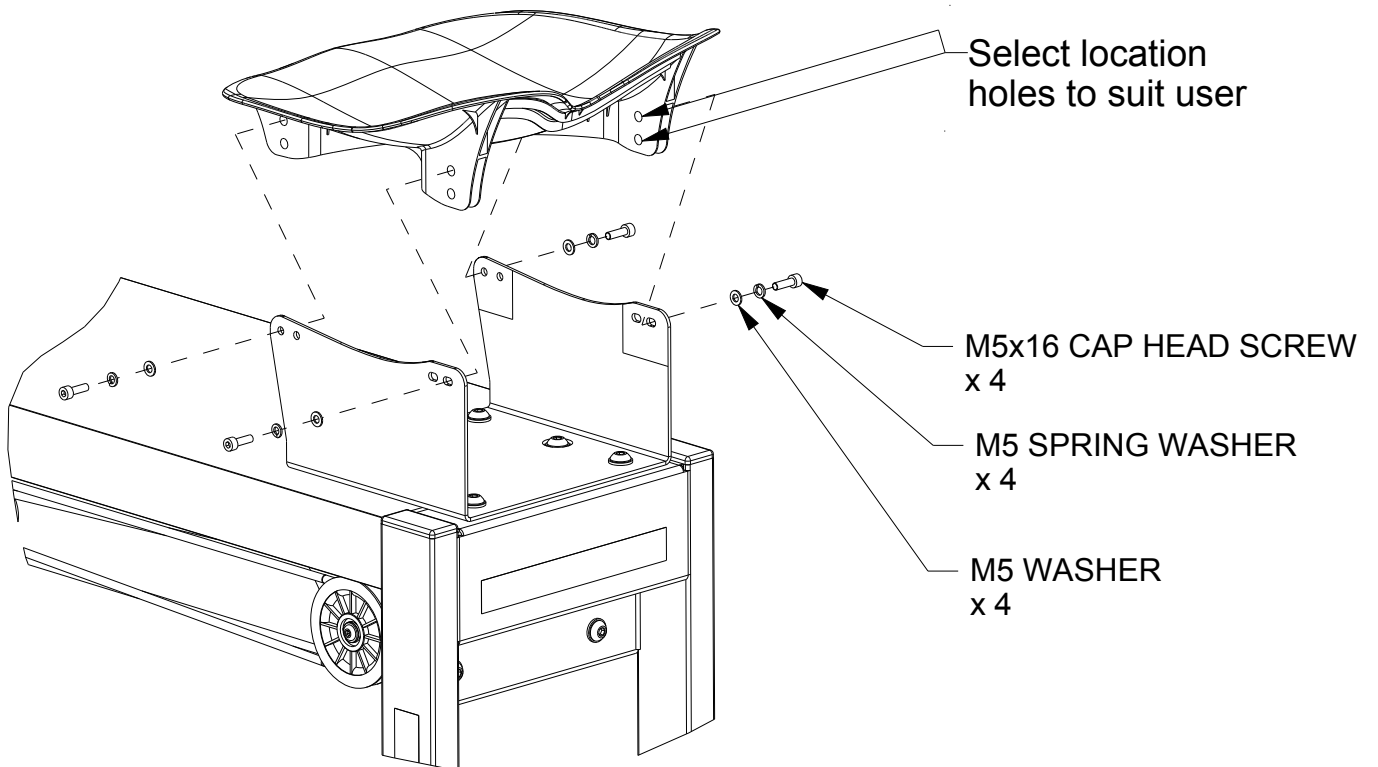
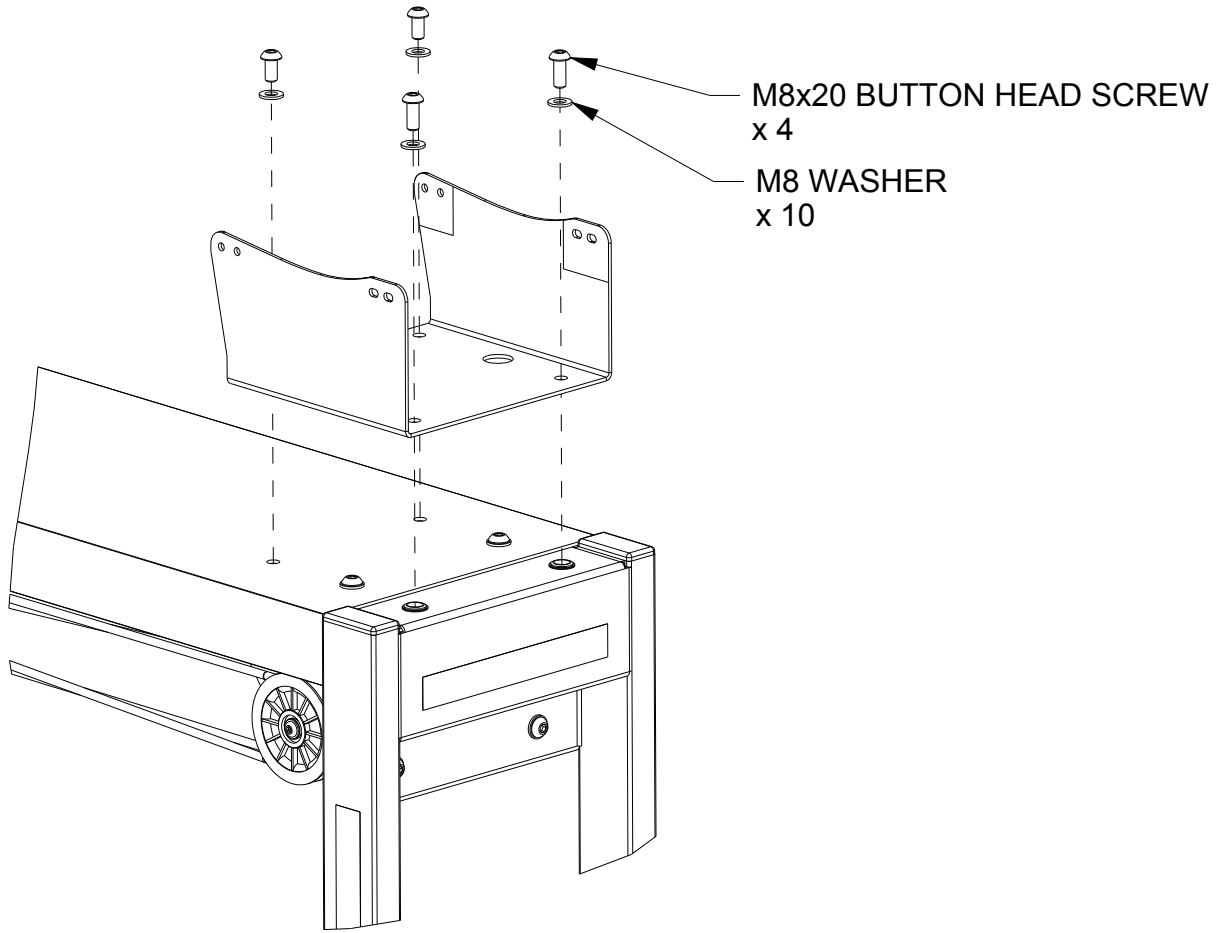
step description





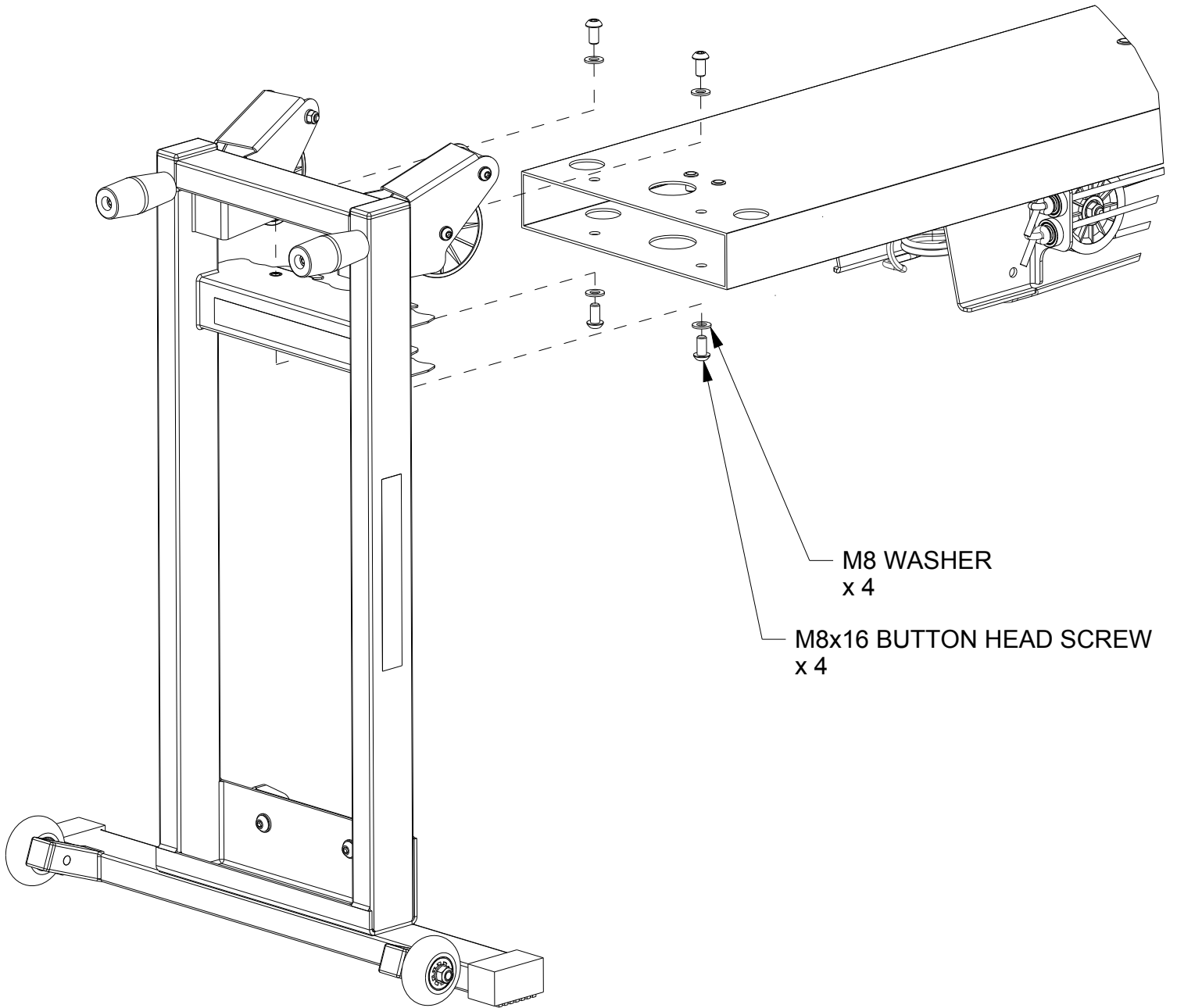
**STEP 6**

**Fit Seat Platform & Seat**



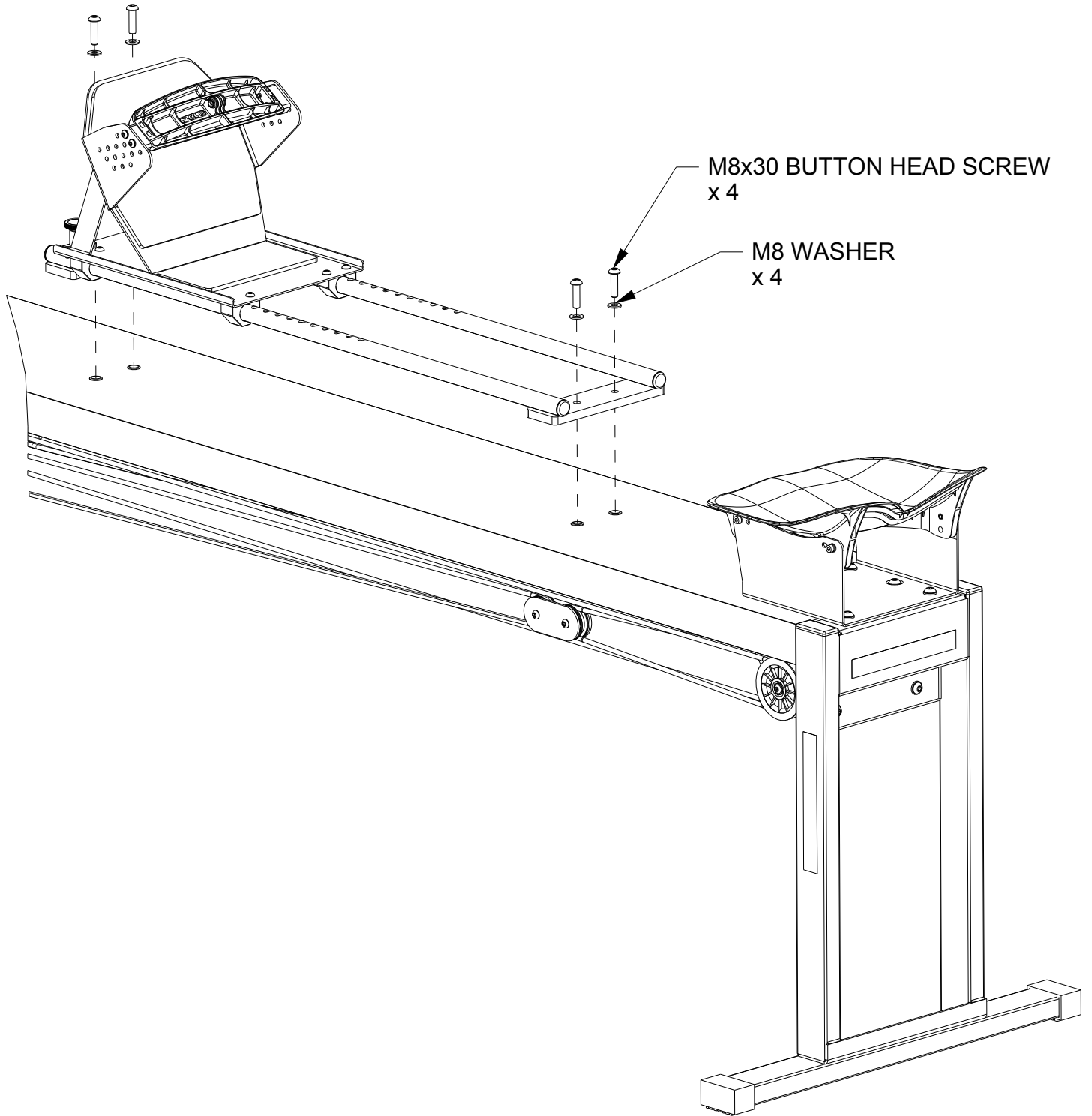
STEP 7

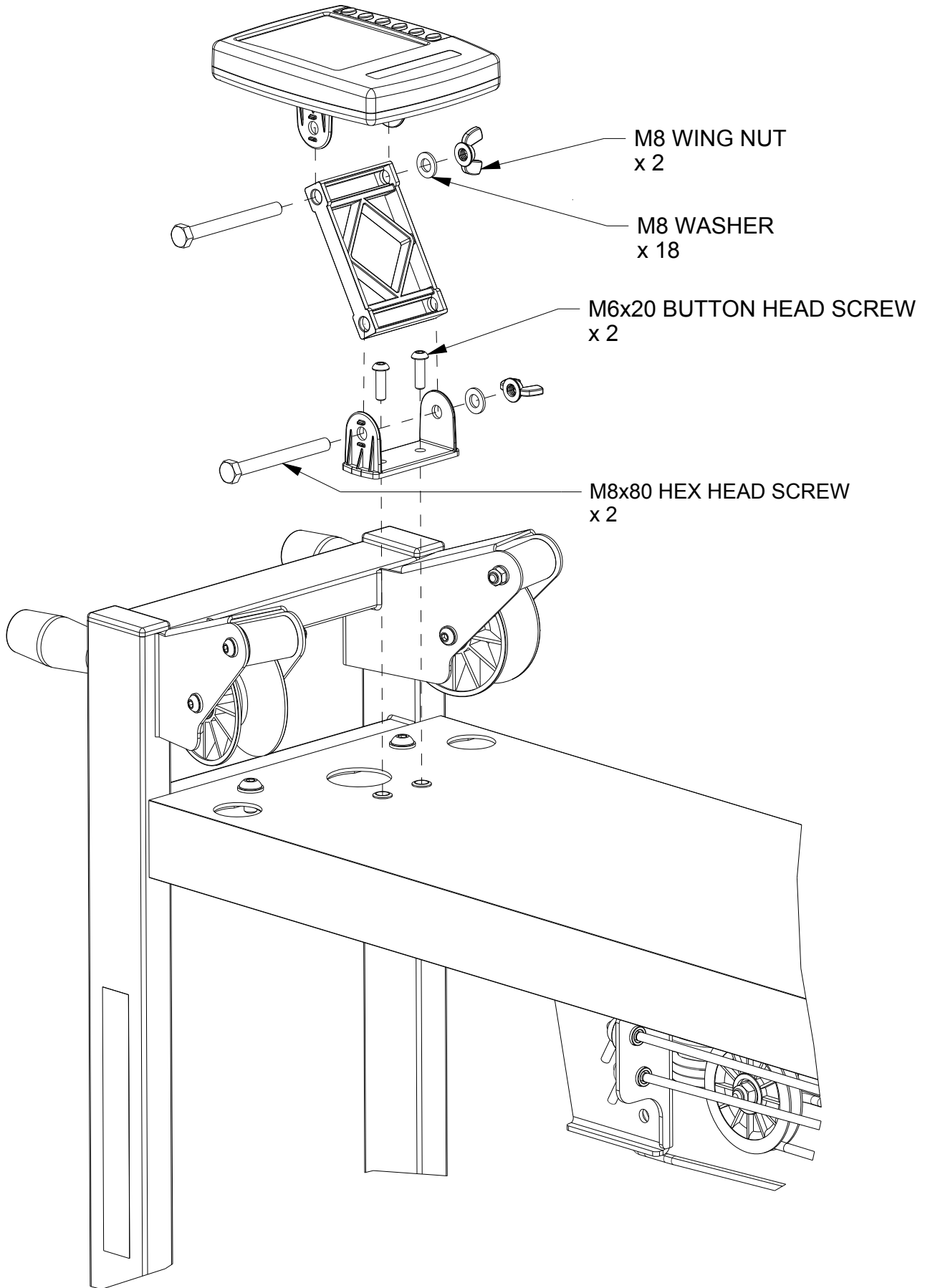
Fit Front Leg to Beam

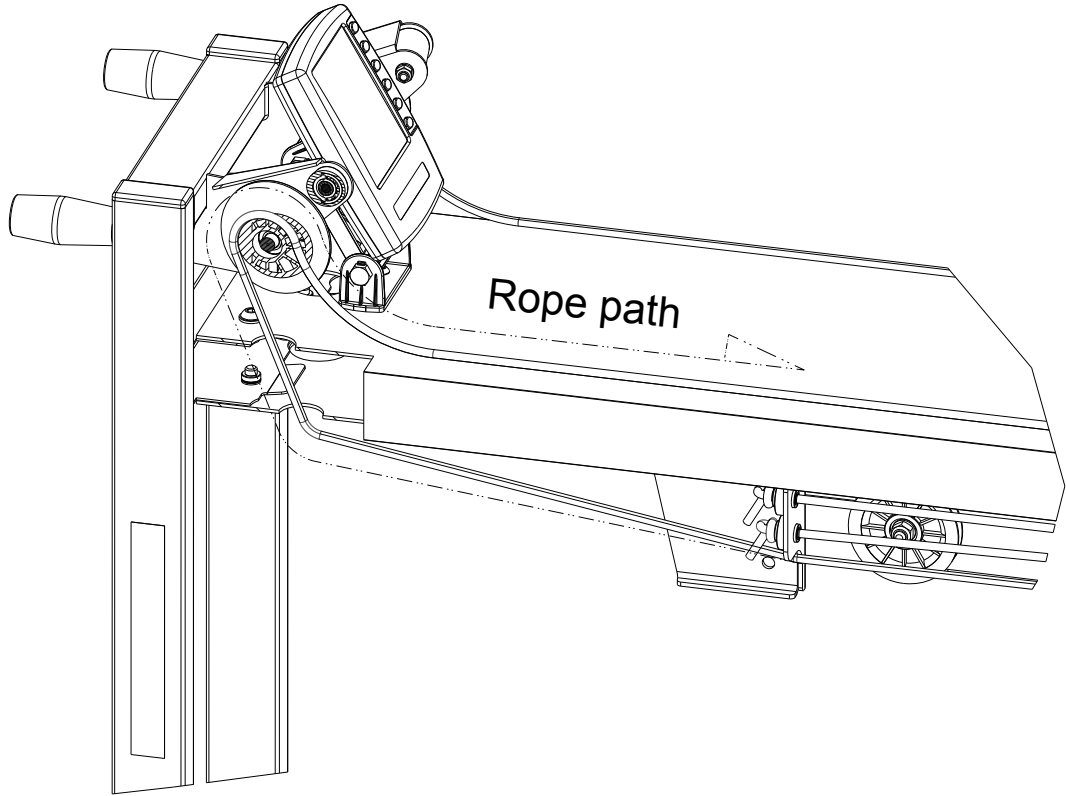


STEP 8

Fit Footrest & Rails to Beam Assembly

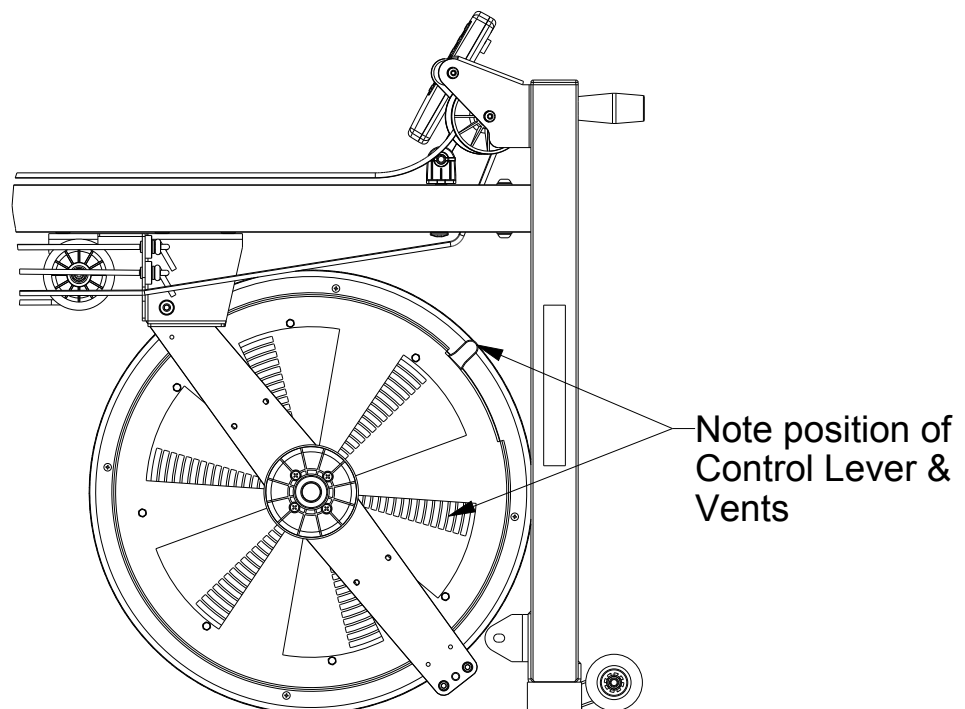
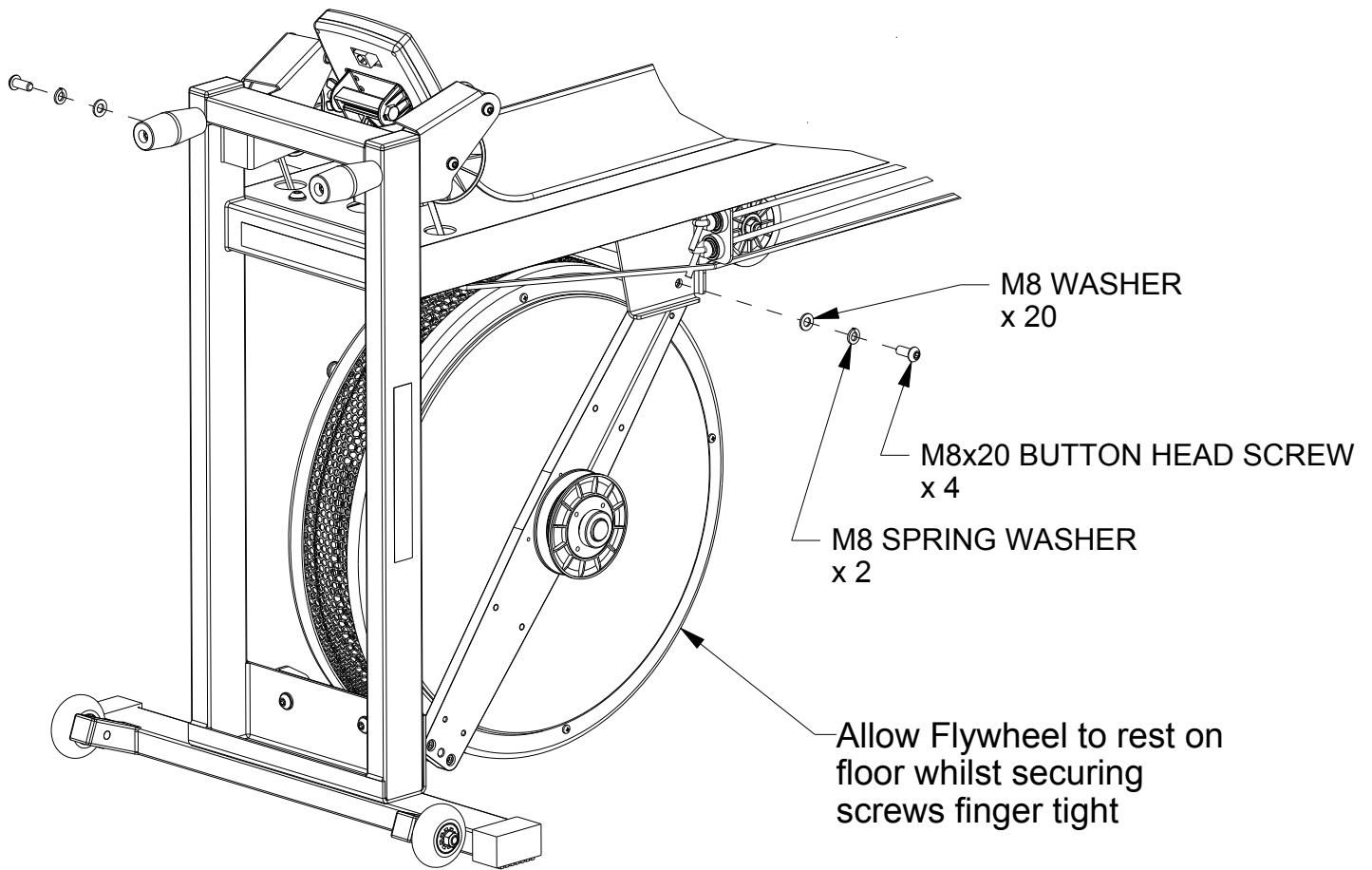


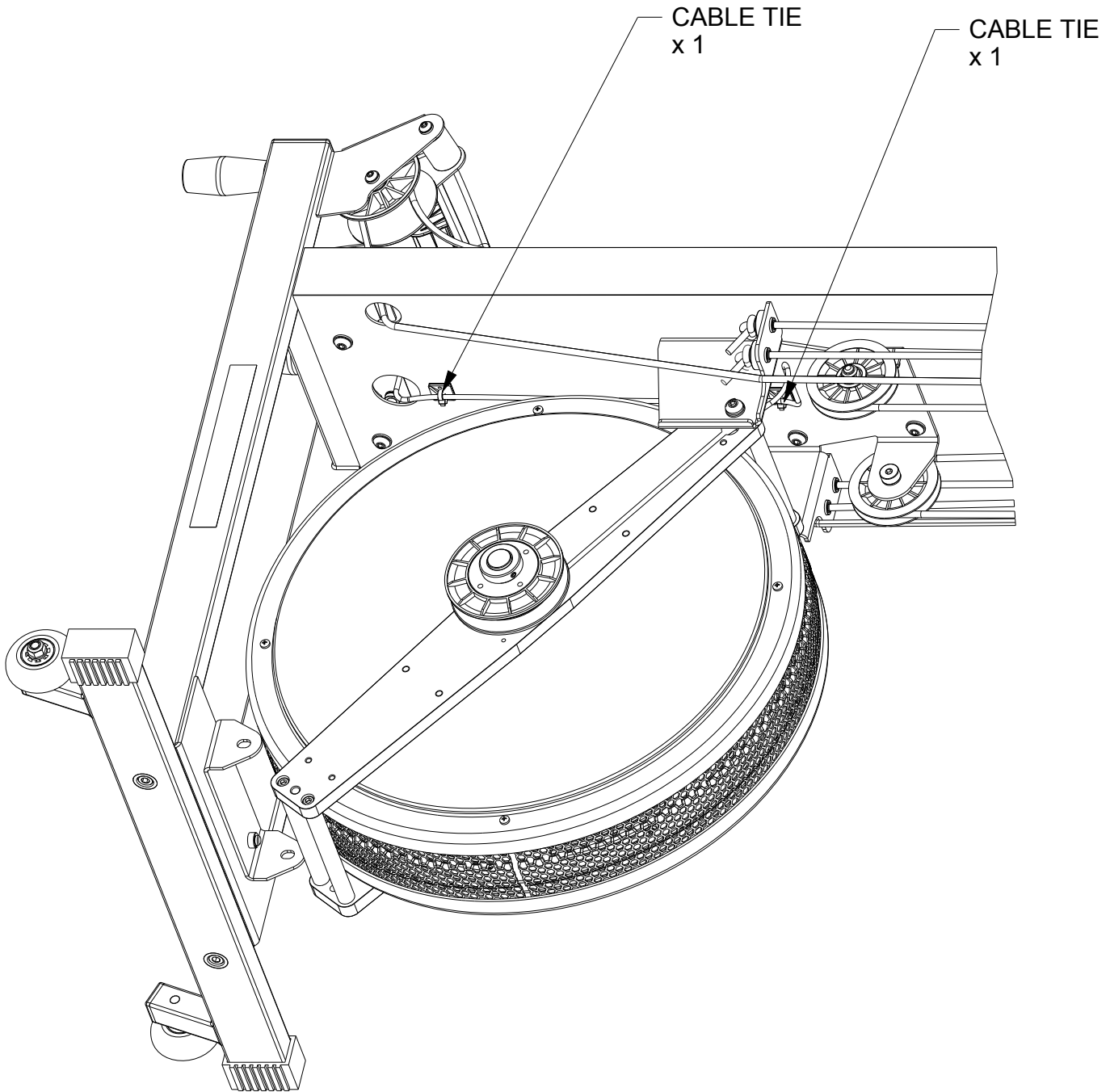


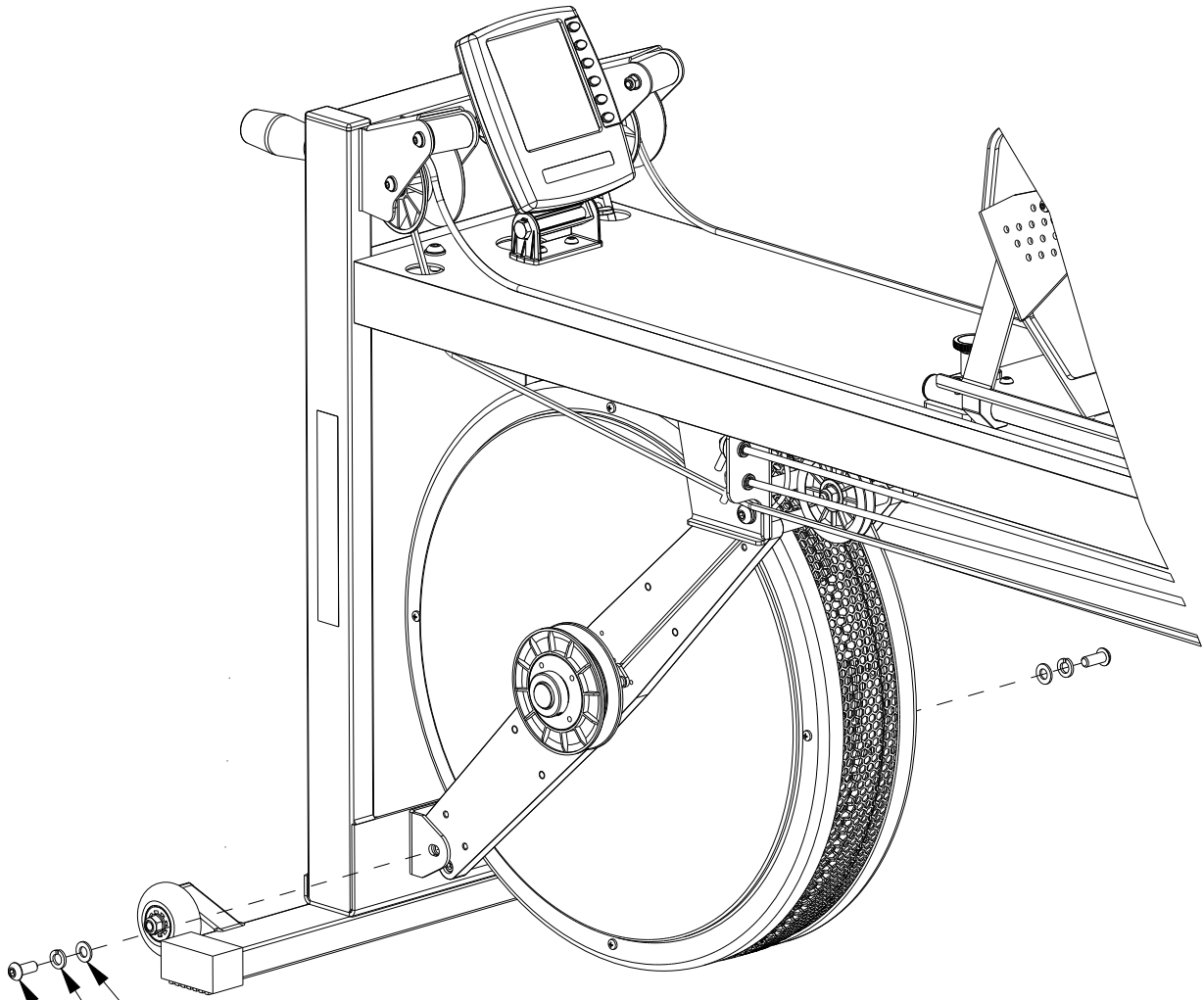


STEP 11

Fit Flywheel - Upper Mount







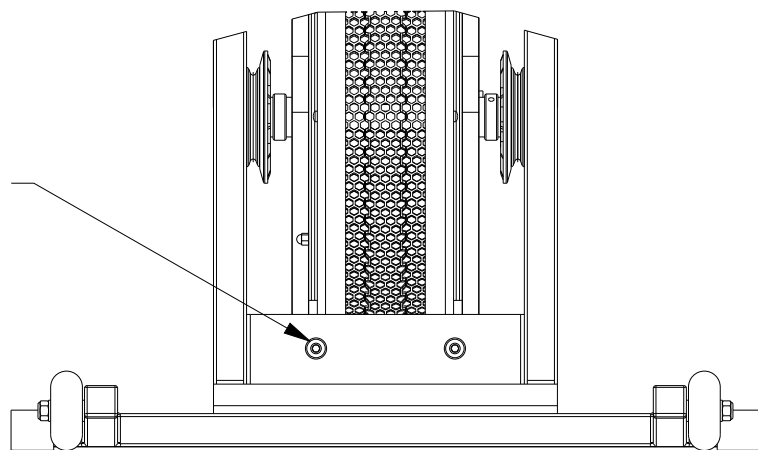
M8 WASHER  
x 2

M8 SPRING WASHER  
x 2

M8x20 BUTTON HEAD SCREW  
x 2

For ease of fixing place Xeon  
on the side to secure Flywheel  
to Lower Flywheel Bracket

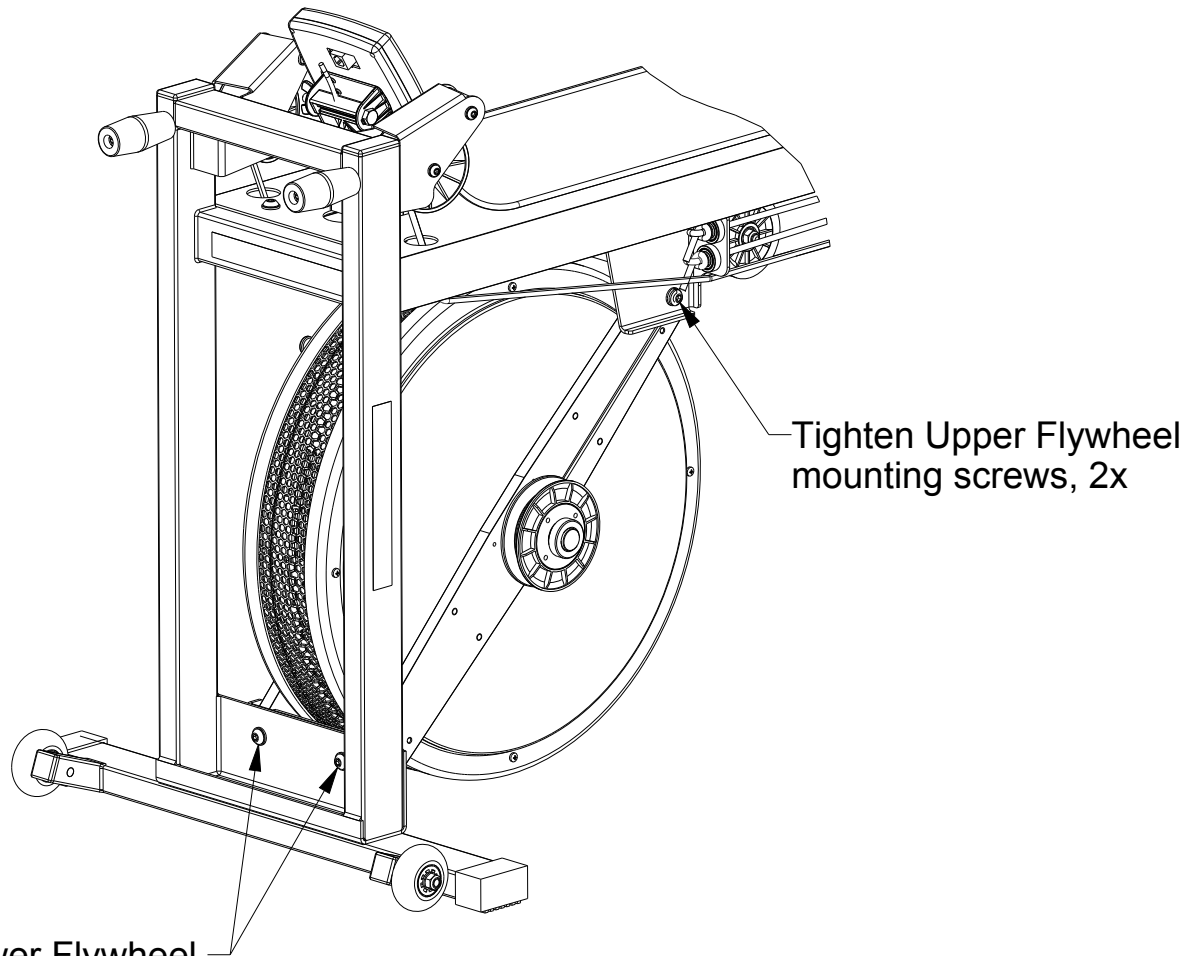
Loosen Lower Flywheel  
Bracket if required to  
align with Flywheel





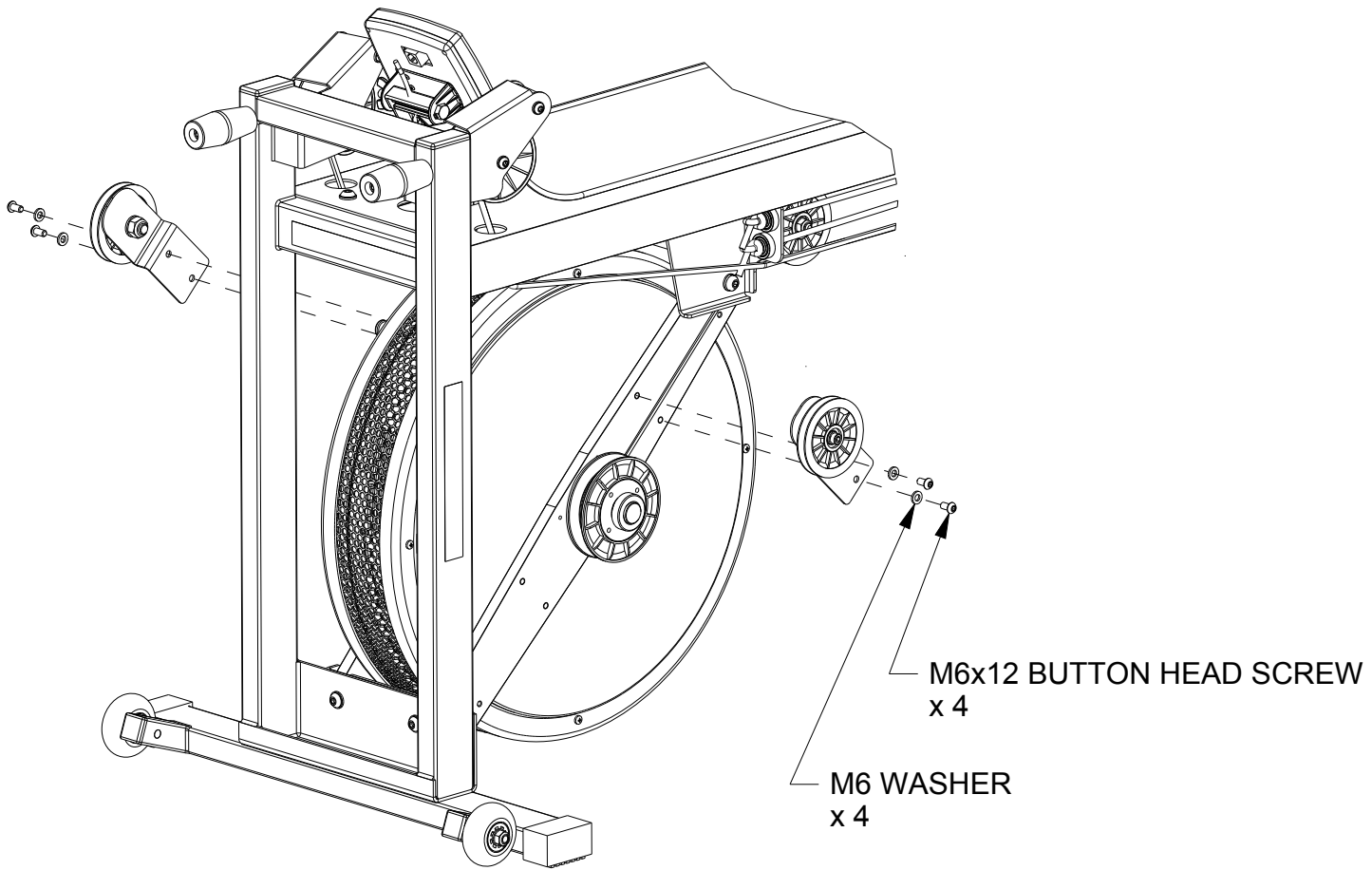
STEP 14

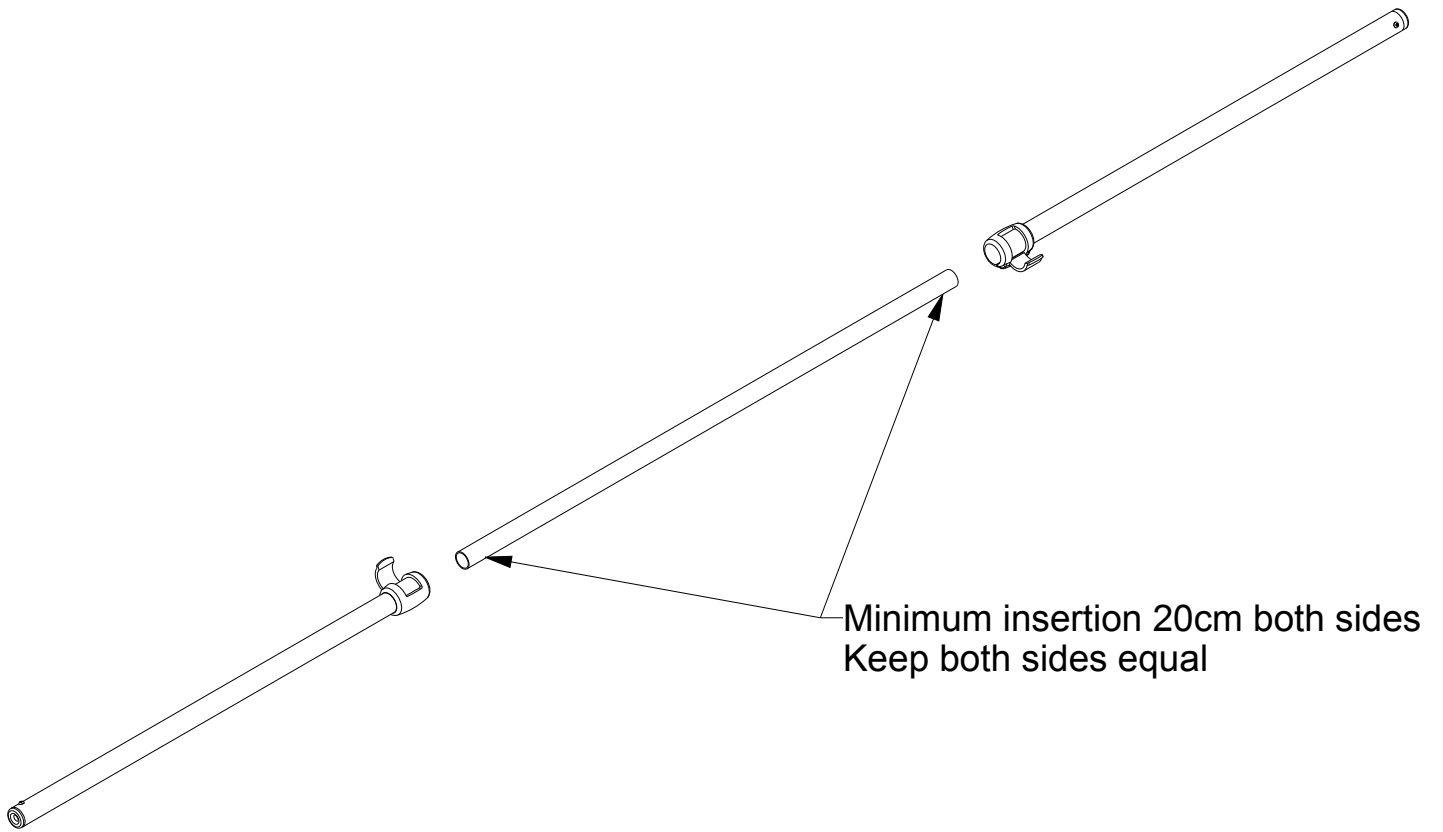
Tighten Upper Flywheel Mount & Lower Flywheel Bracket



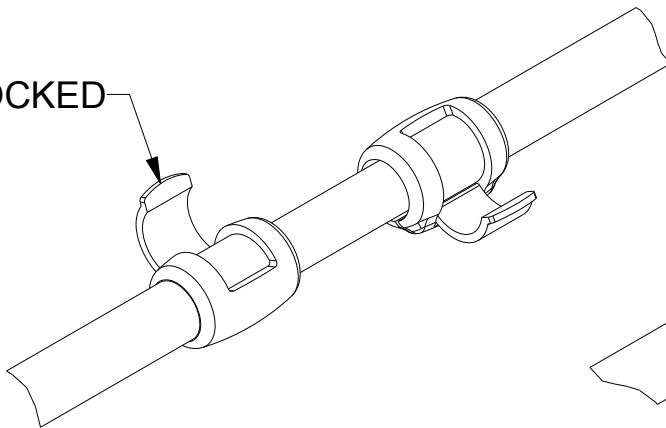
Tighten Upper Flywheel mounting screws, 2x

Tighten Lower Flywheel Bracket mounting screws, 2x

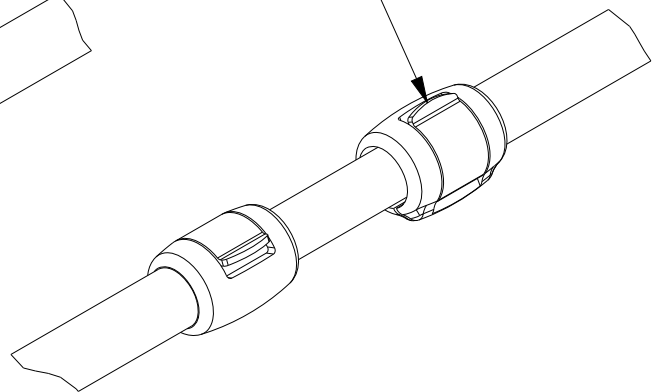


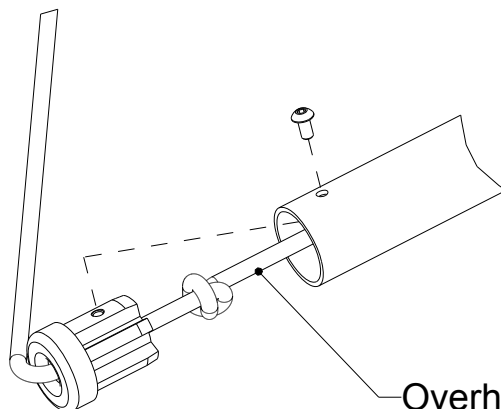
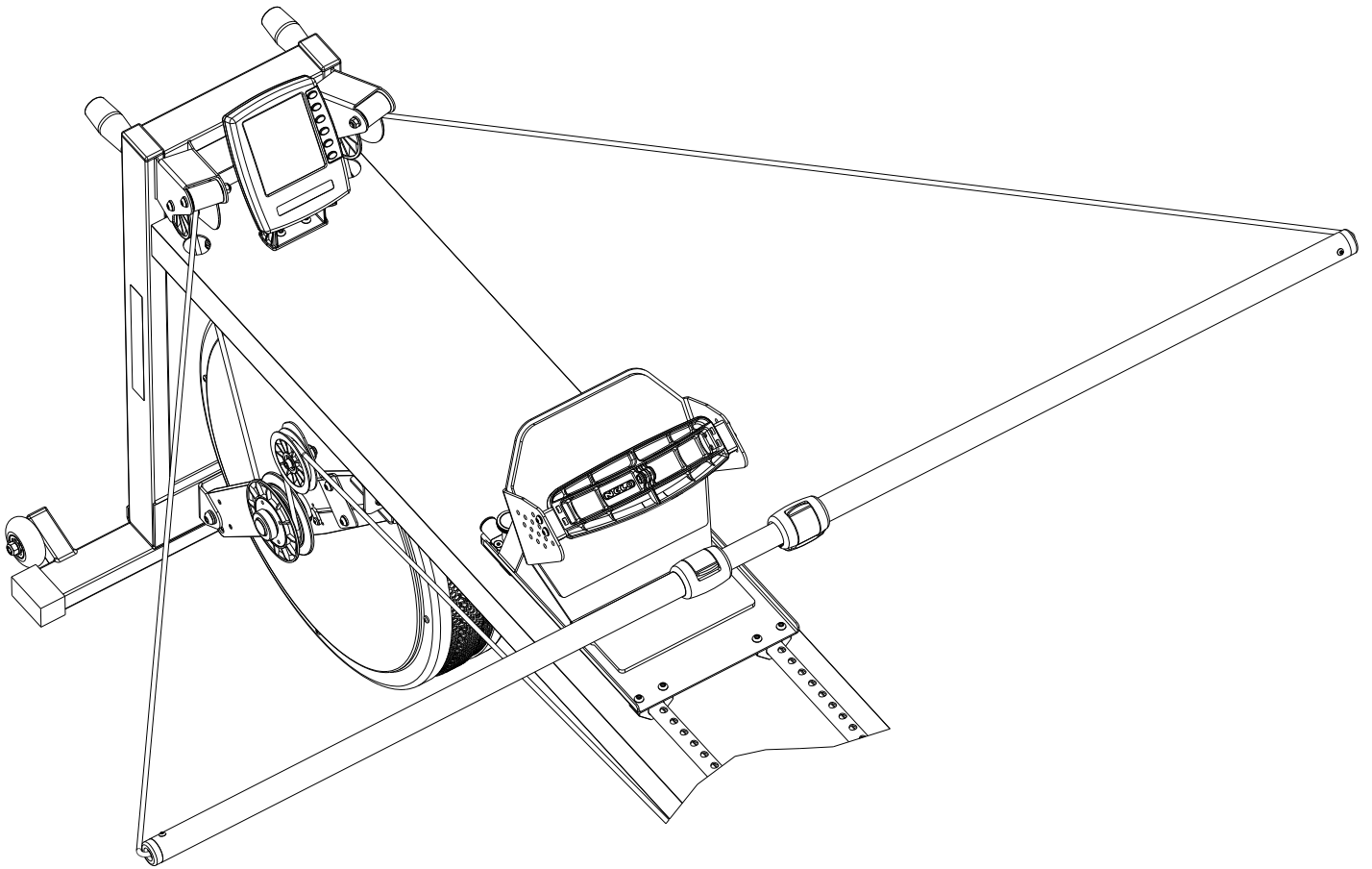


UNLOCKED

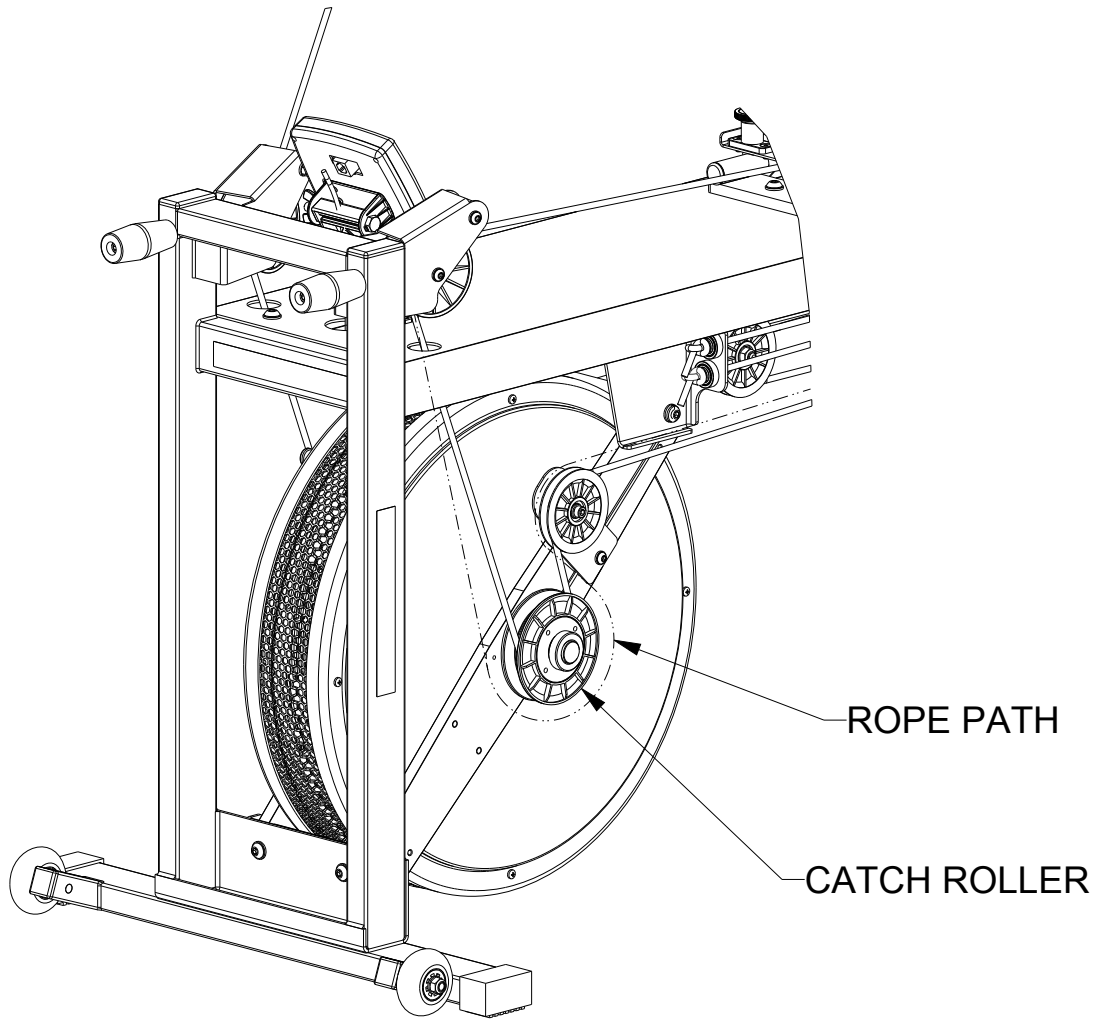


LOCKED

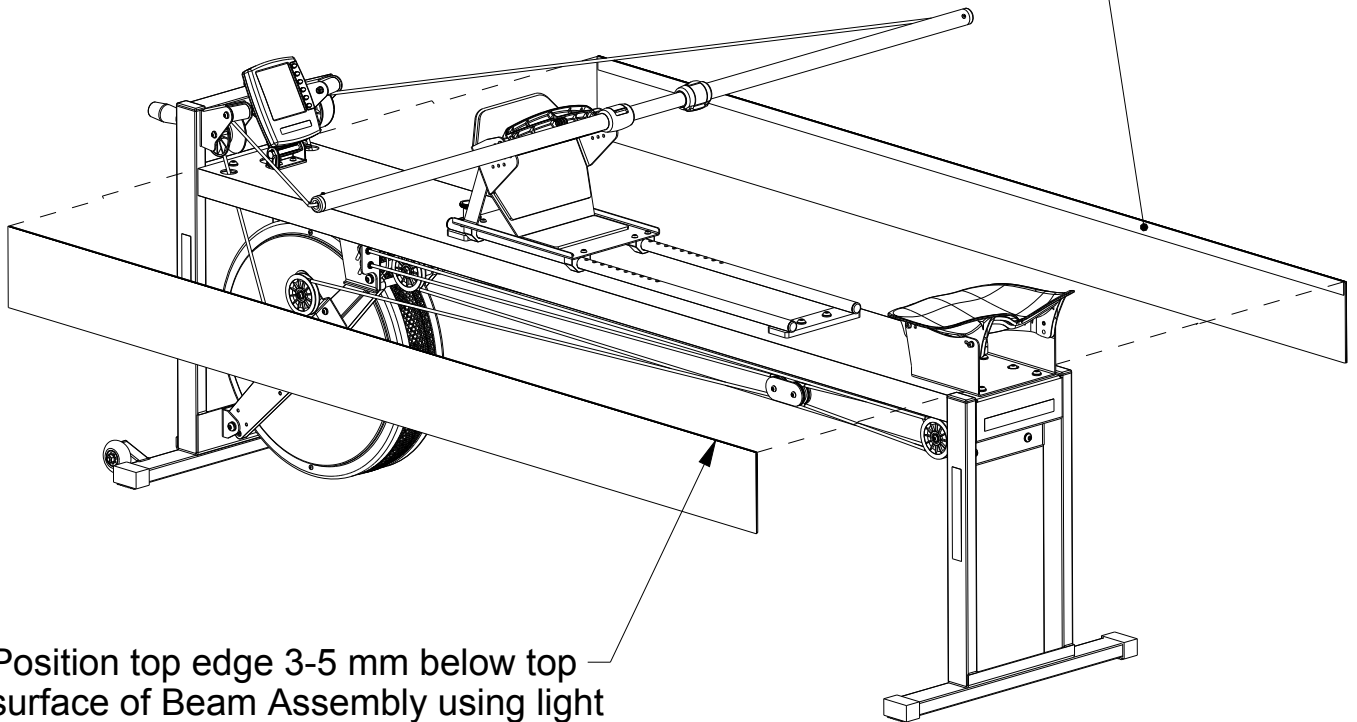




Overhand knot.  
Initial tail length = 280mm (11").  
Adjust tail length to suit user.  
Longer = quicker recovery.

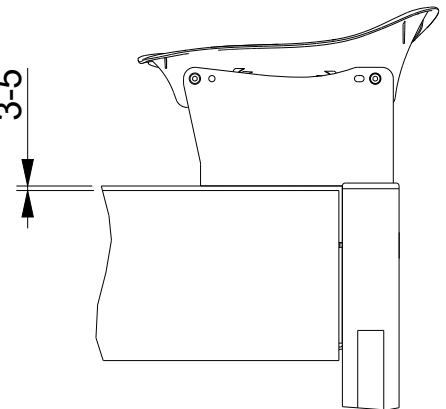


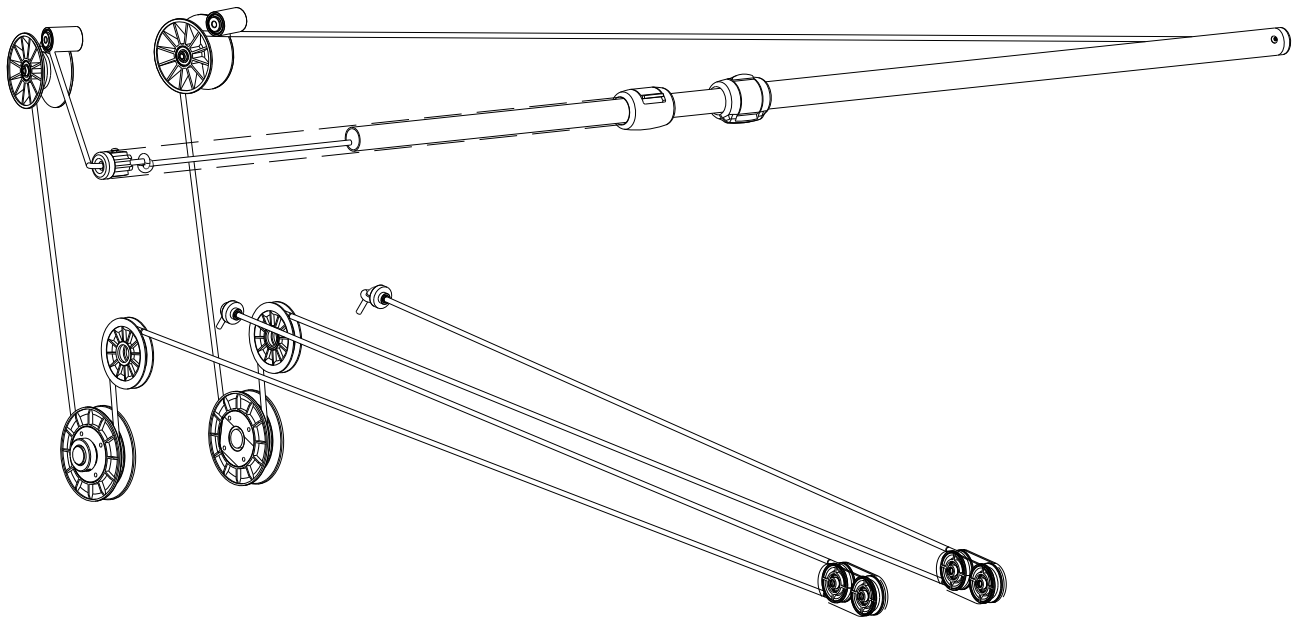
Remove red plastic  
backing film



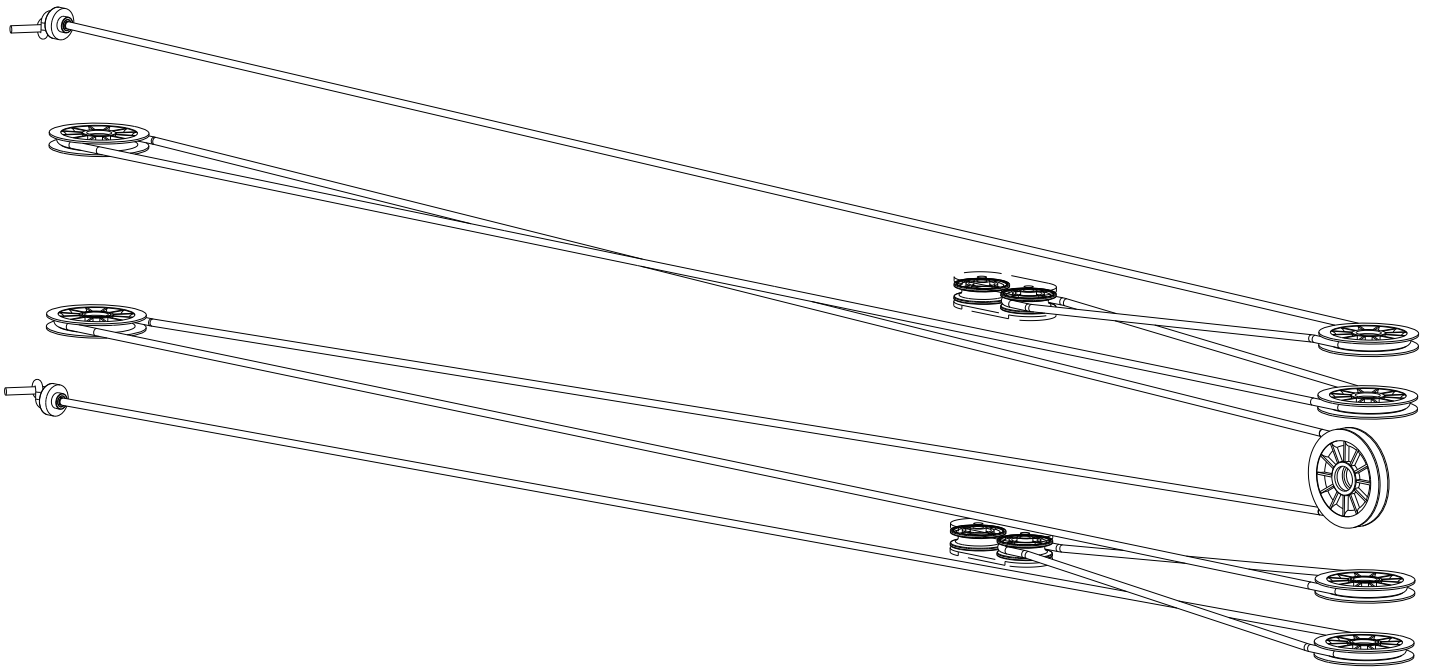
Position top edge 3-5 mm below top surface of Beam Assembly using light pressure.  
When aligned press firmly along length.

3-5





ROPE LAYOUT



ELASTIC LAYOUT



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NASA