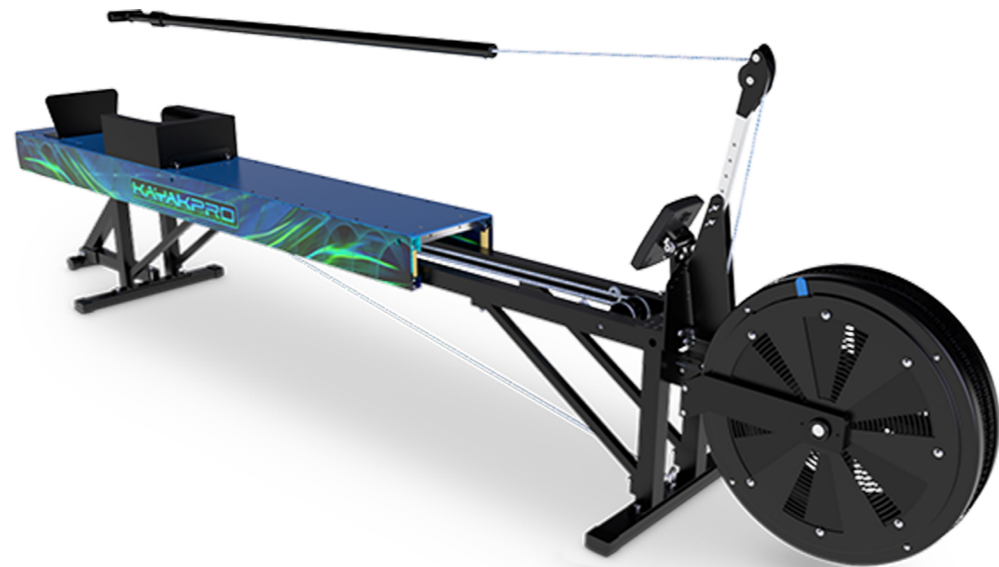


C1-N ASSEMBLY

INSTRUCTION MANUAL : How to put together your
new KayakPro C1-N Ergometer



KAYAKPRO

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. A medical exam is advised.
2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage.
PLEASE NOTE: SpeedStroke requires a working area of 3.3m x 2m x 2.1m (132" x 78" x 82").
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 SpeedStroke GYM the user accepts all and full responsibility for self.

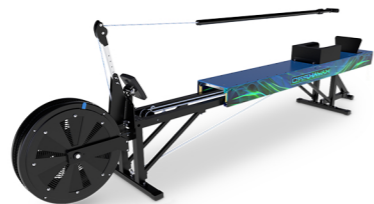


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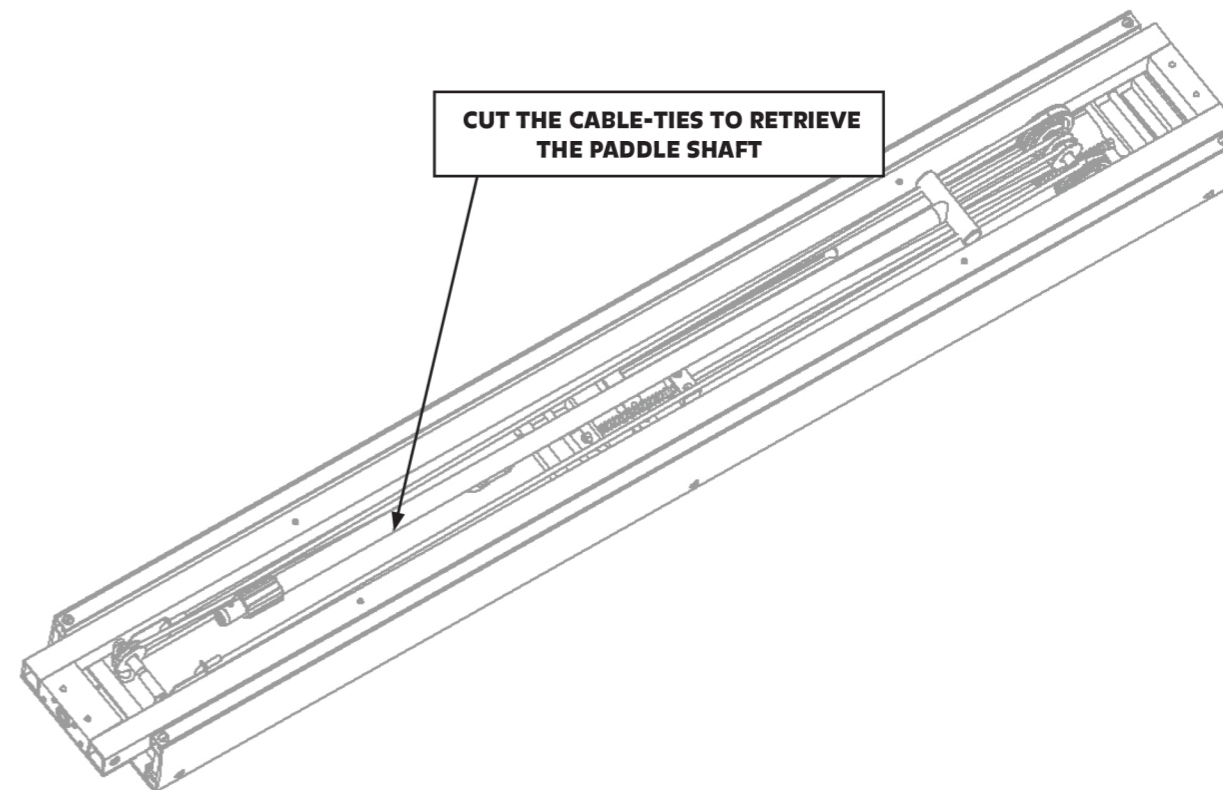
KAYAKPRO C1-N ERGOMETER

C1-N ASSEMBLY.....	2-18
ROPE, BUNGEE & PADDLE.....	19-23
ON-BOARD CONSOLE.....	SEE SEPERATE MANUAL

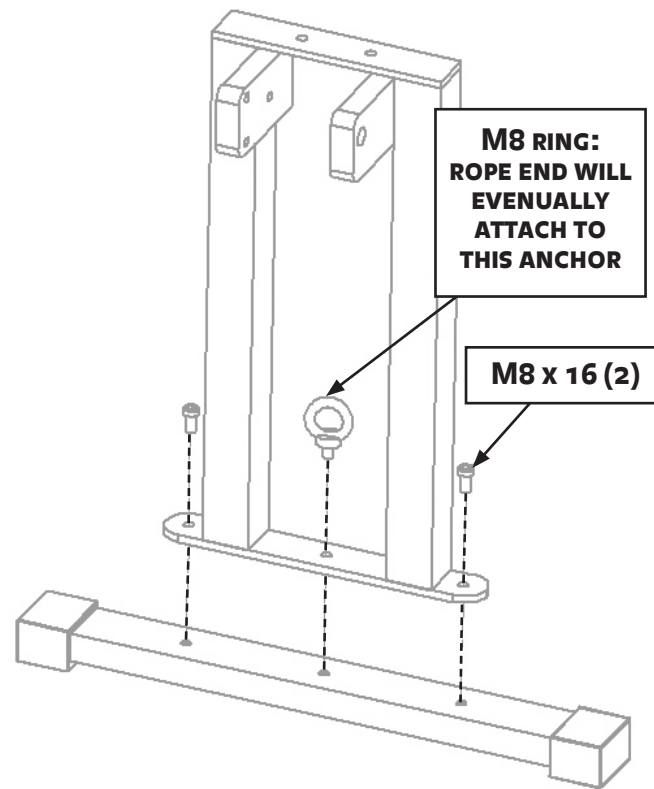


OFFICIAL SUPPLIER OF ERGOMETERS
TO THE OLYMPIC GAMES

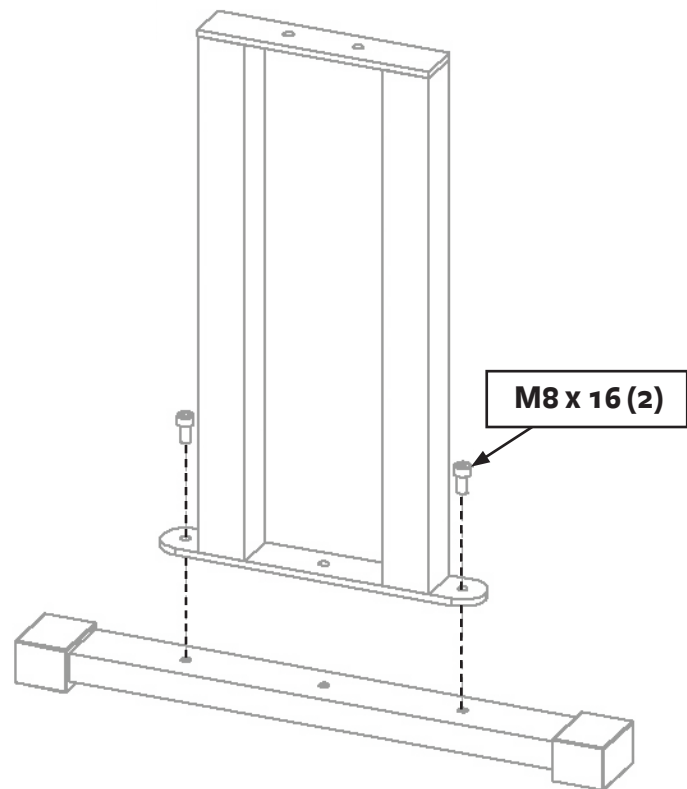
STEP 1 C1-N ASSEMBLY



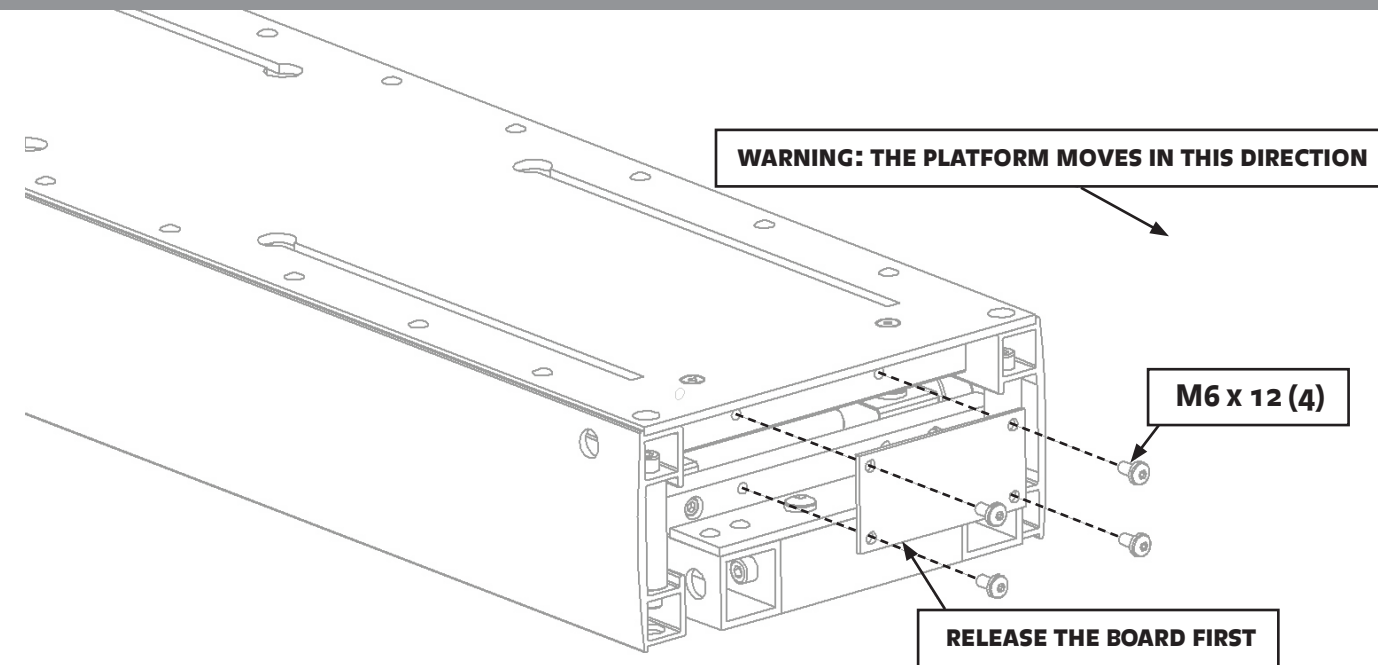
STEP 2



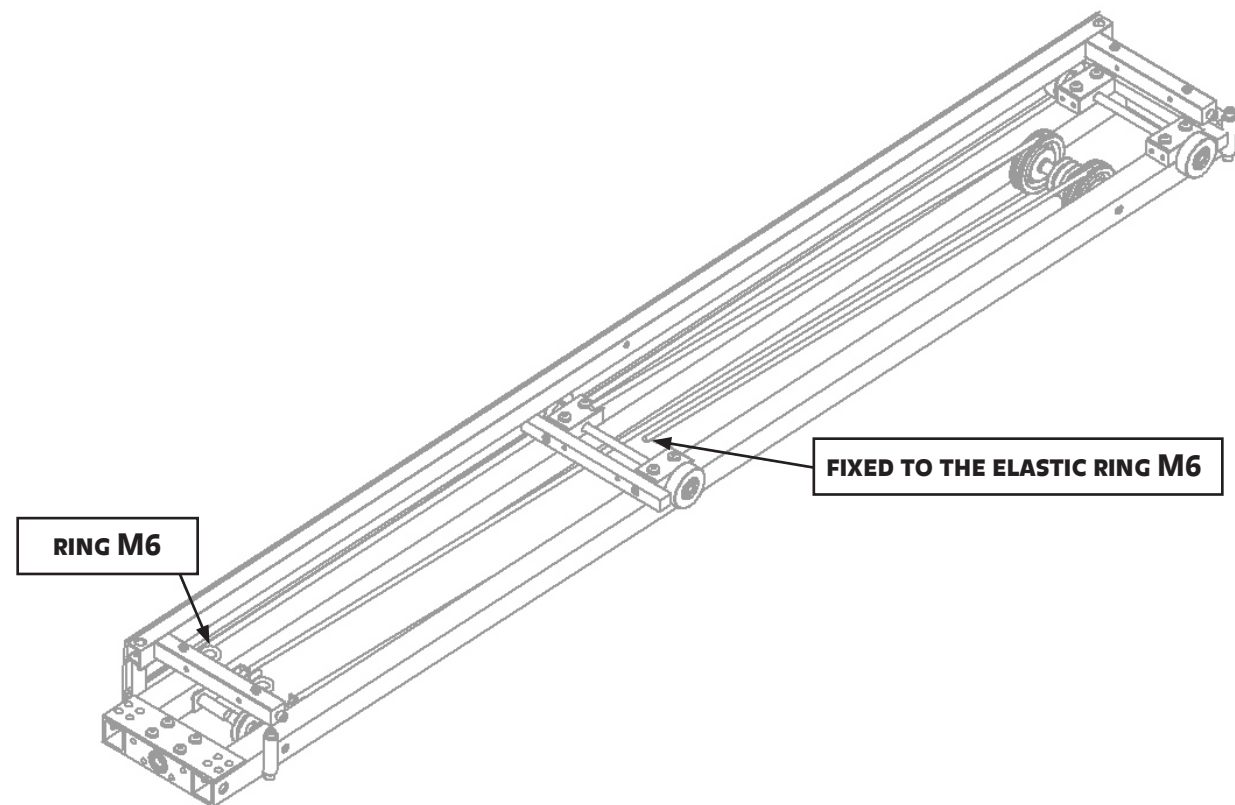
STEP 3



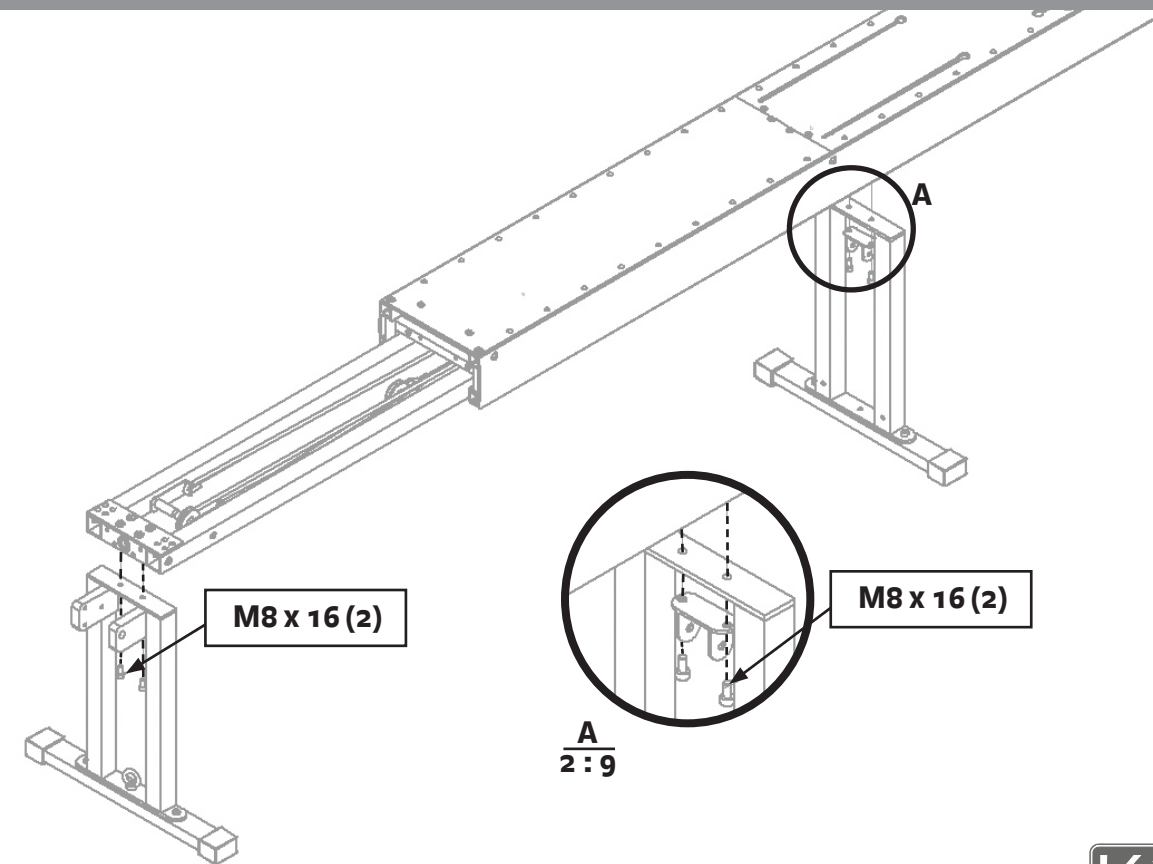
STEP 4 C1 - N ASSEMBLY



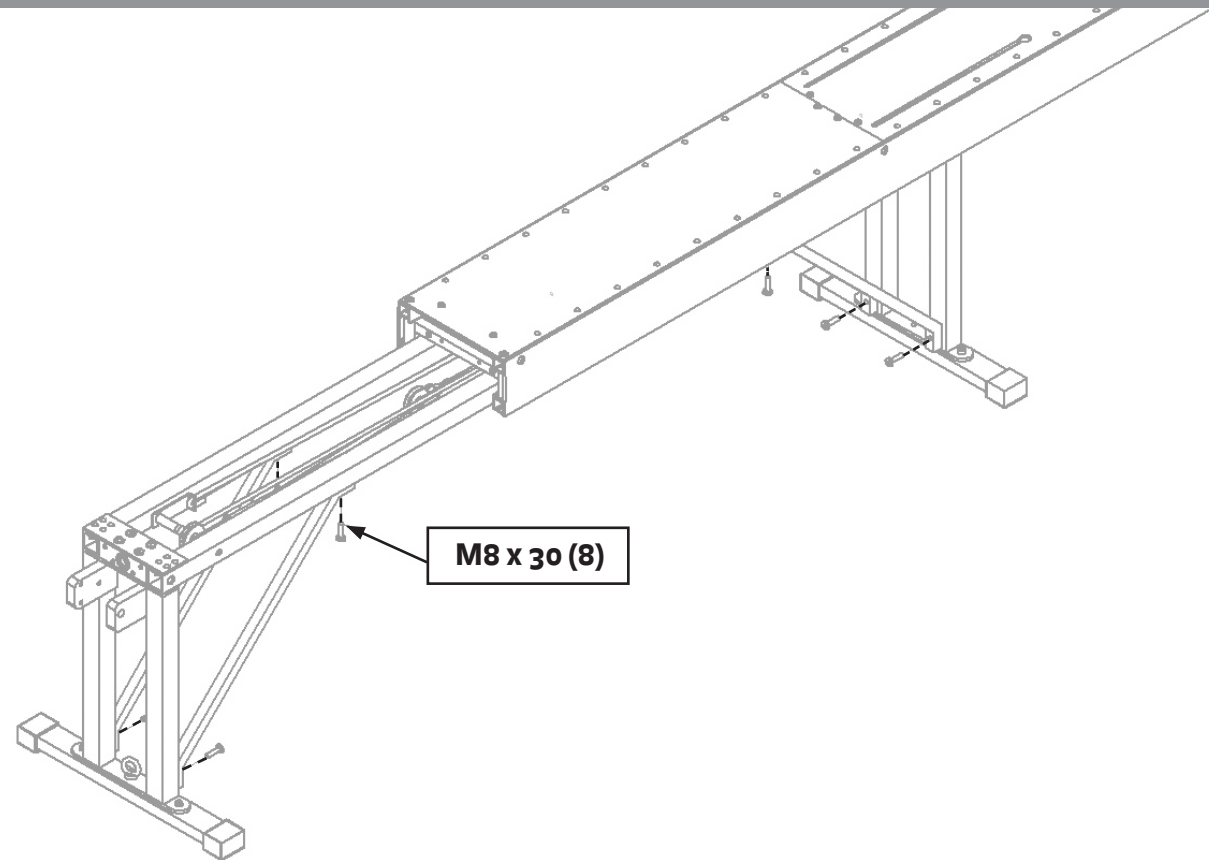
STEP 5 C1 -N ASSEMBLY



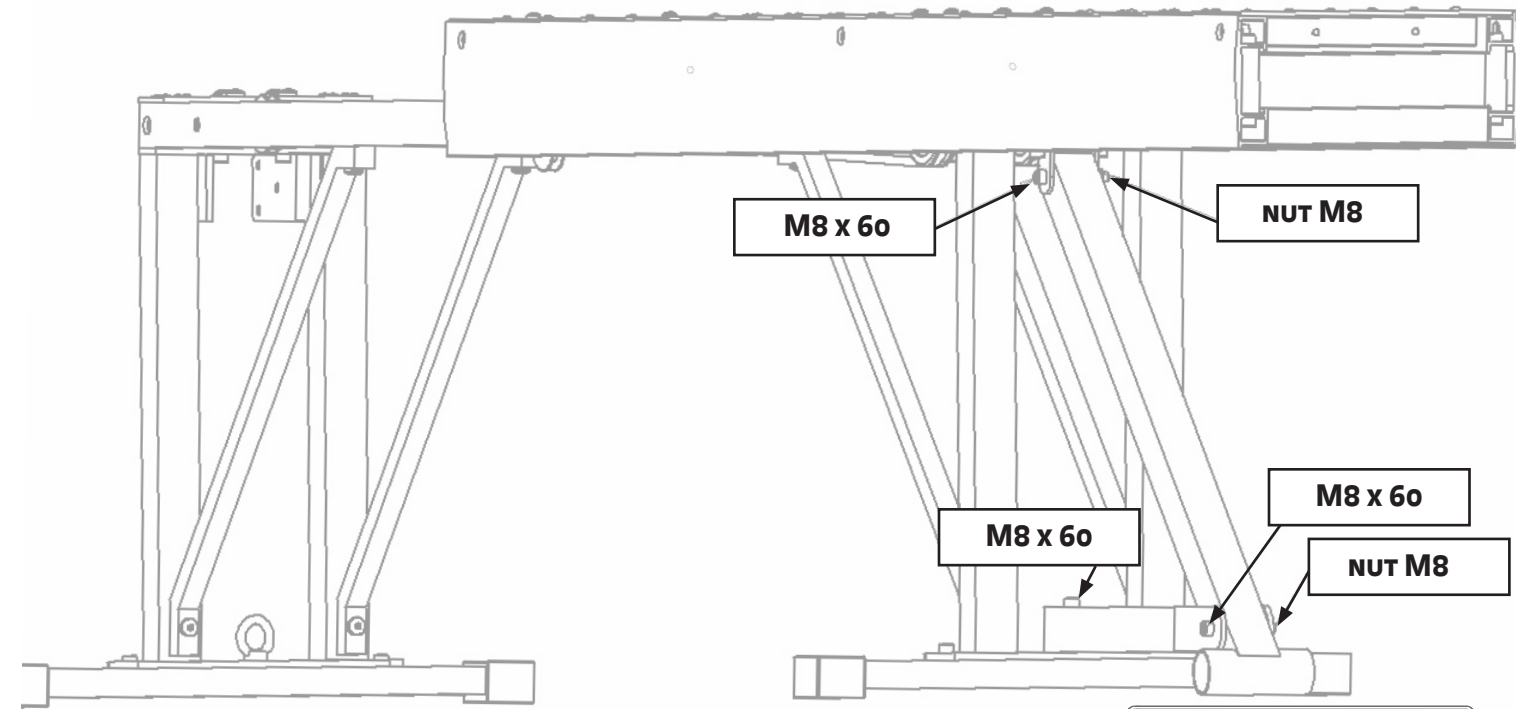
STEP 6 C1 -N ASSEMBLY



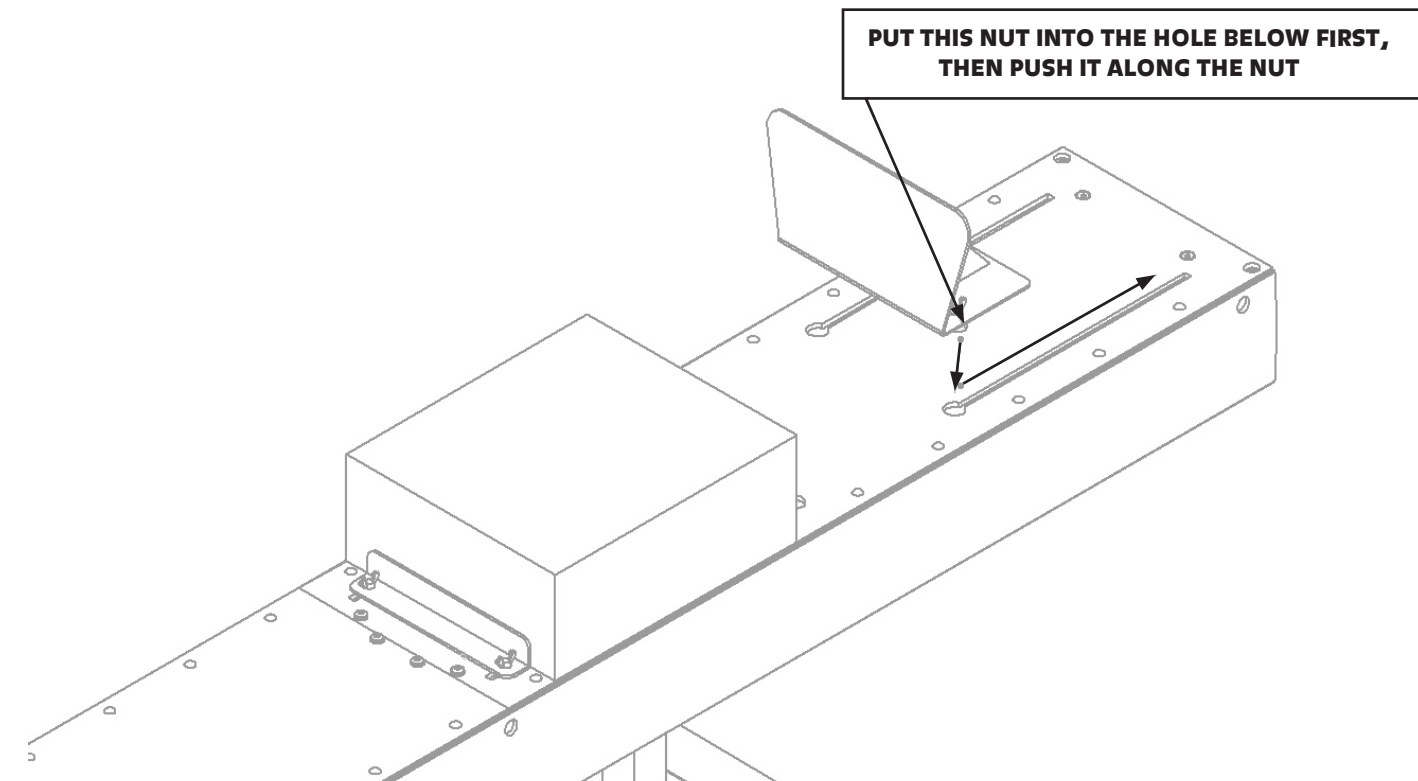
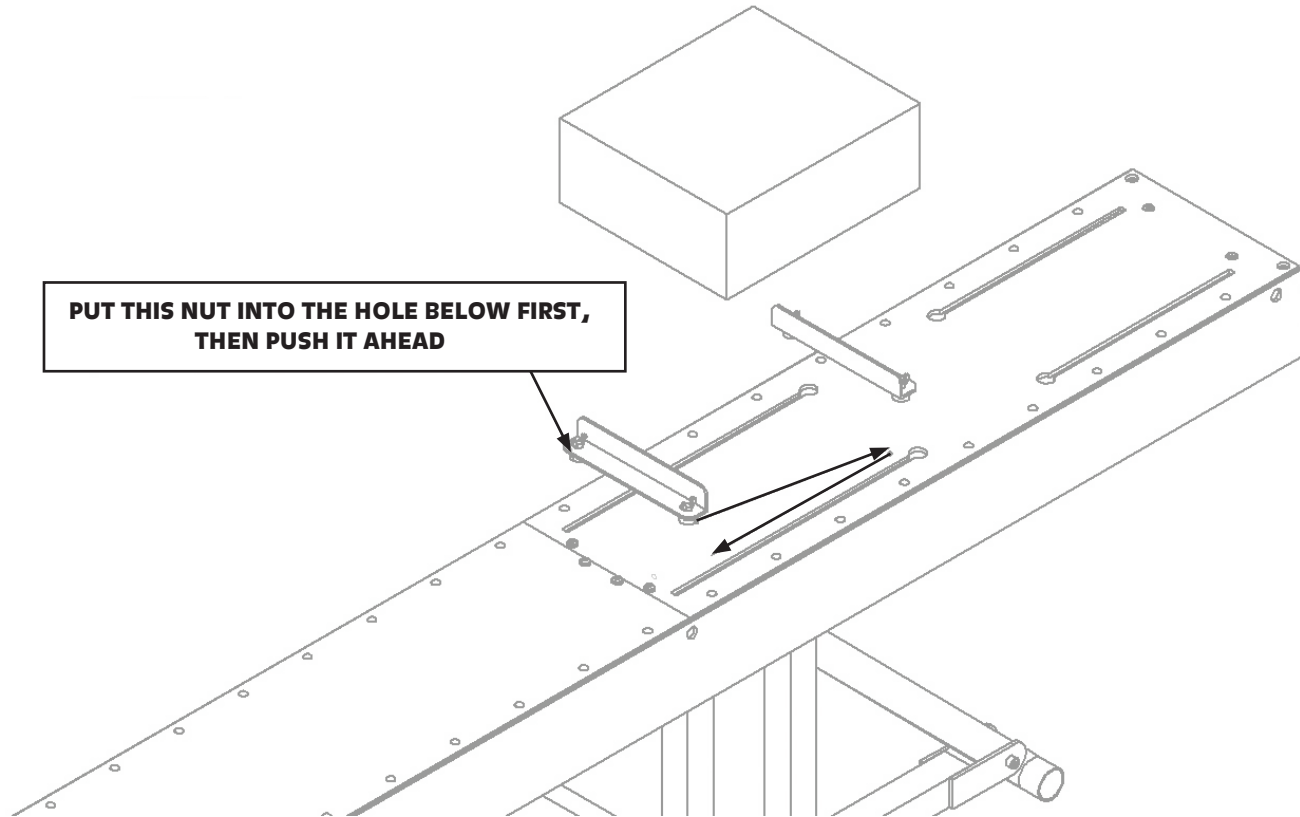
STEP 7 C1 -N ASSEMBLY



STEP 8 C1 -N ASSEMBLY

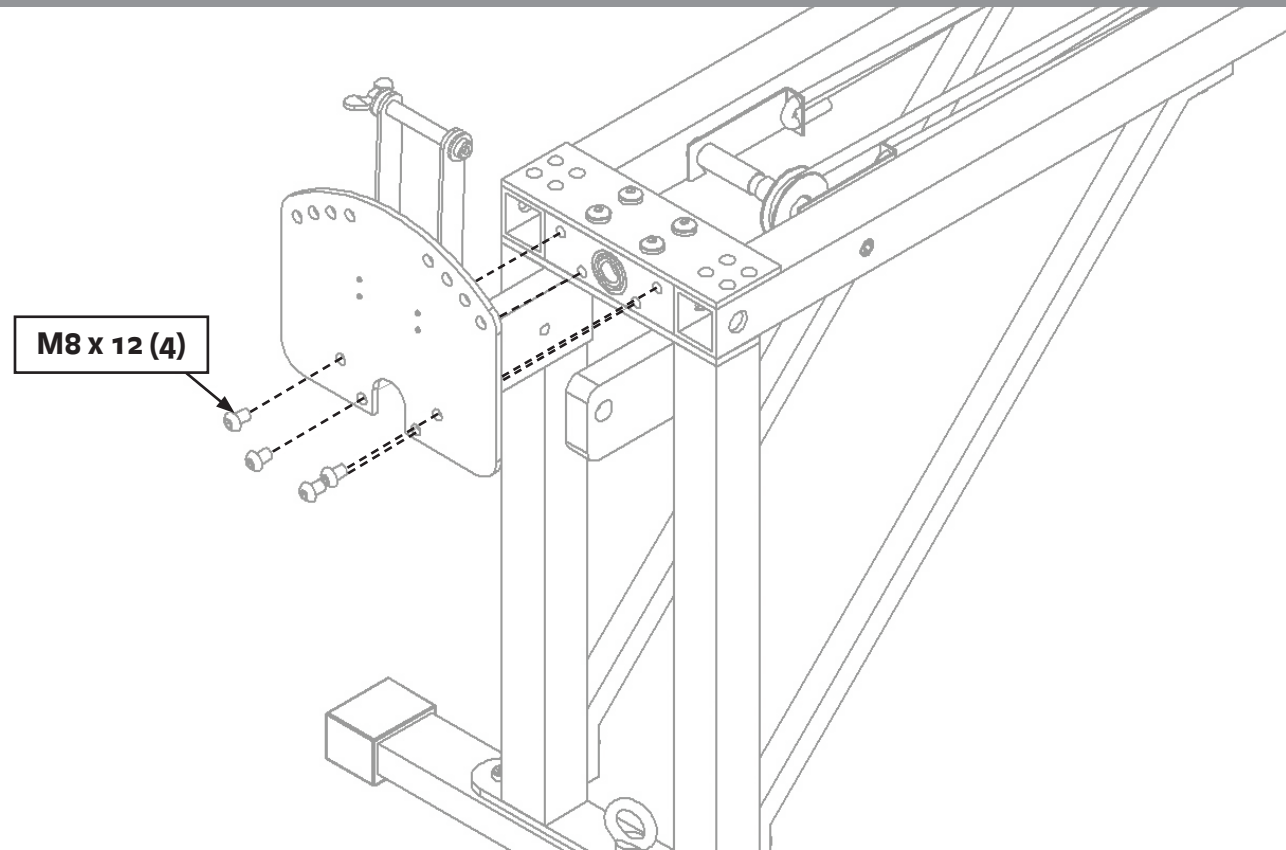


STEP 9 C1 -N ASSEMBLY

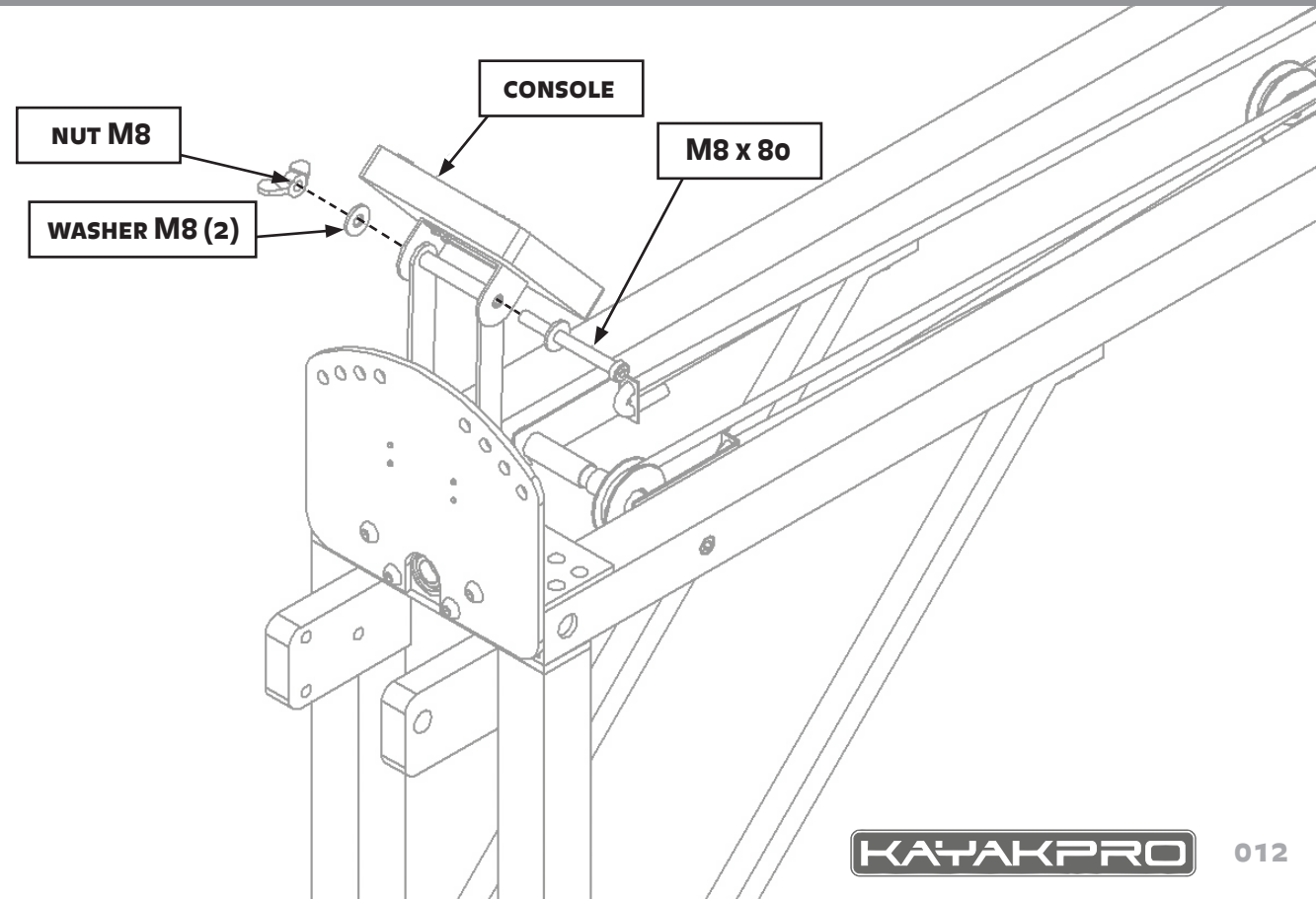


STEP 10 C1 -N ASSEMBLY

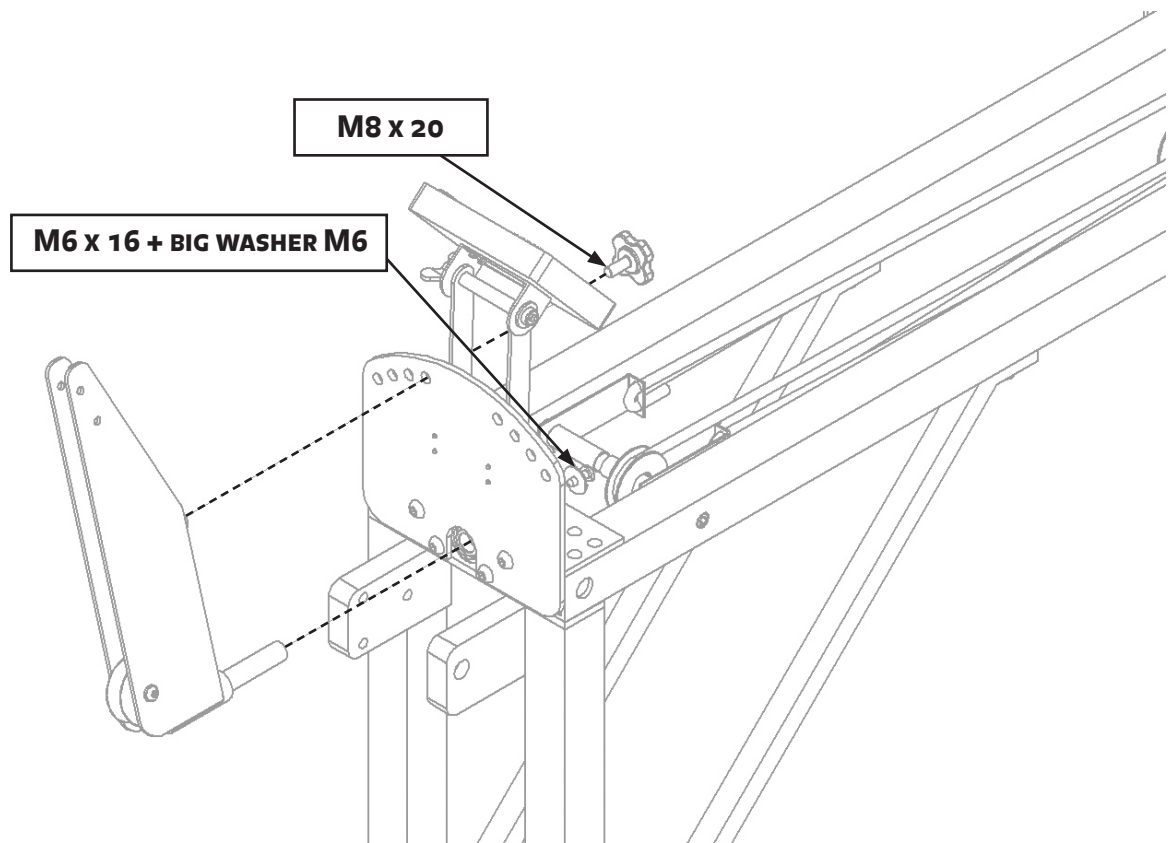
STEP 11 C1 - N ASSEMBLY



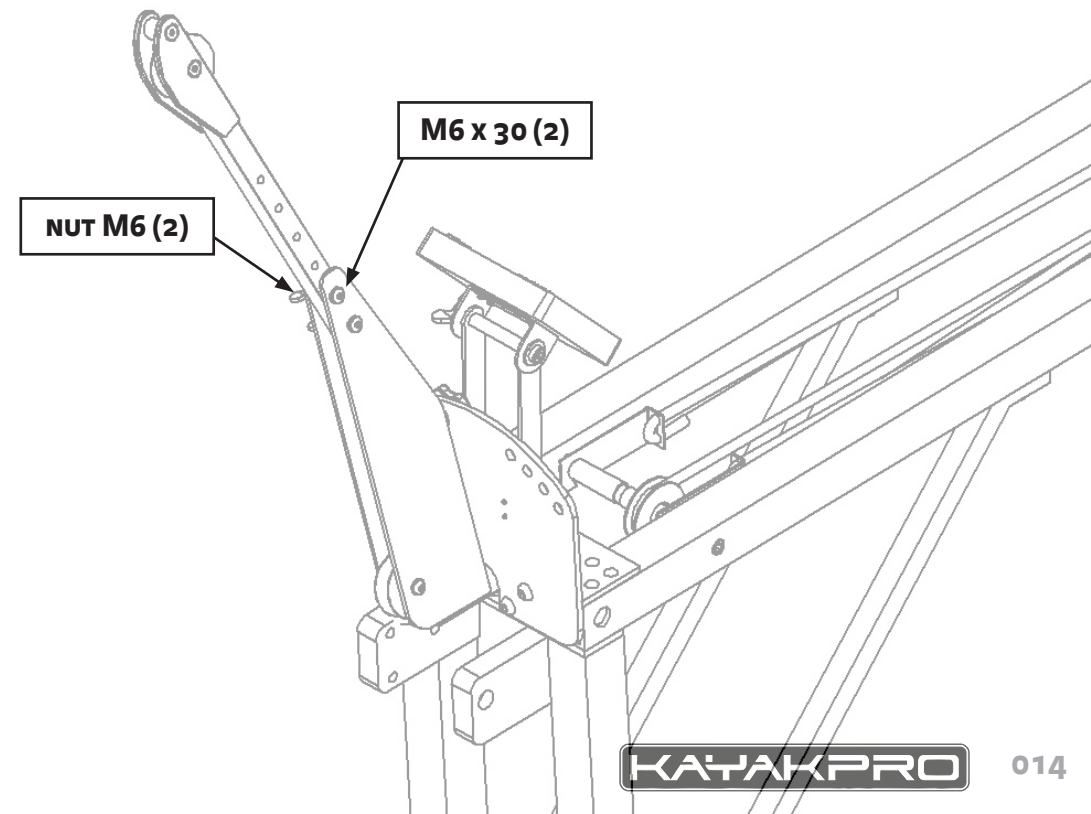
STEP 12 C1 - N ASSEMBLY



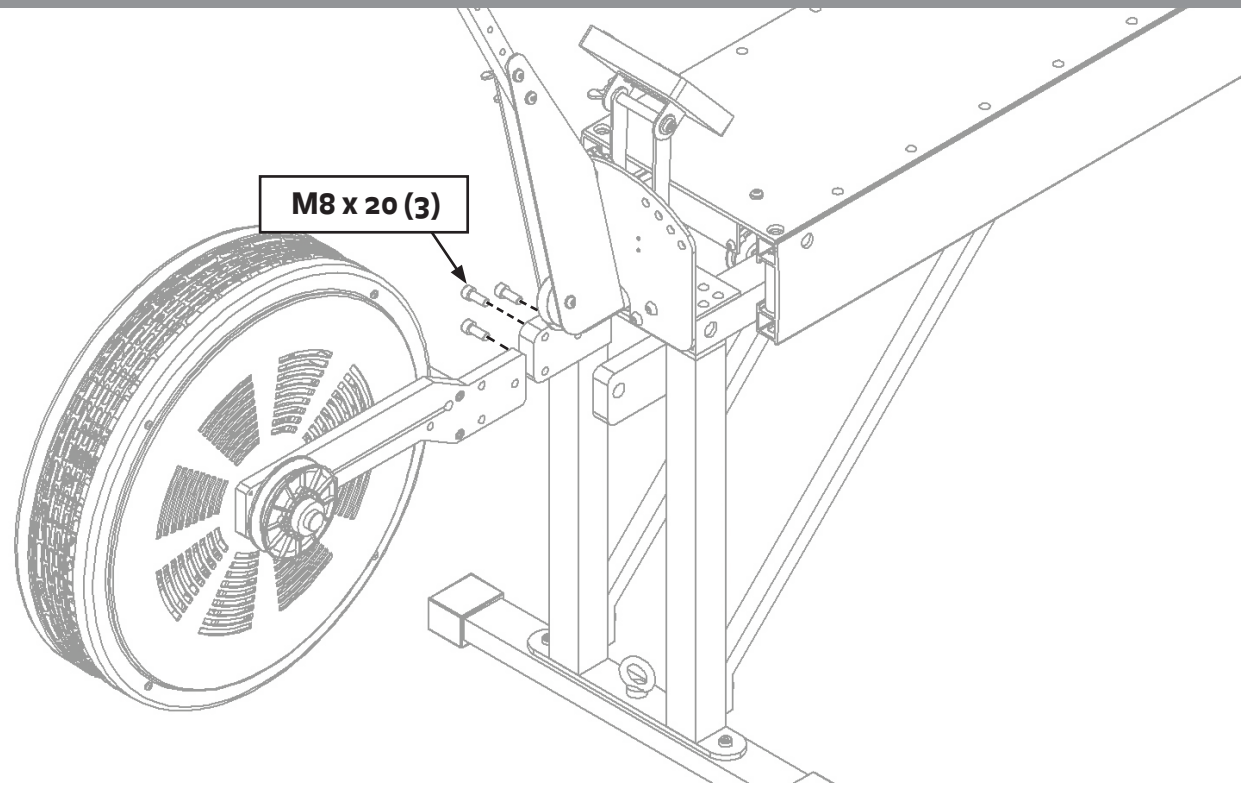
STEP 13 C1 -N ASSEMBLY



STEP 14 C1 -N ASSEMBLY



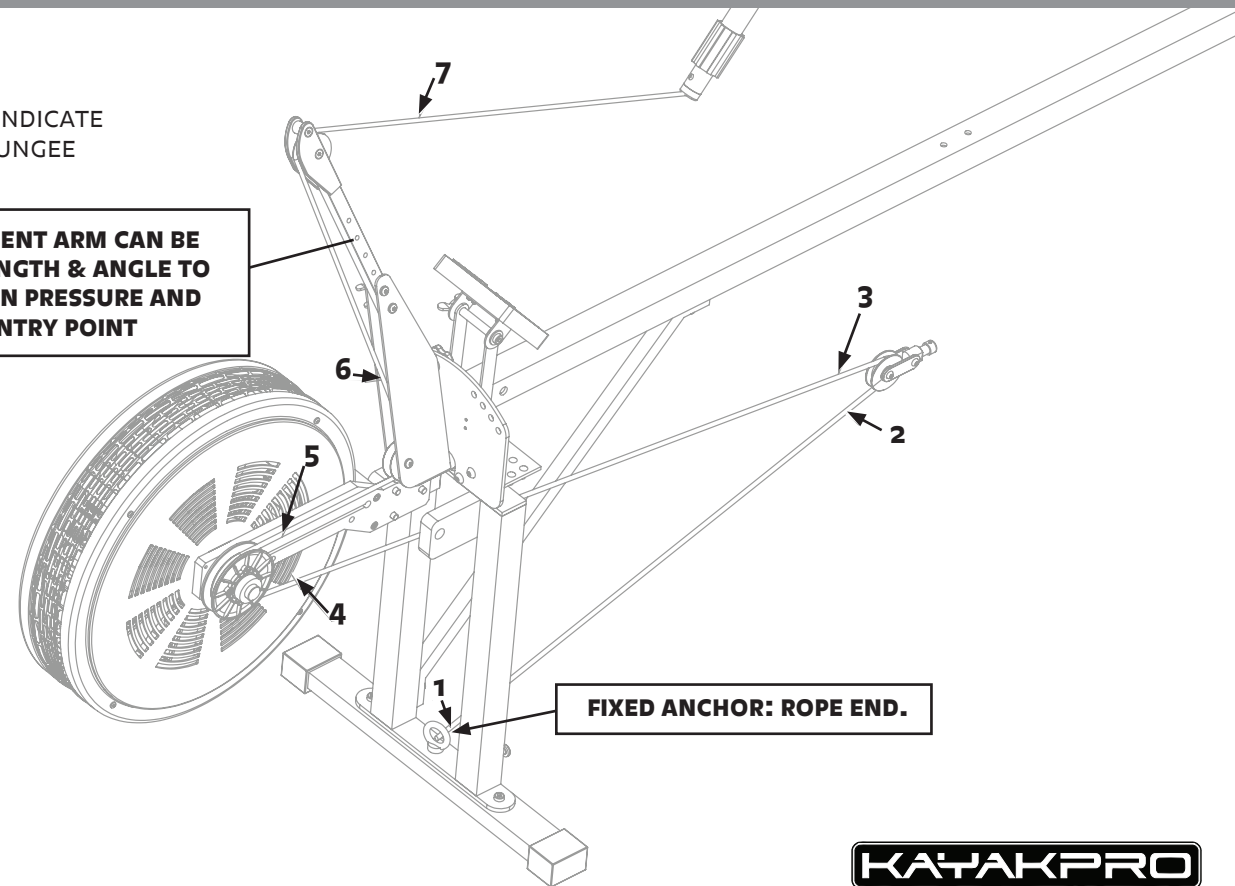
STEP 15 C1 -N ASSEMBLY



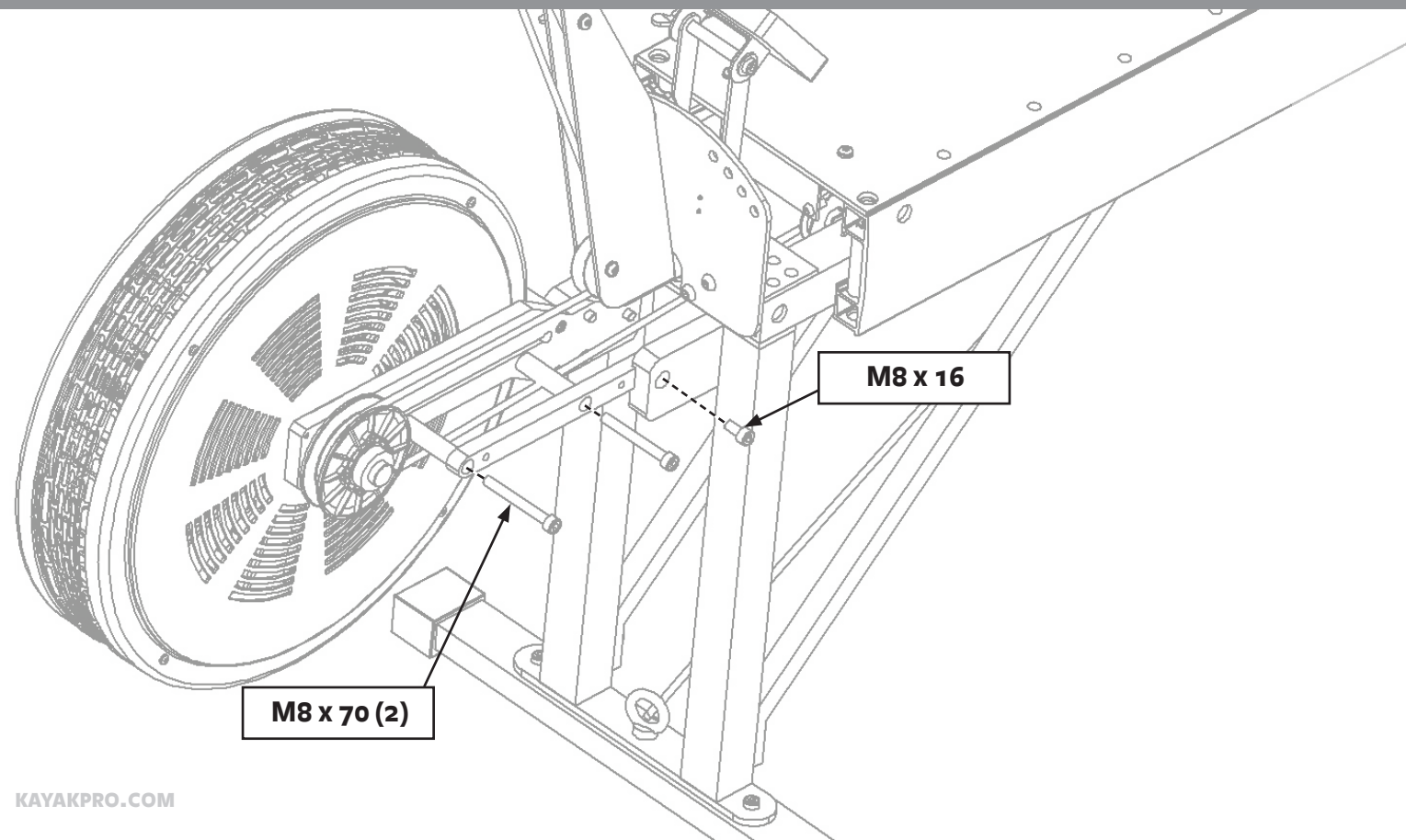
STEP 16 C1 -N ASSEMBLY

NOTE: NUMBERS INDICATE
PATH OF ROPE / BUNGEE

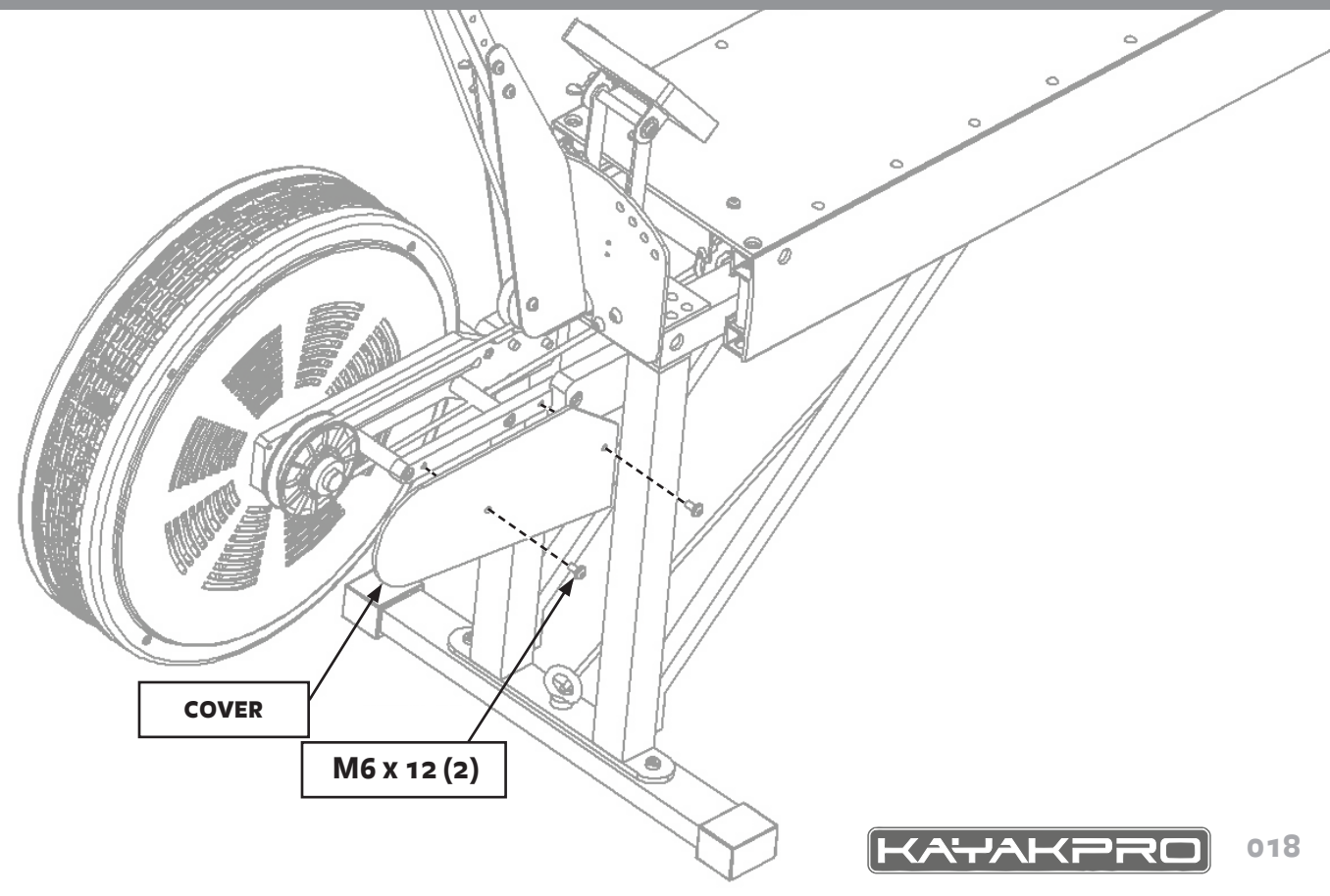
**THE ADJUSTMENT ARM CAN BE
ALTERED IN LENGTH & ANGLE TO
CHANGE DOWN PRESSURE AND
BLADE ENTRY POINT**



STEP 17 C1-N ASSEMBLY

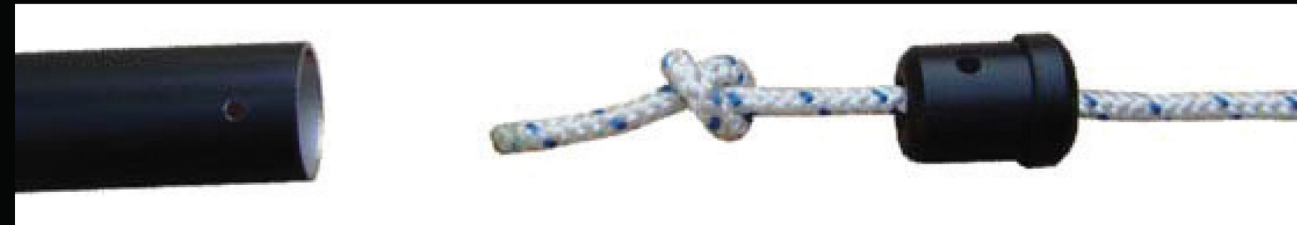


STEP 18 C1-N ASSEMBLY

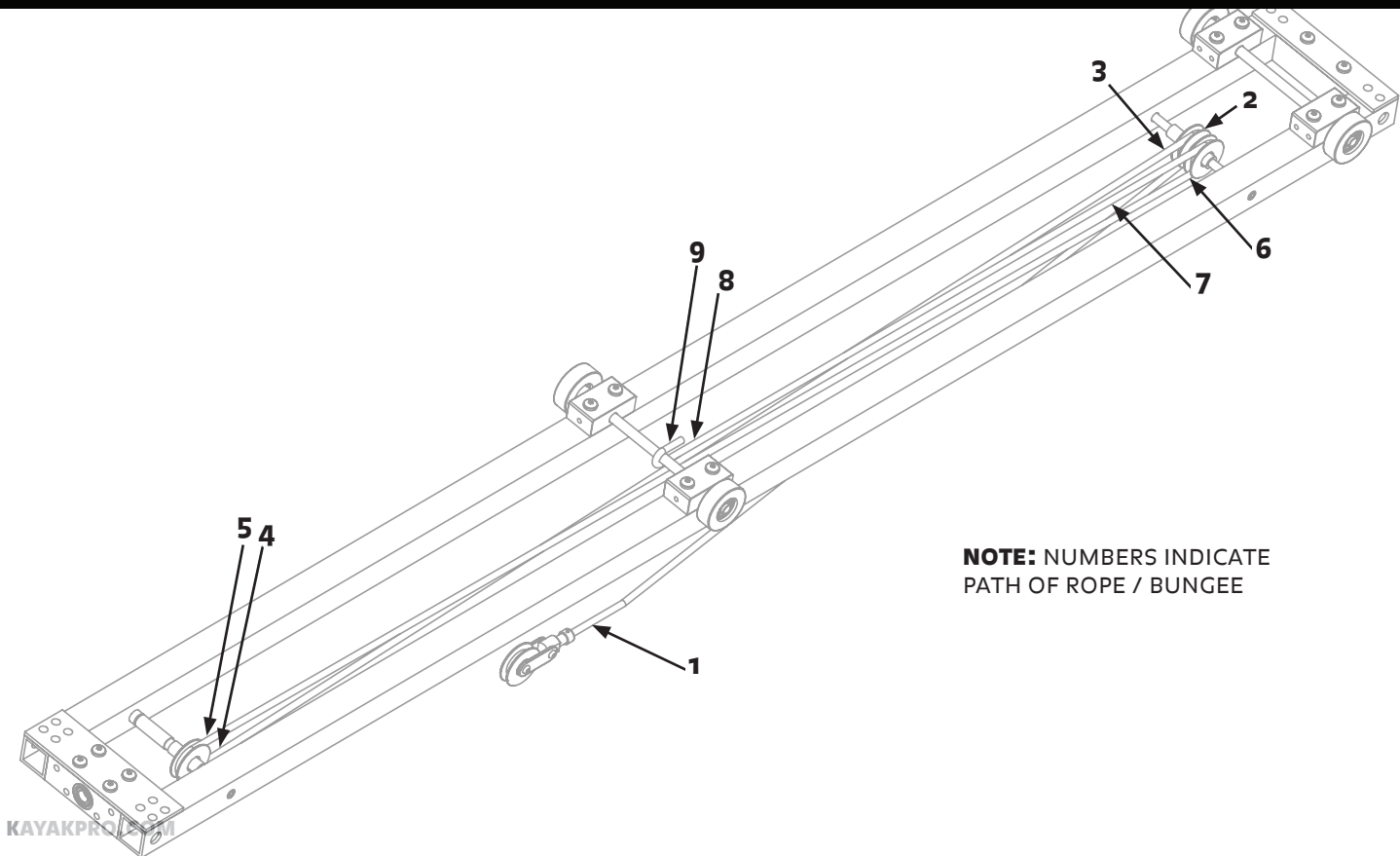


STEP 19 ROPE END INTO PADDLE SHAFT

YOU CAN ADJUST THE LENGTH OF THE ROPE HERE

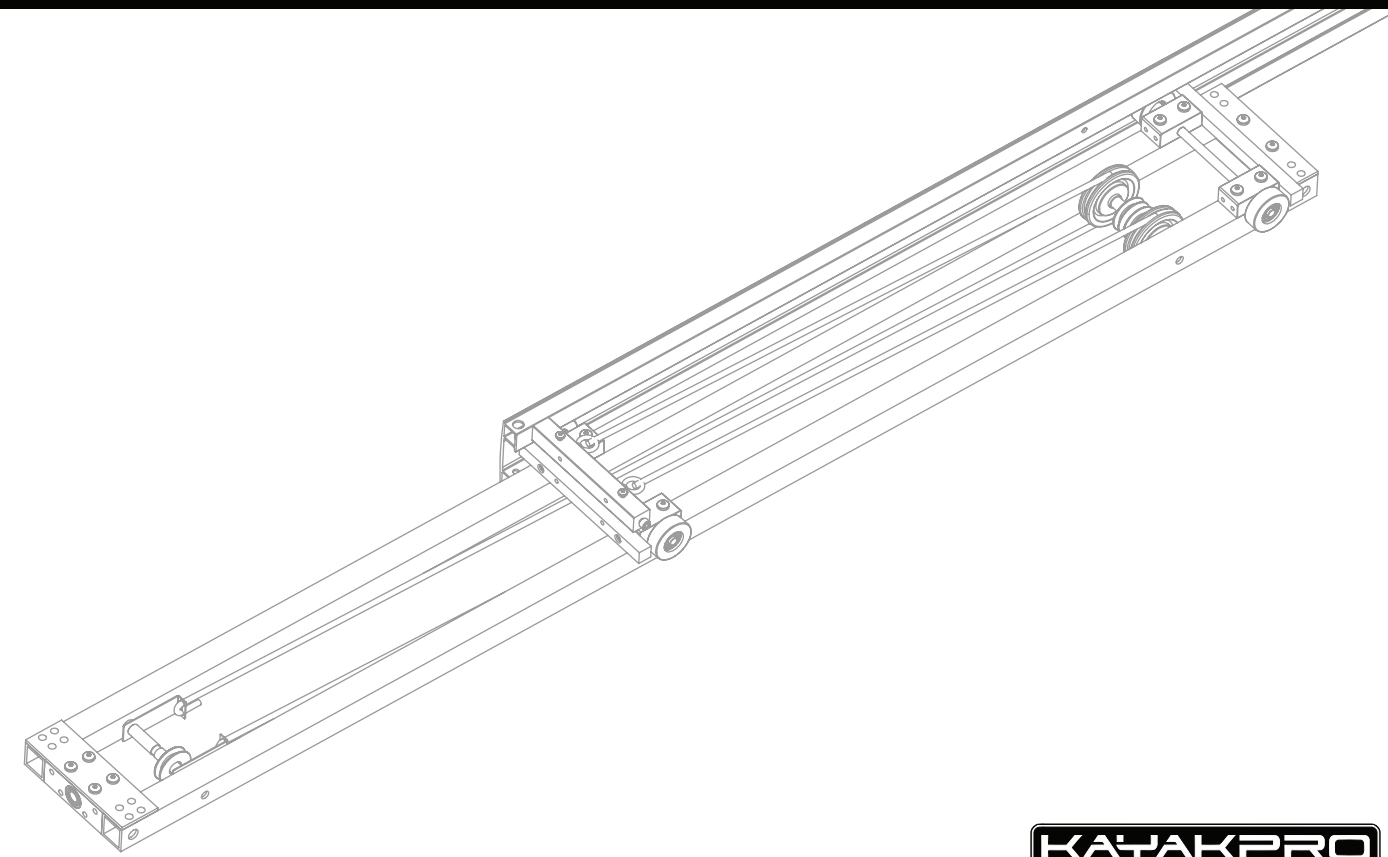


ROPE BUNGEE SCHEMATIC UNDER CARRIAGE ONLY



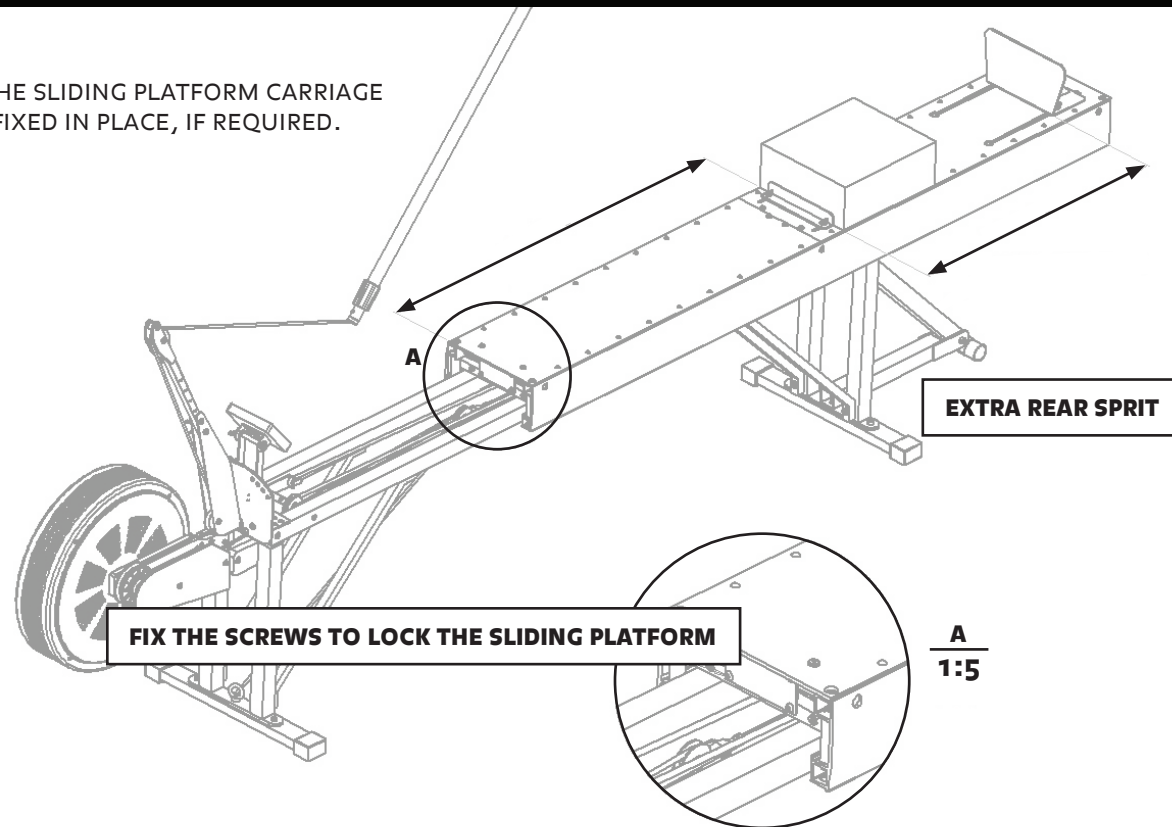
NOTE: NUMBERS INDICATE PATH OF ROPE / BUNGEE

ROPE BUNGEE SCHEMATIC UNDER CARRIAGE AND SLIDING PLATFORM ABOVE



SLIDING PLATFORM CARRIAGE

NOTE: THE SLIDING PLATFORM CARRIAGE CAN BE FIXED IN PLACE, IF REQUIRED.



KayakPro USA LLC
6538 Collins Ave Suite 306
Miami Beach, FL 33141

For a full list of international dealers go to:
www.kayakpro.com/speedstrokegym/dealers.php

CONTACT US | WWW.KAYAKPRO.COM | +1 914 310 5899 | SALES@KAYAKPRO.COM



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