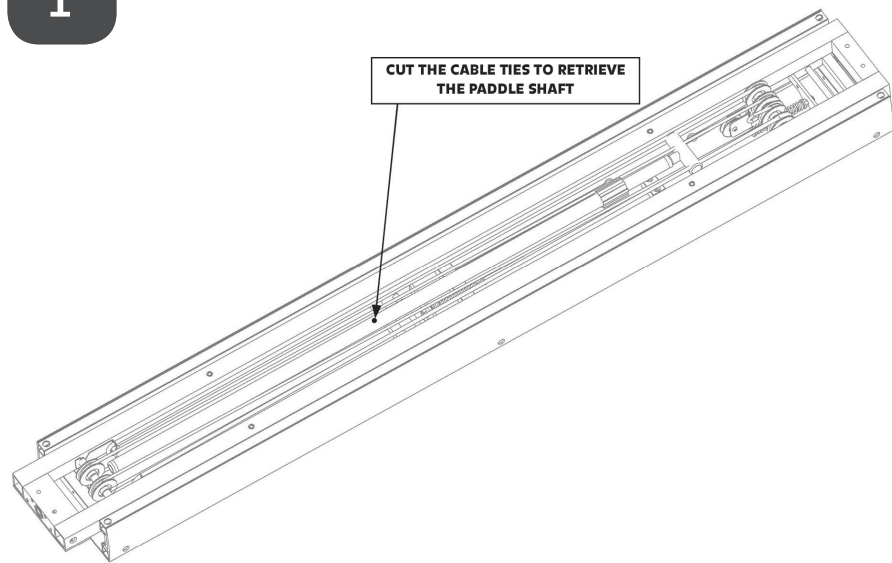
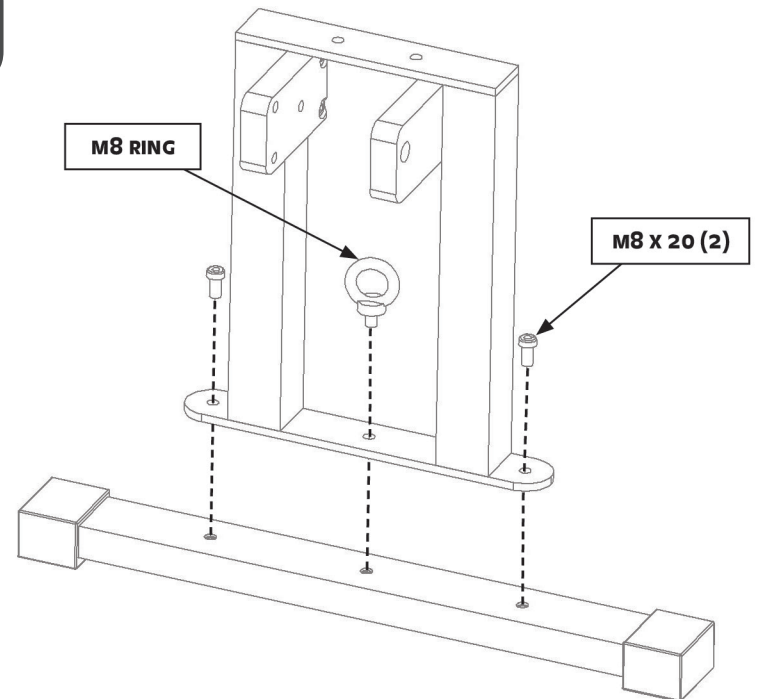


C1 ASSEMBLY **KAYAKPRO**
C1

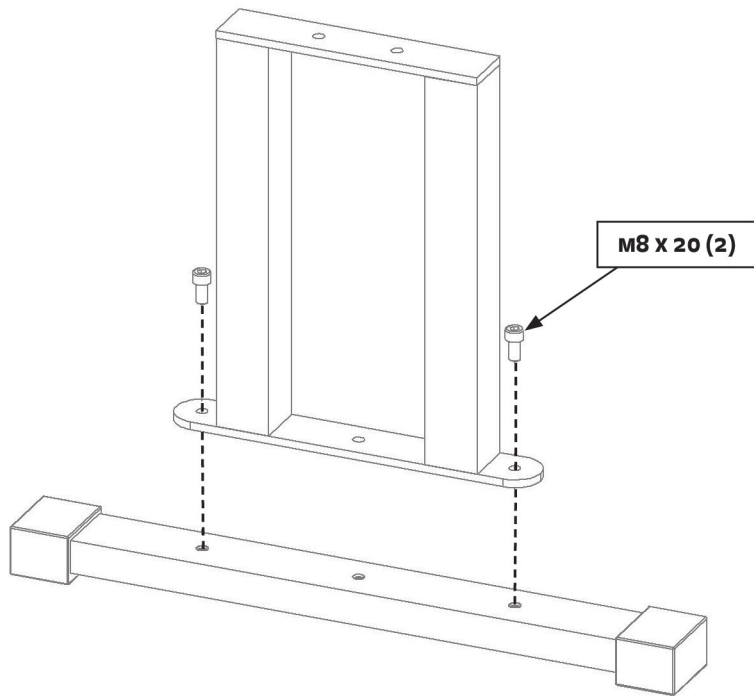
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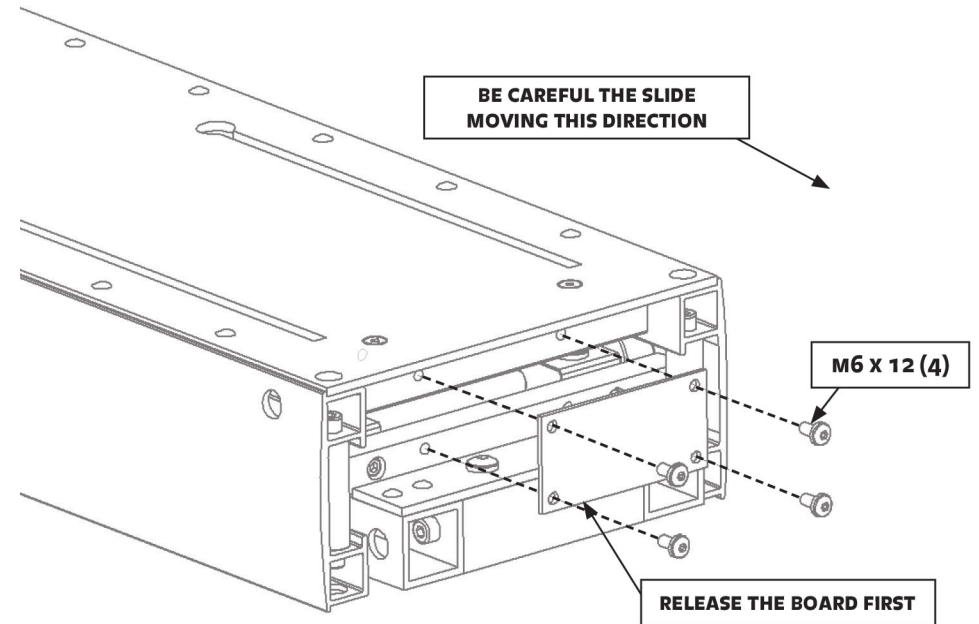
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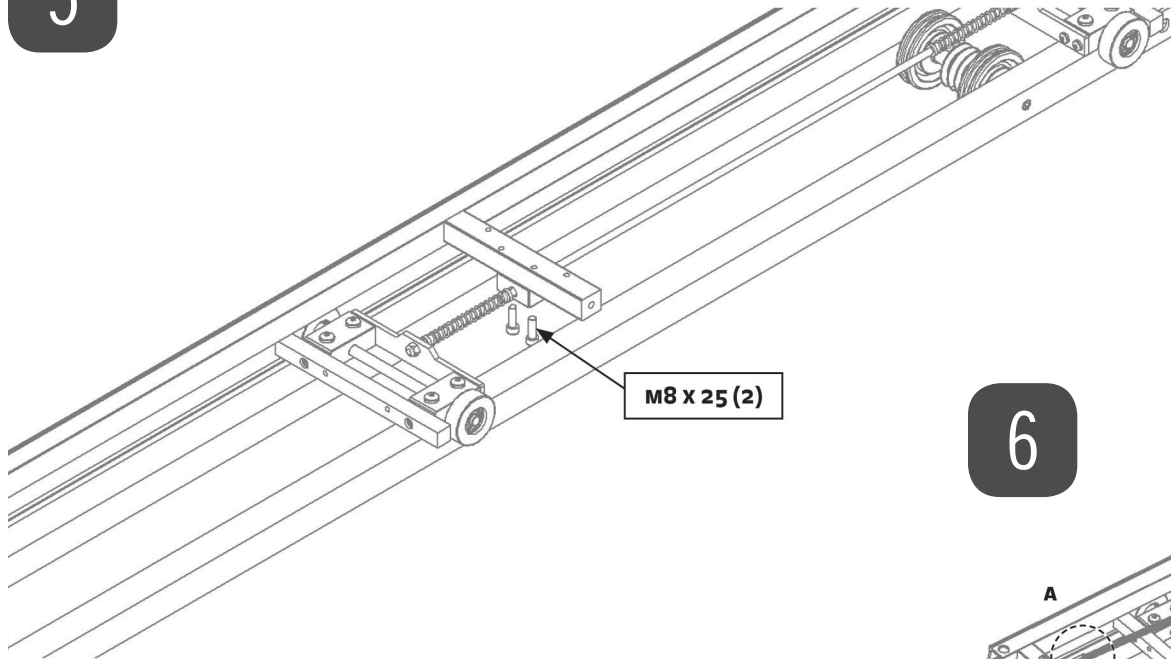
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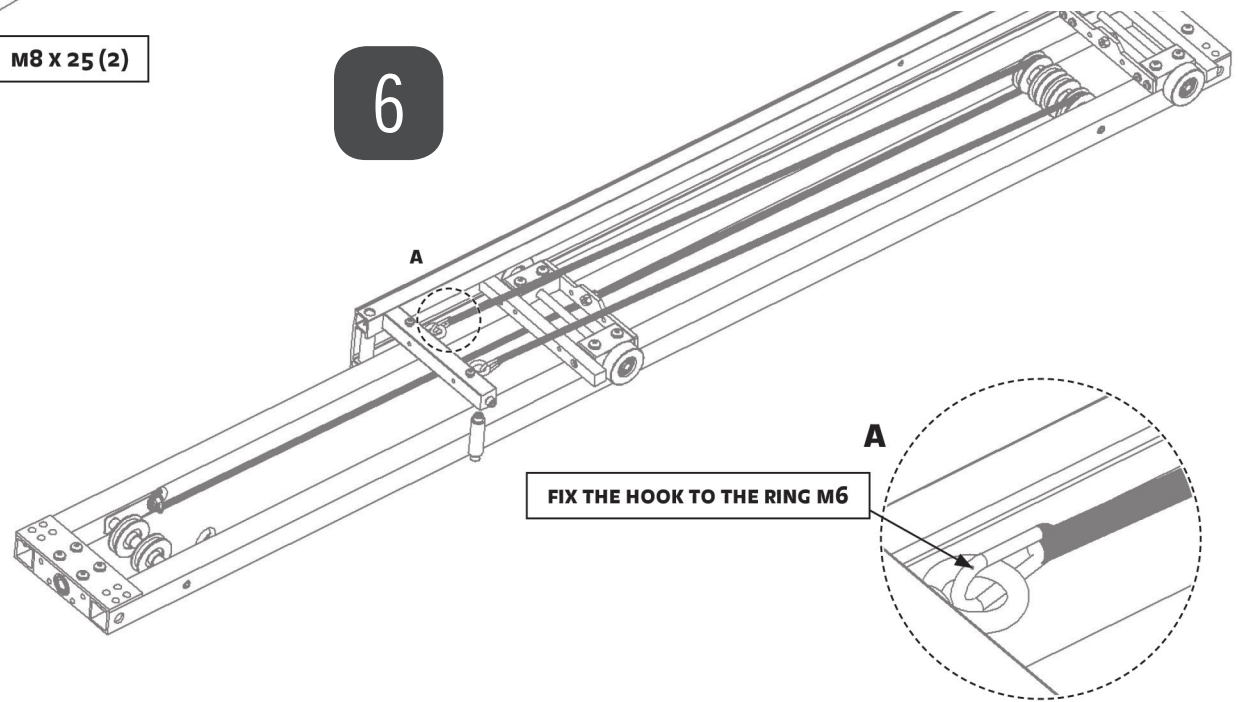
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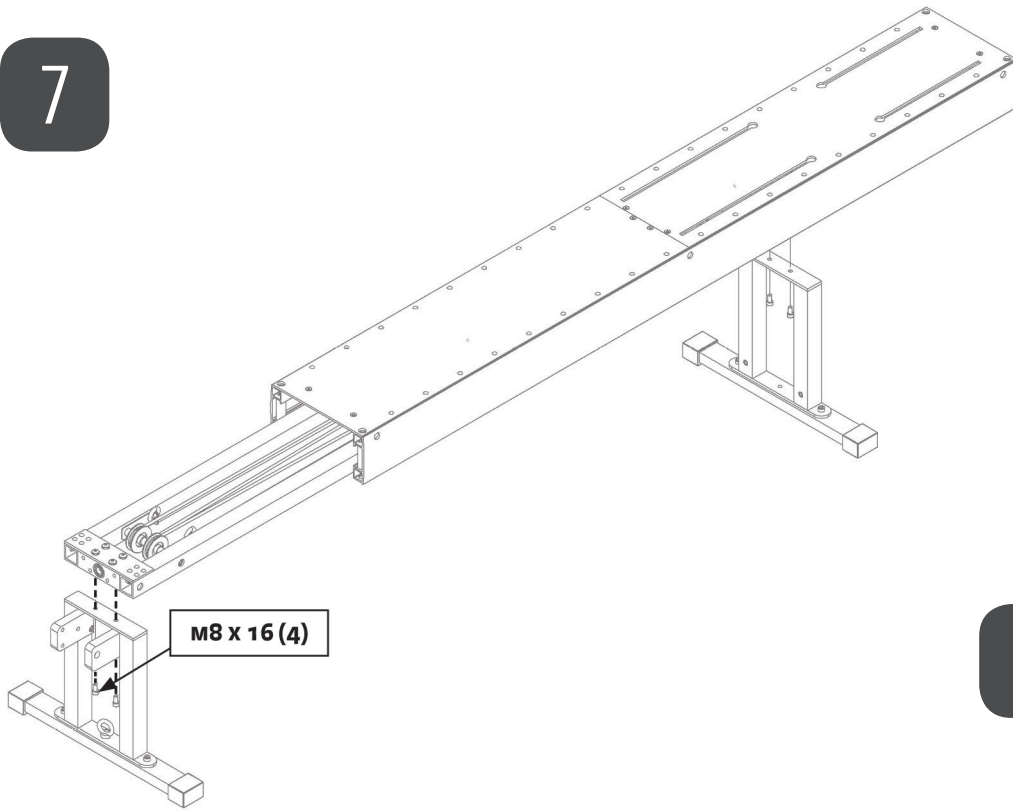
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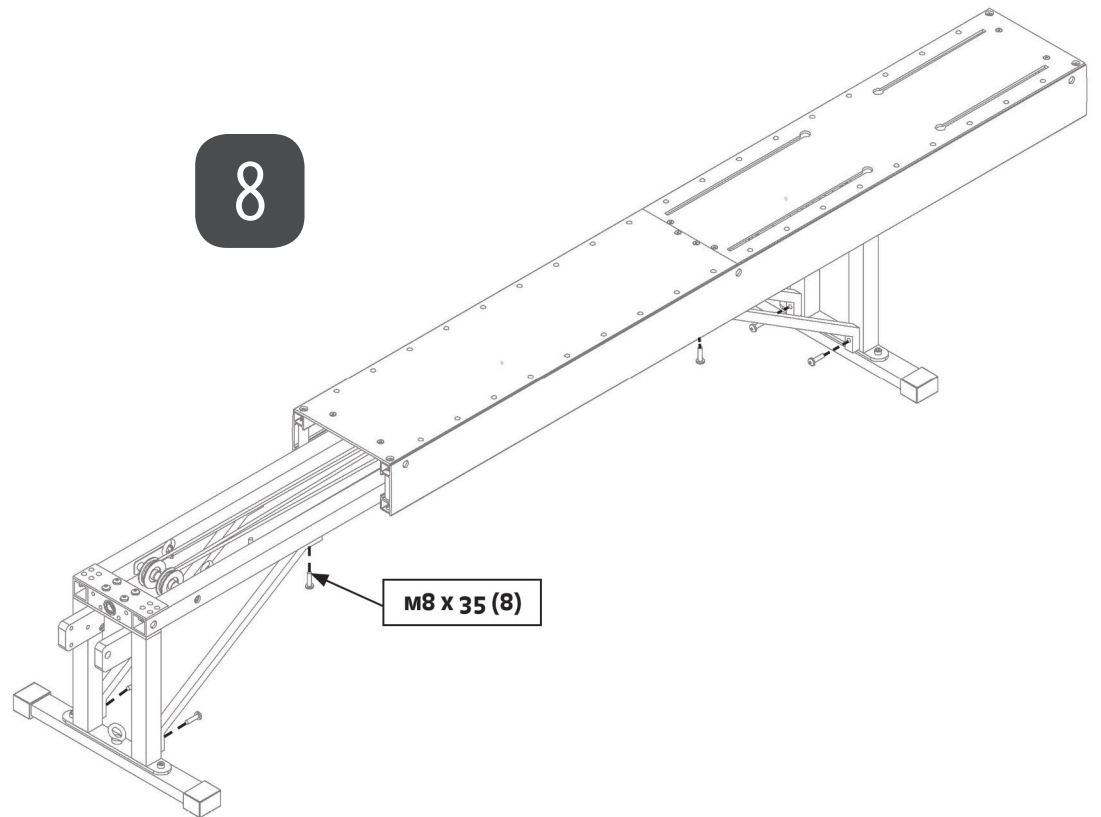
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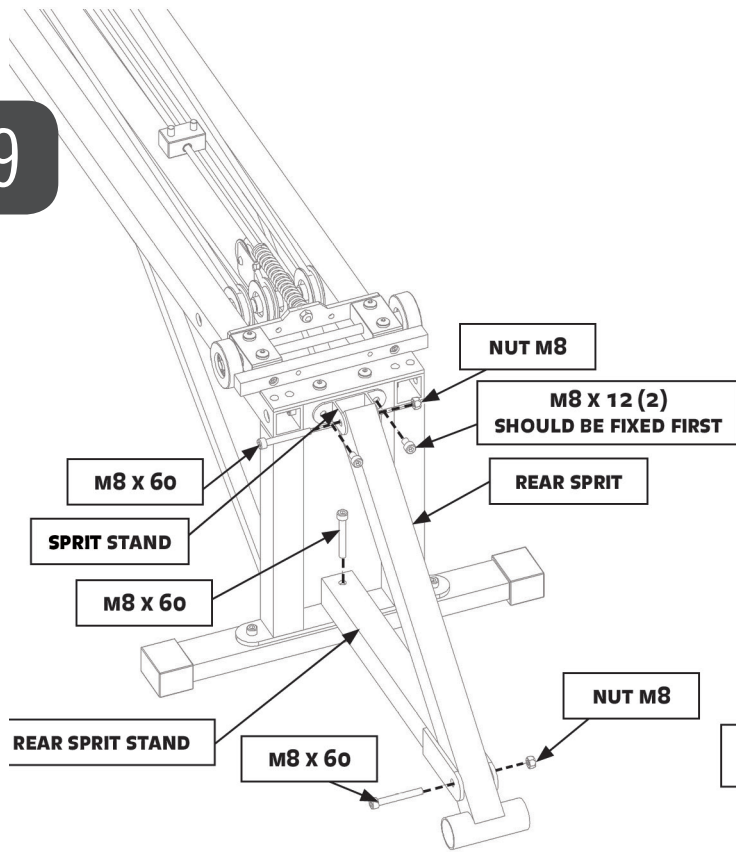
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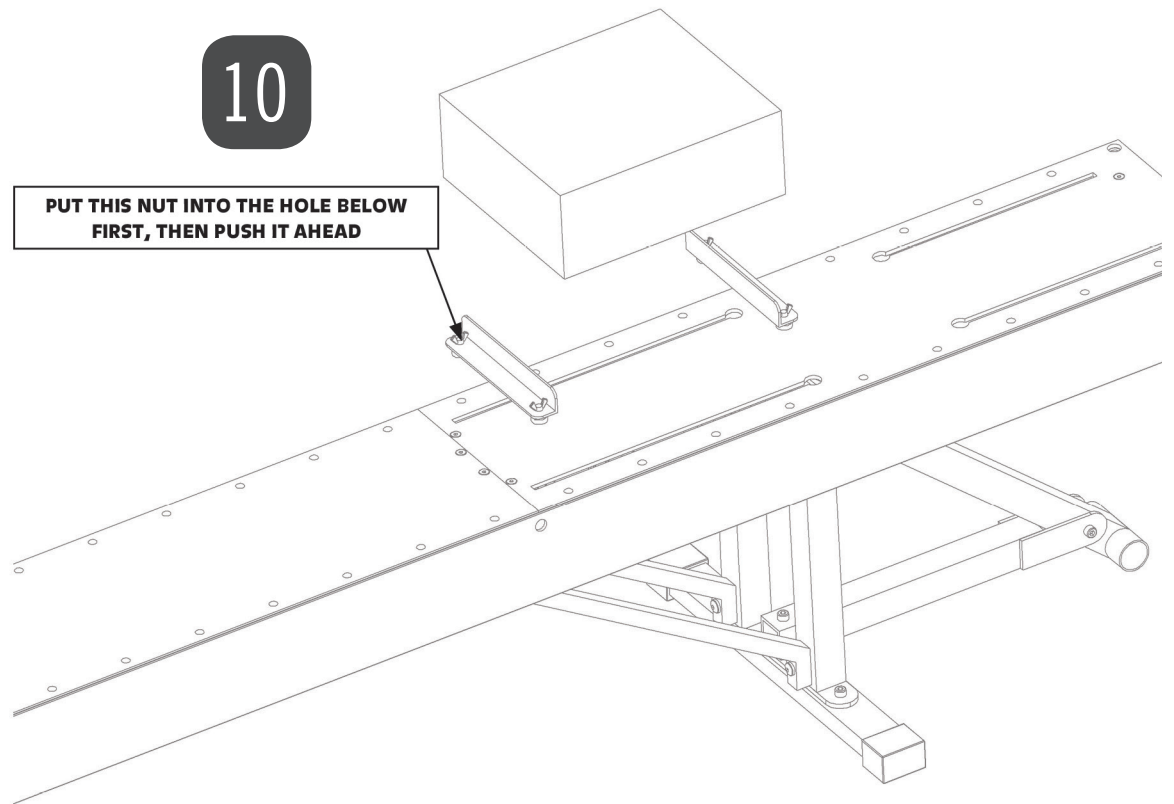
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9

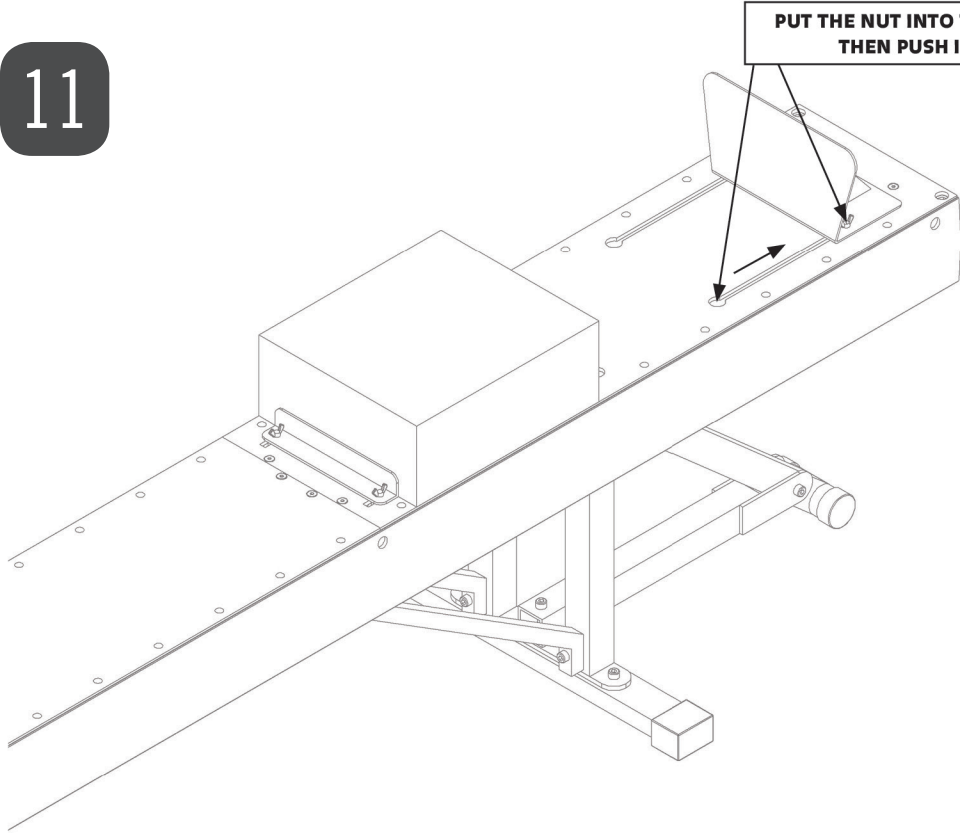


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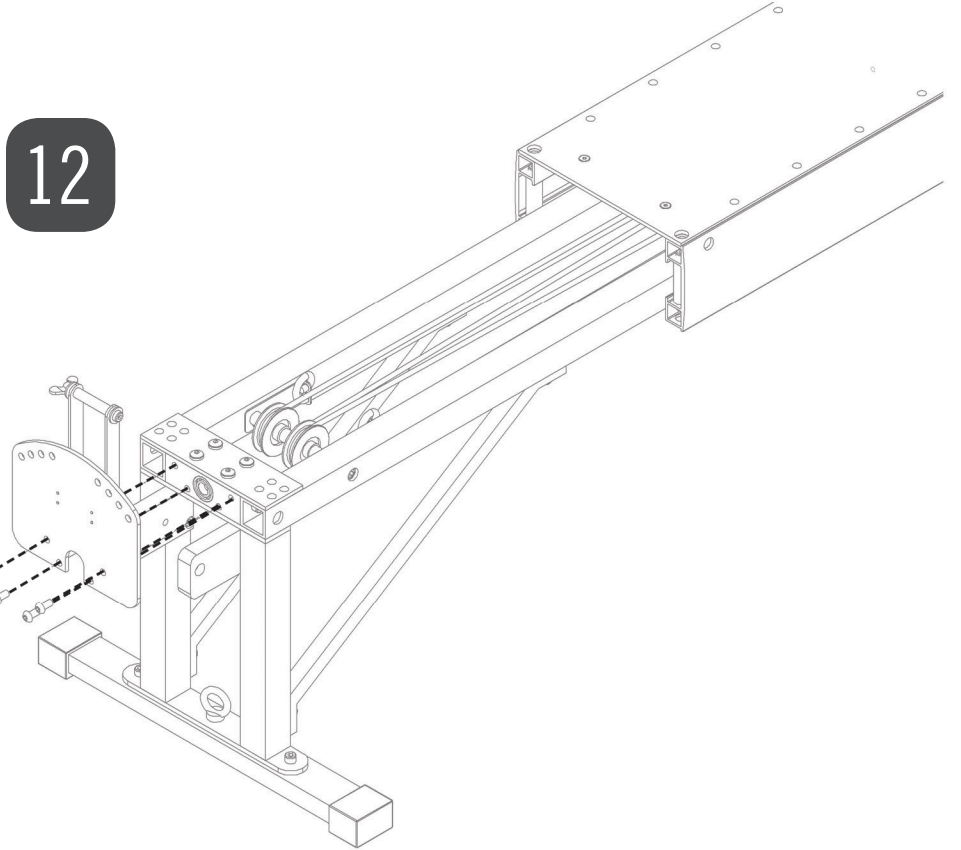
11

PUT THE NUT INTO THE HOLE BELOW FIRST,
THEN PUSH IT ALONG THE RUT

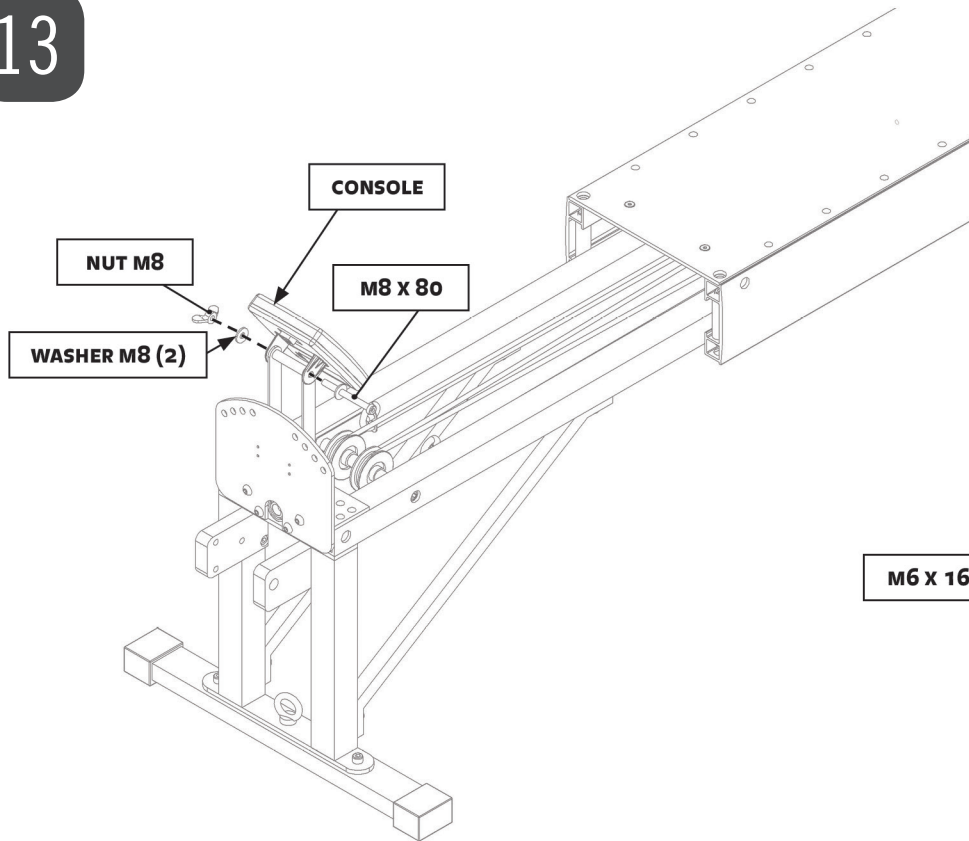


12

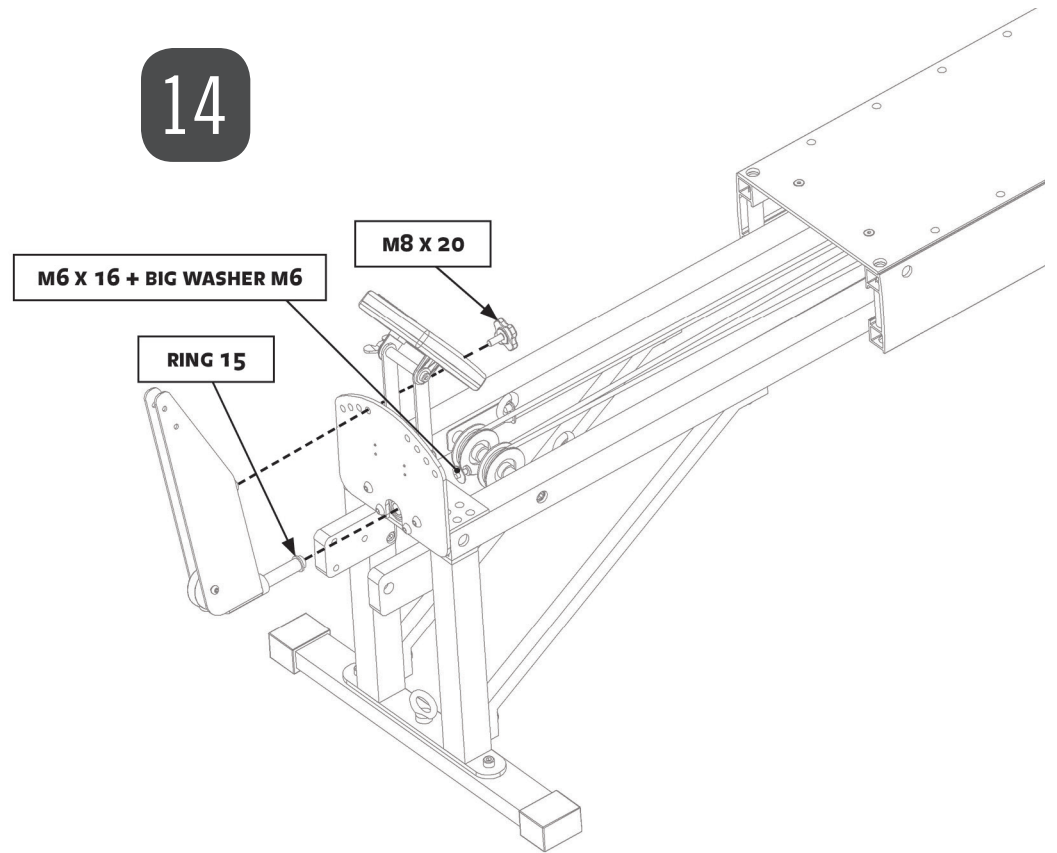
M8 x 12 (4)



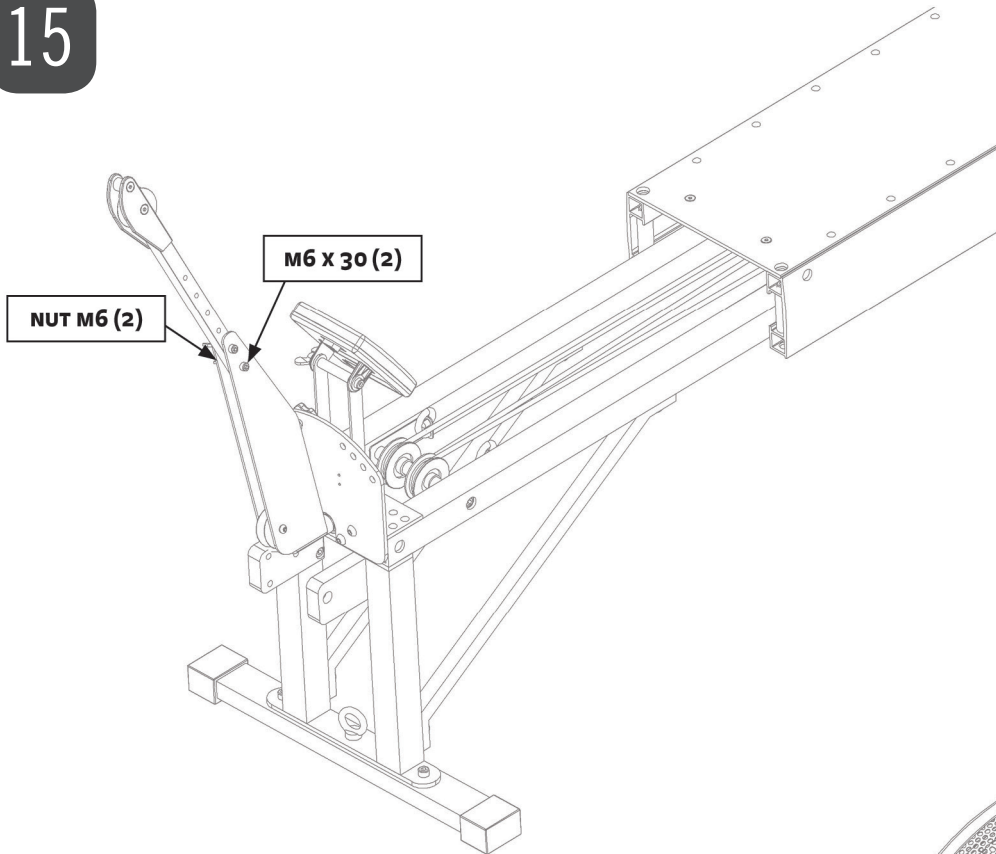
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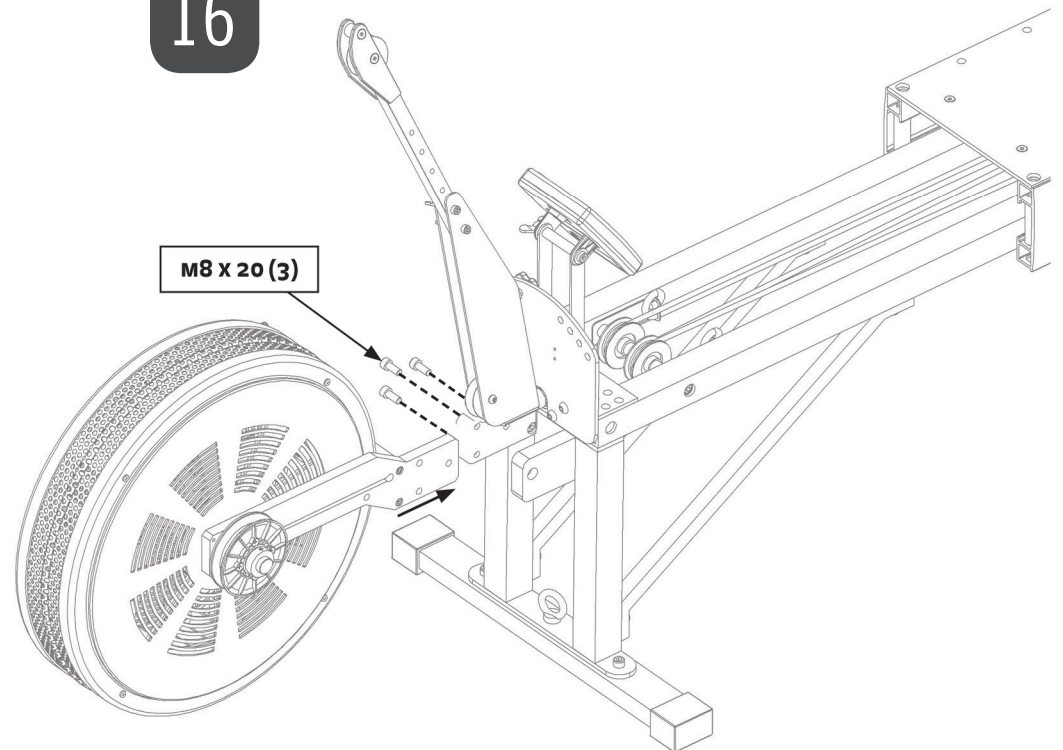
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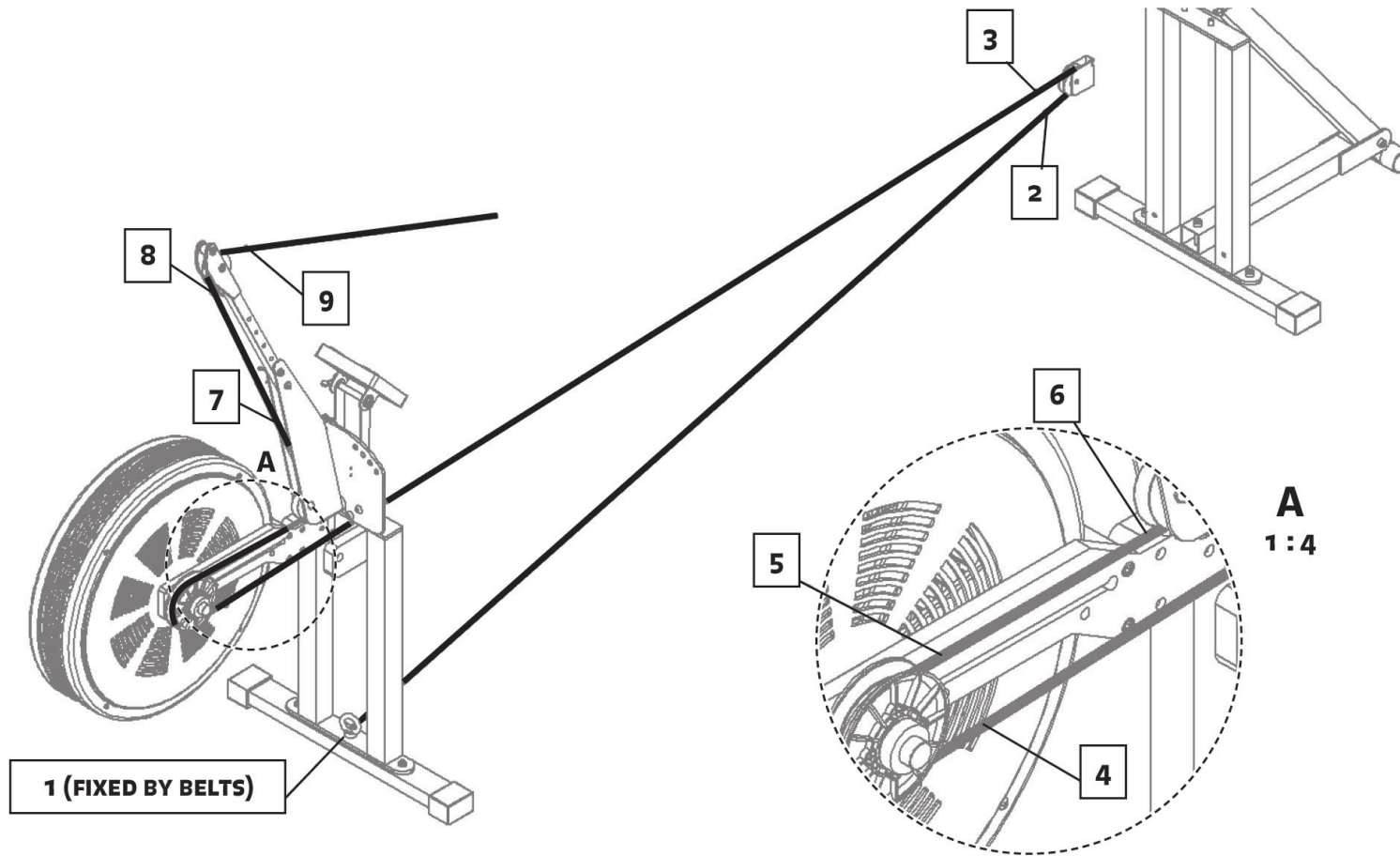
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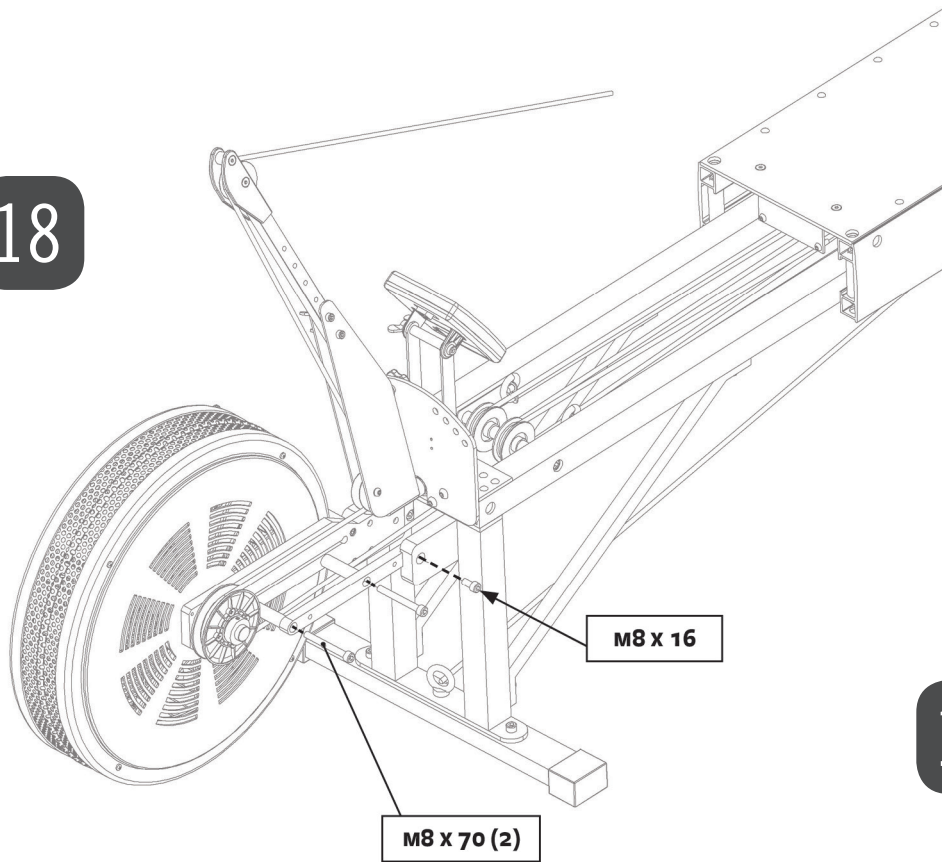
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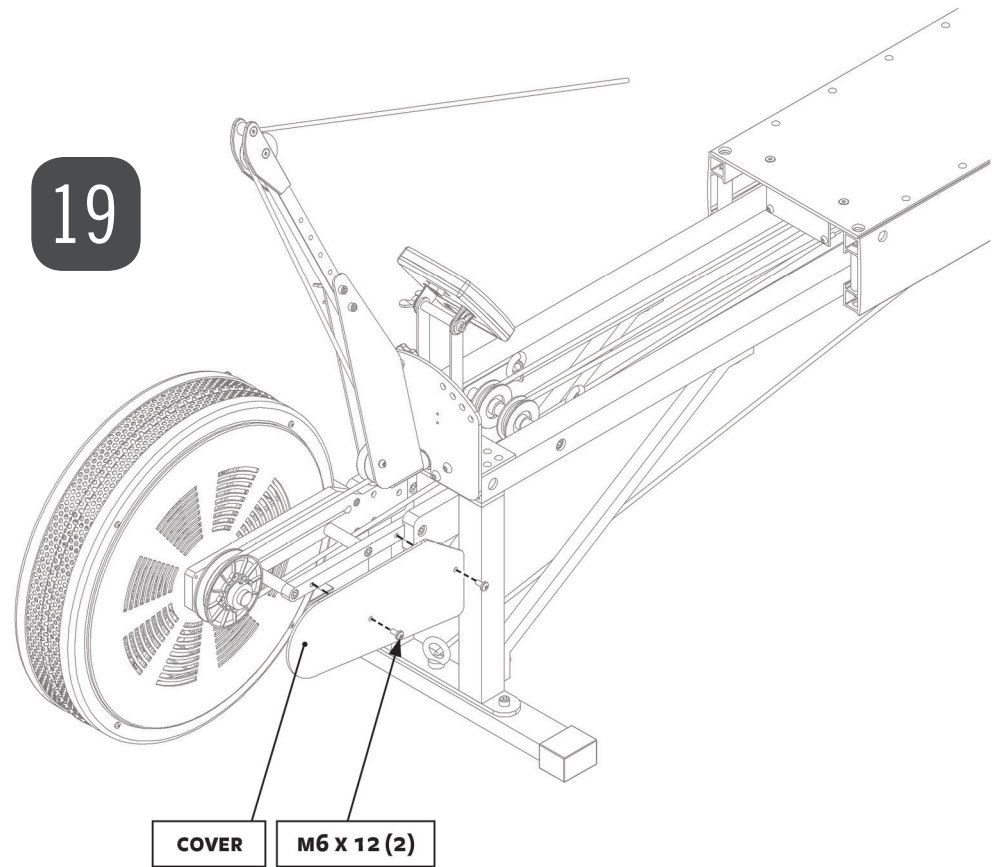
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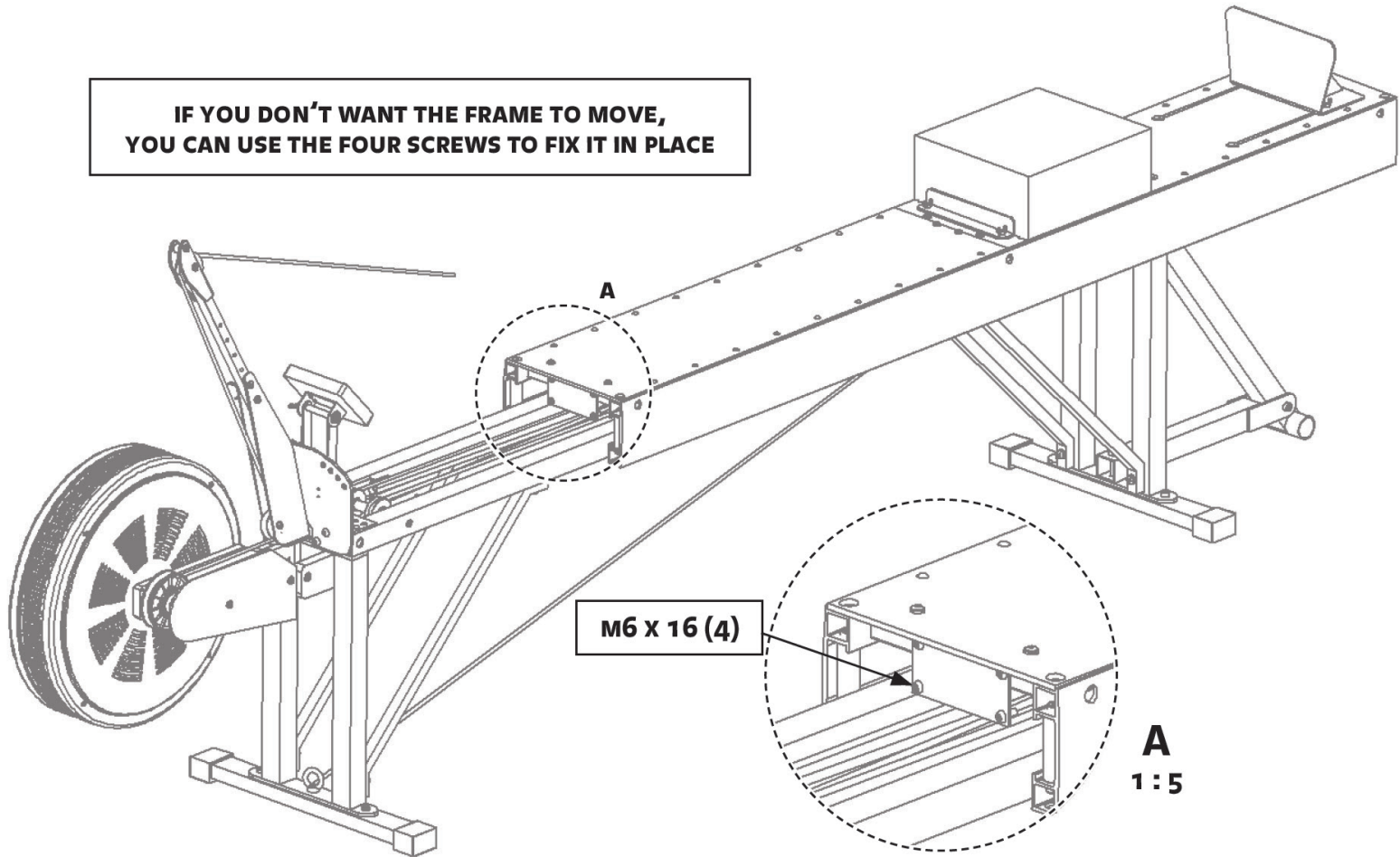
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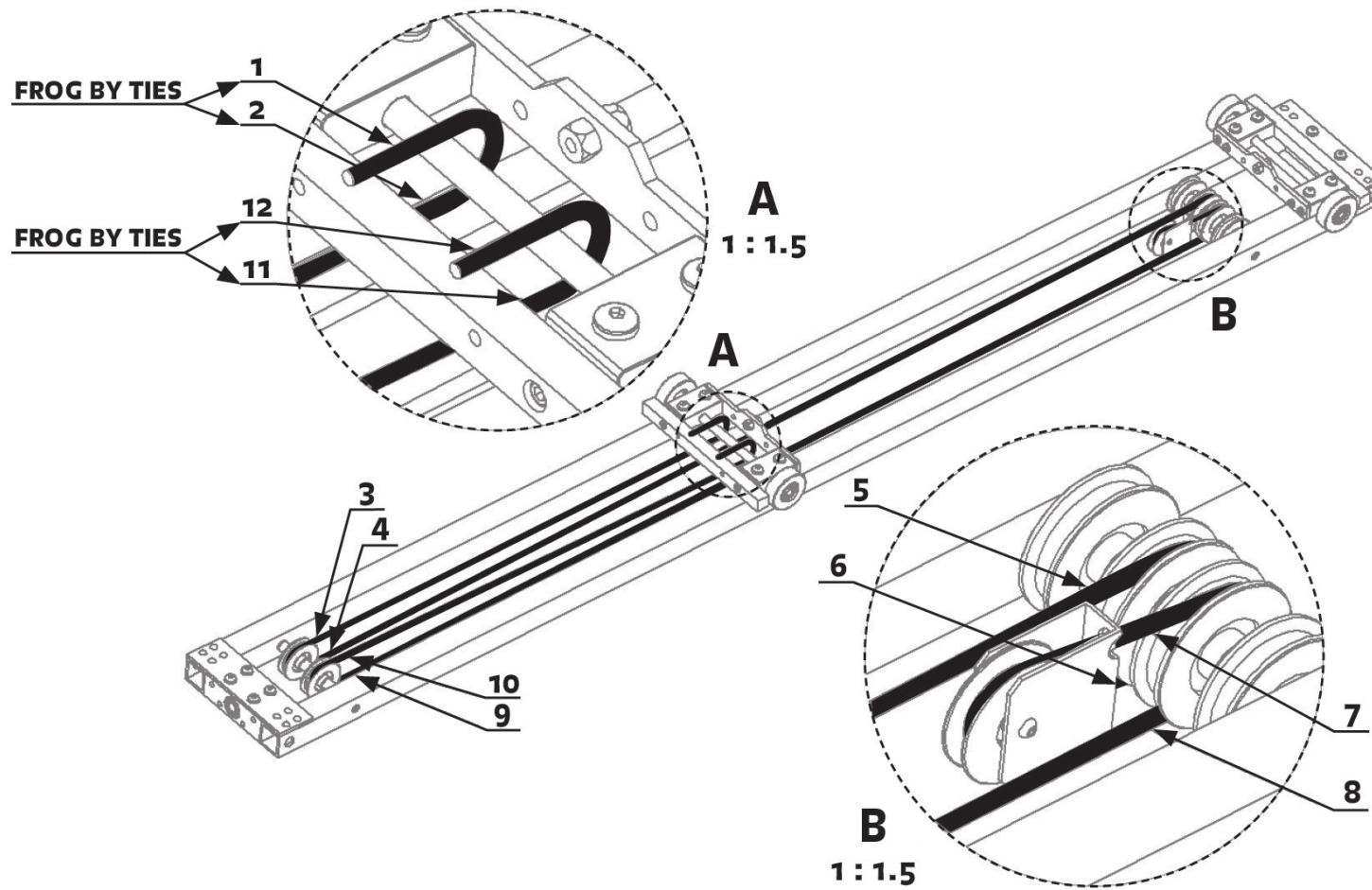
19



**IF YOU DON'T WANT THE FRAME TO MOVE,
YOU CAN USE THE FOUR SCREWS TO FIX IT IN PLACE**



ELASTIC



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 C1 Ergometer, the working area is:
TOTAL WIDTH 330 cm (L) x 51 cm (W) x 60 cm (H)
TOTAL LENGTH 343 cm (L) x 150 cm (W) x 215 cm (H)
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 C1 Ergometer, the user accepts all and full responsibility for self.



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KAYAKPRO USA LLC OFFICIAL SUPPLIERS OF
KAYAK AND CANOE ERGOMETERS TO THE
2004, 2008 AND 2012 OLYMPIC GAMES



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