



# D1 ASSEMBLY

**INSTRUCTION MANUAL** : How to put together your new KayakPro D1 MultiStroke 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** - MultiStroke requires a working area of:  
TOTAL WIDTH ..... 150 cm (60")  
TOTAL HEIGHT ..... 215 cm (84")  
TOTAL LENGTH + SPACE BEHIND FOR PADDLE  
SHAFT RECOVERY ..... 255 cm (100")
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 MultiStroke Egrometers the user accepts all and full responsibility for self.



ATHENS 2004



Beijing 2008

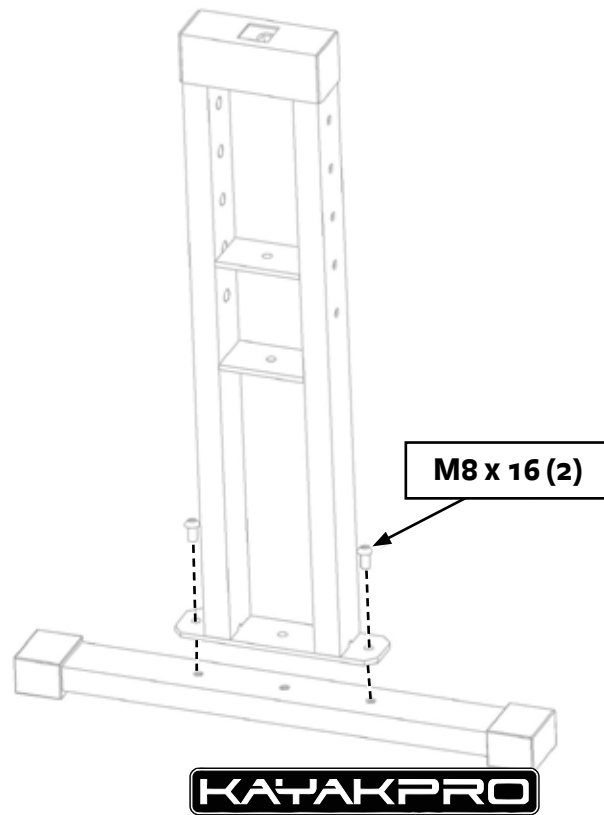
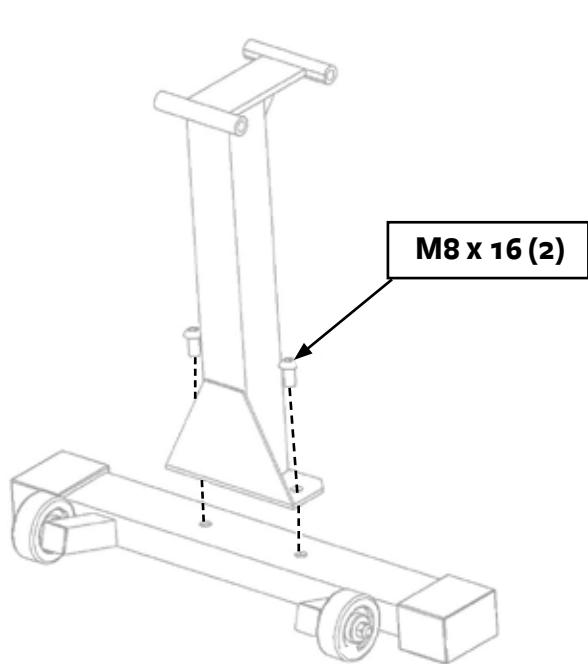


london 2012

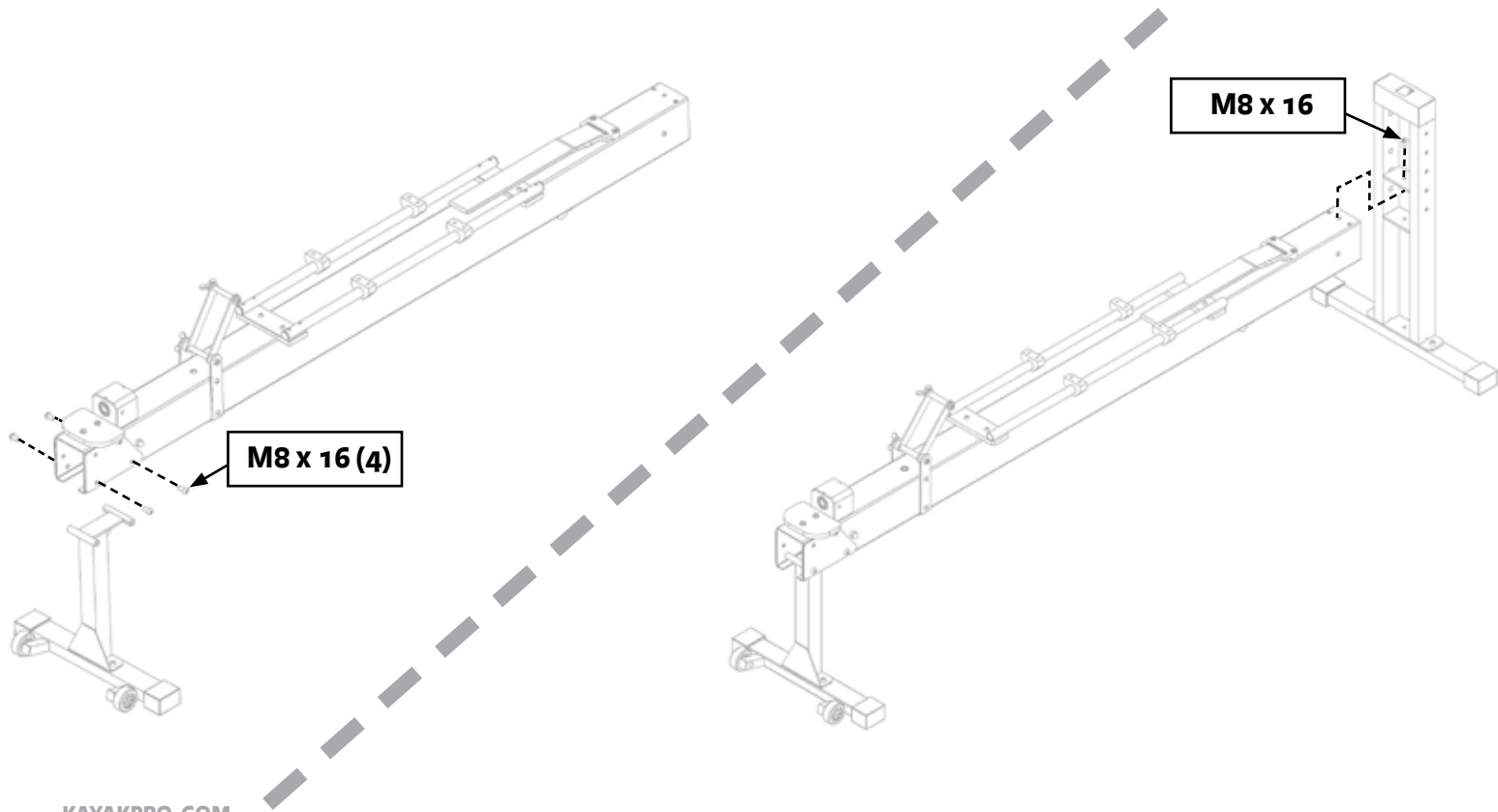


KAYAKPRO USA LLC OFFICIAL SUPPLIERS OF  
KAYAK AND CANOE ERGOMETERS TO THE  
2004, 2008 AND 2012 OLYMPIC GAMES

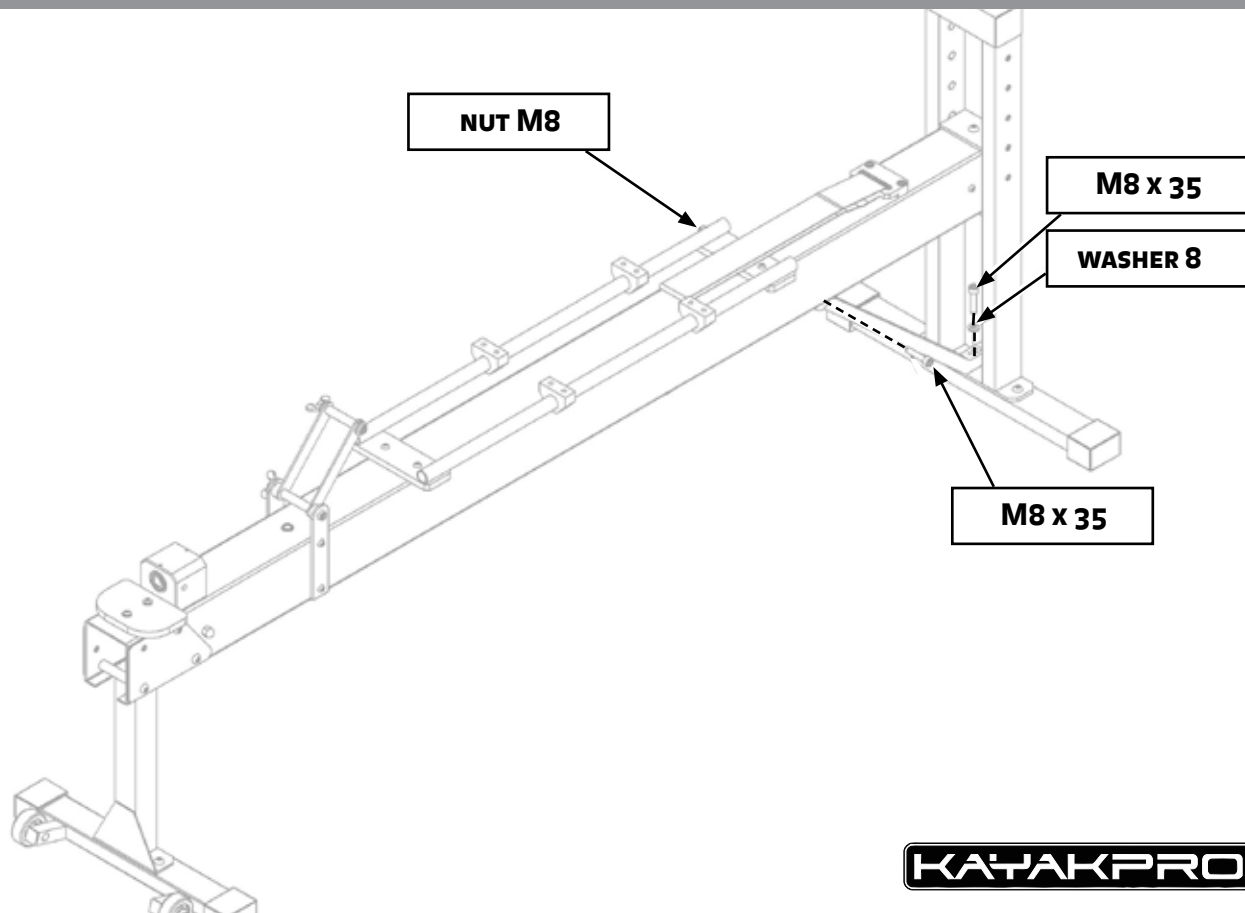
# STEP 1 & 2 D1 ASSEMBLY



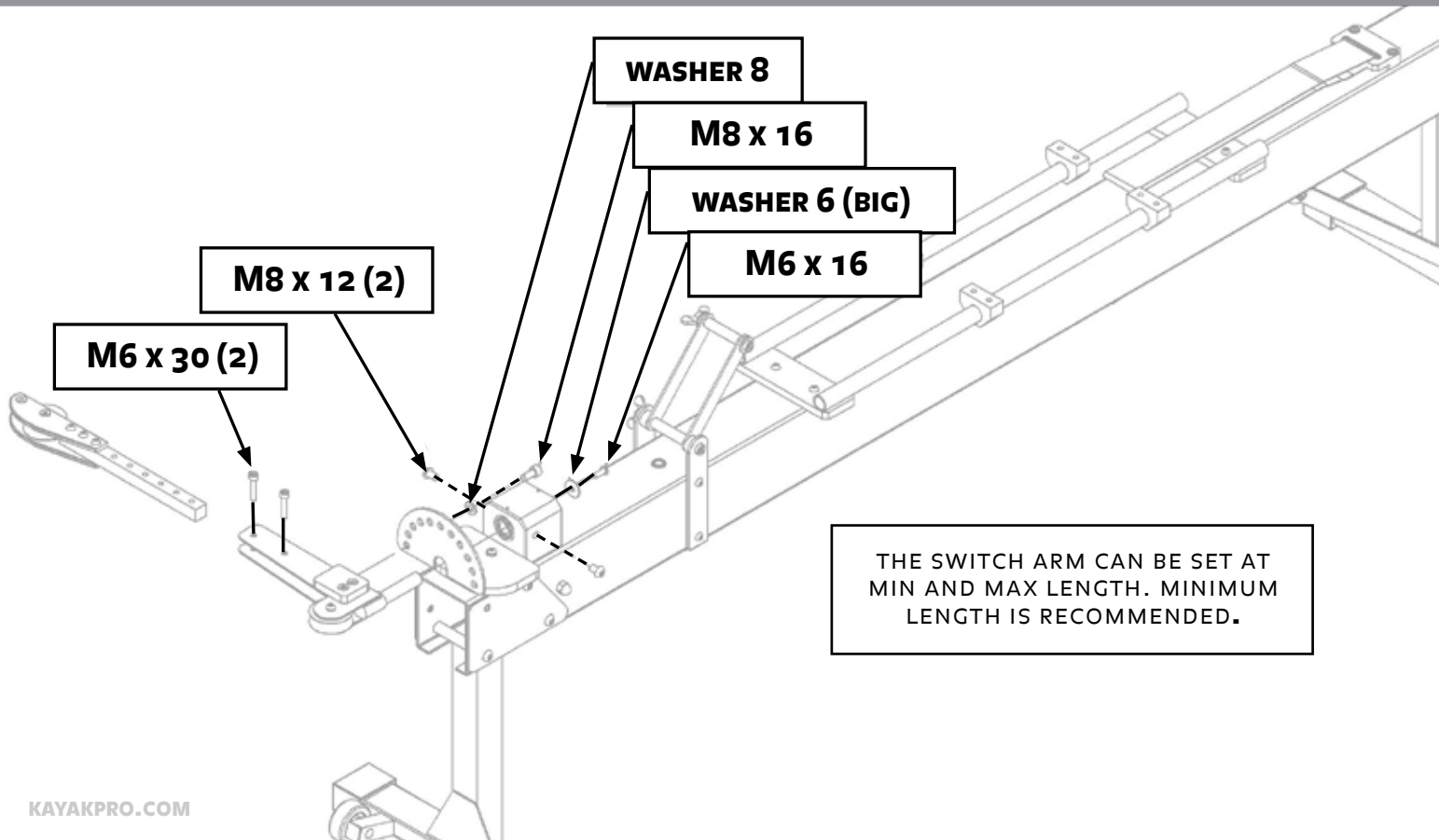
# STEP 3 & 4 D1 ASSEMBLY



# STEP 5 D1 ASSEMBLY

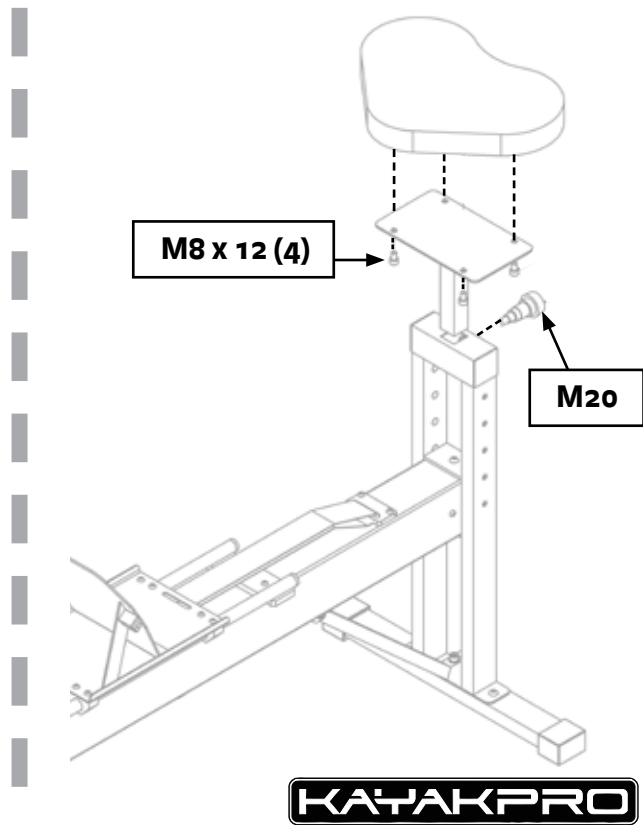
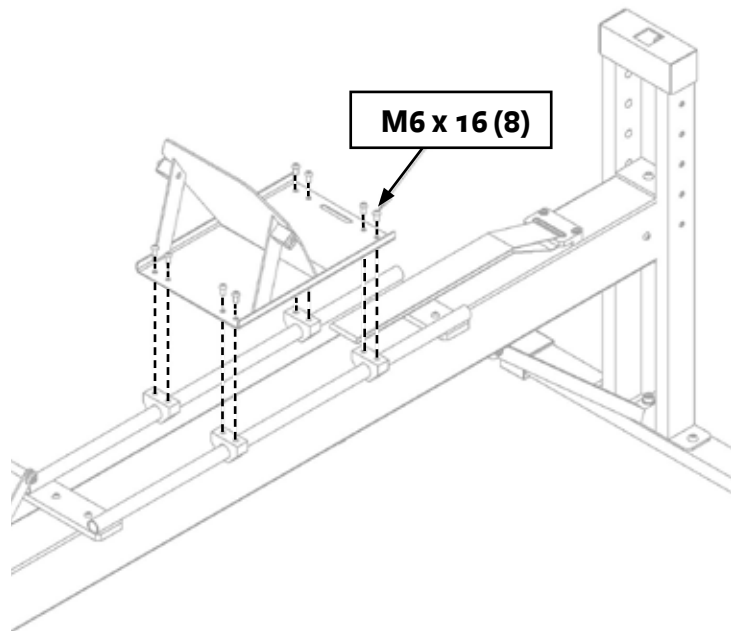


# STEP 6 D1 ASSEMBLY

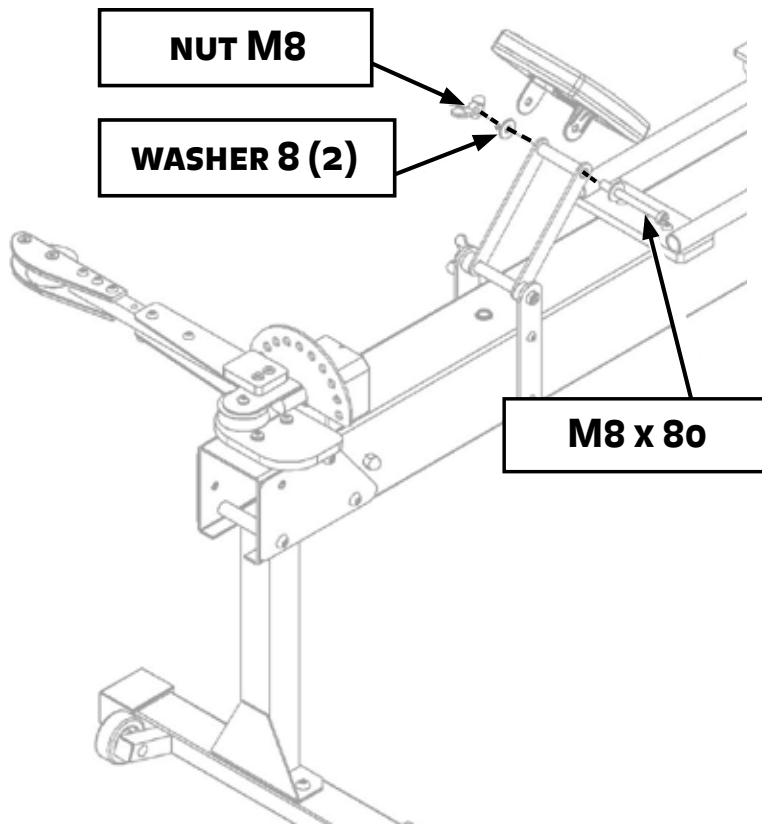
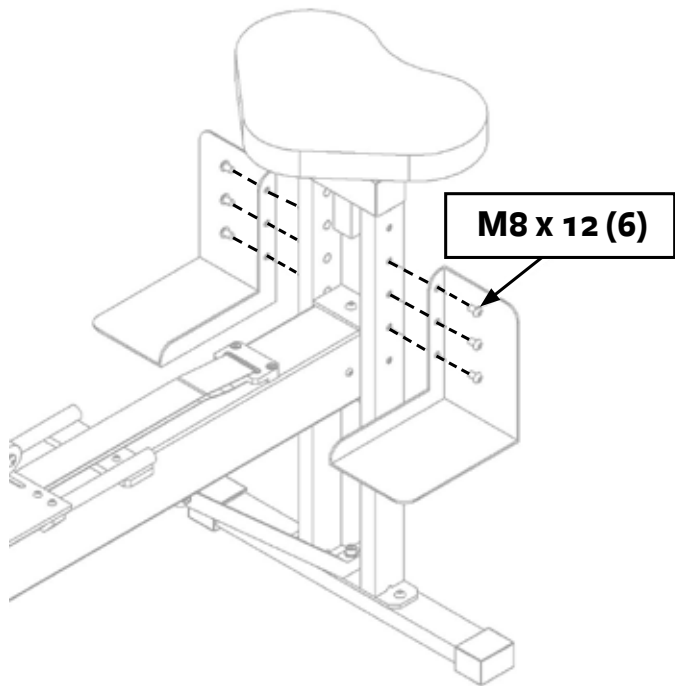


THE SWITCH ARM CAN BE SET AT MIN AND MAX LENGTH. MINIMUM LENGTH IS RECOMMENDED.

# STEP 7 & 8 D1 ASSEMBLY

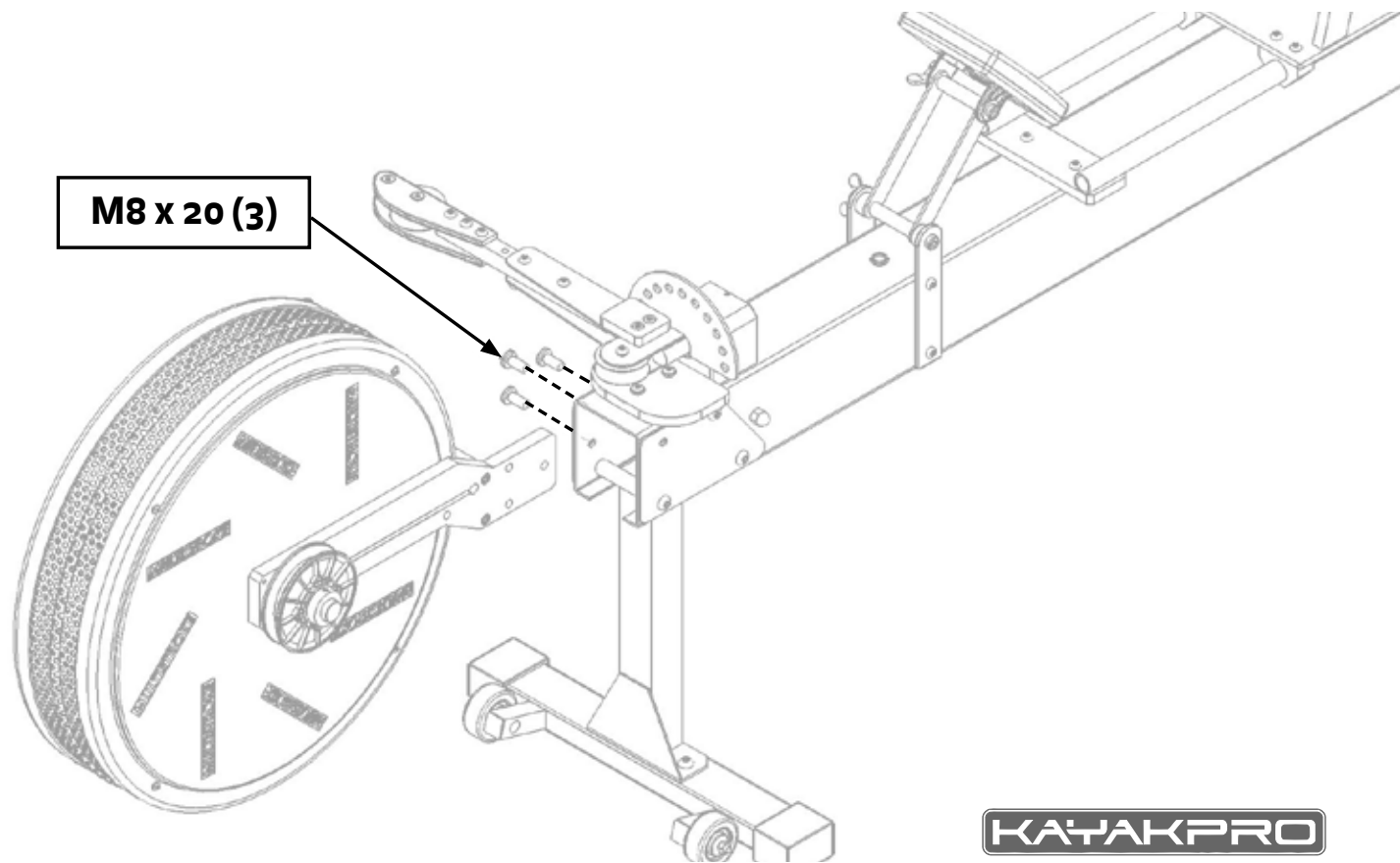


# STEP 9 & 10 D1 ASSEMBLY



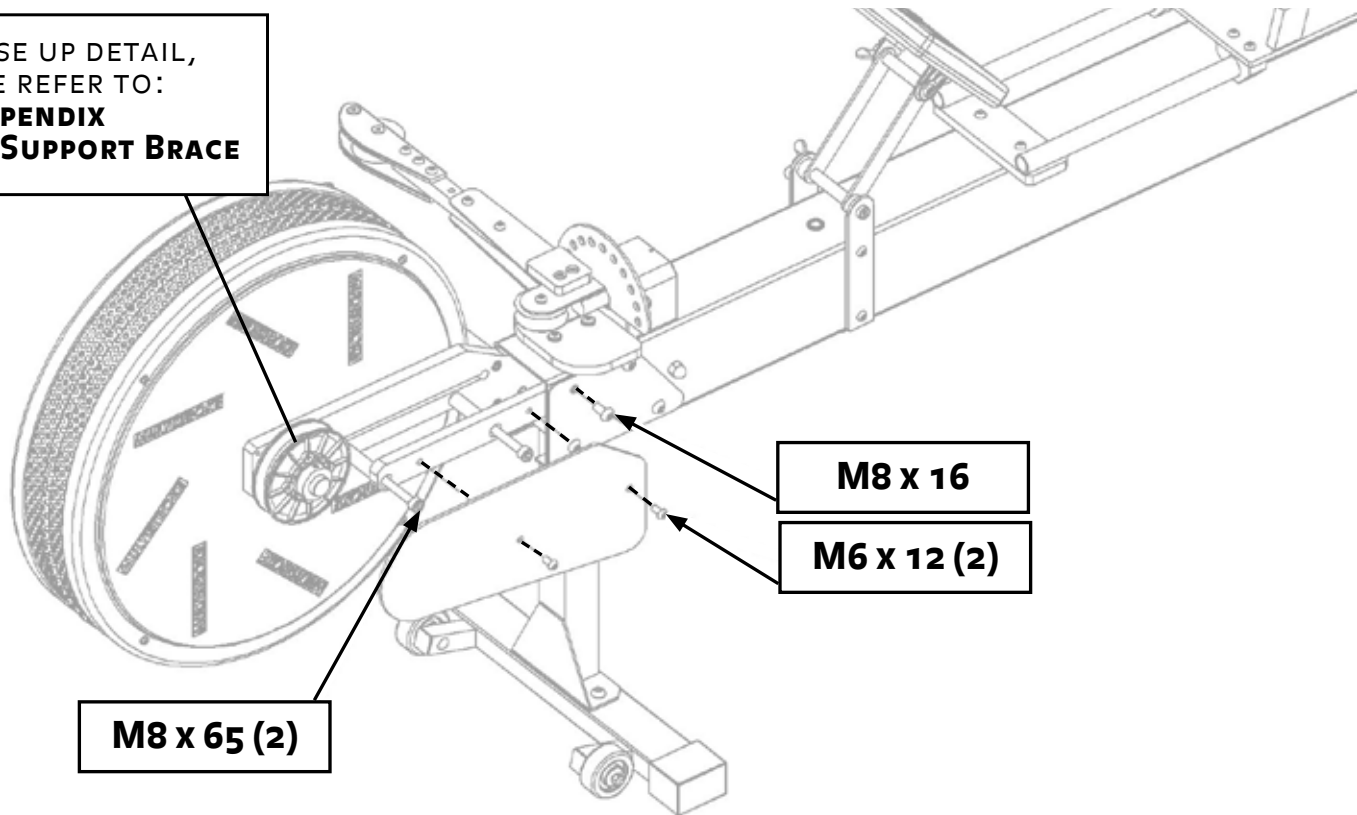


# STEP 11 D1 ASSEMBLY



# STEP 12 D1 ASSEMBLY

FOR CLOSE UP DETAIL,  
PLEASE REFER TO:  
**APPENDIX  
FLYWHEEL SUPPORT BRACE**

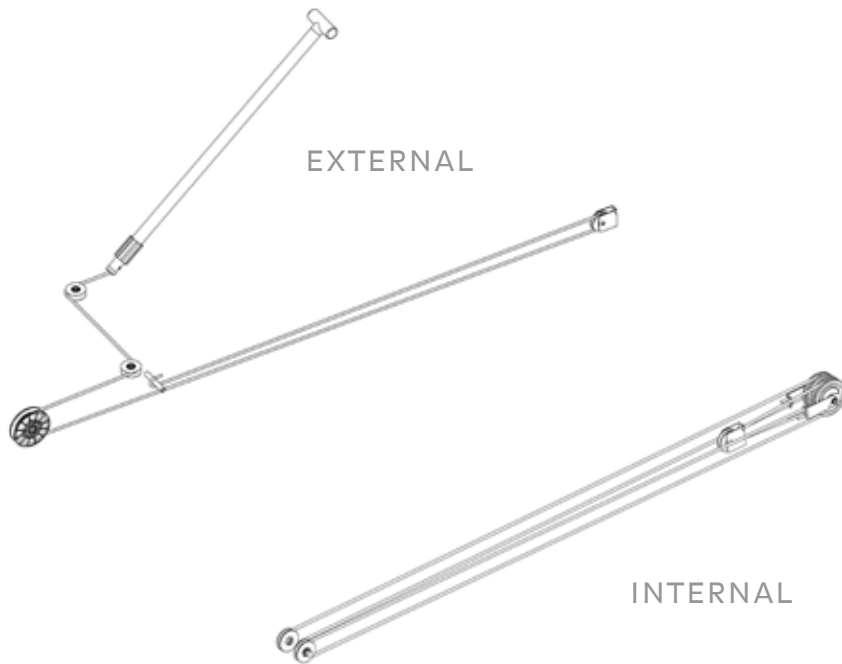


# APPENDIX

## INTERNAL ROPE ARRANGEMENT/SCHEMATIC

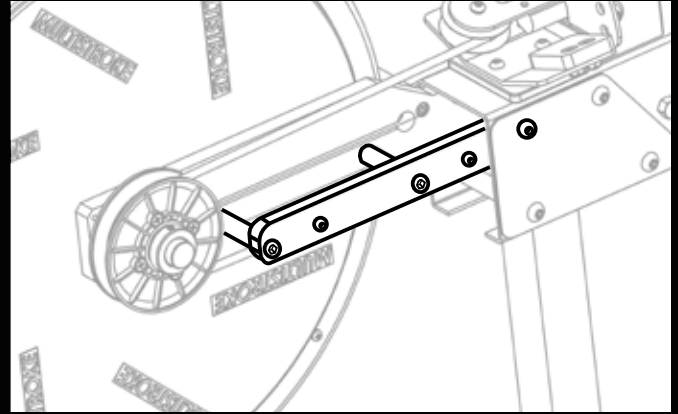
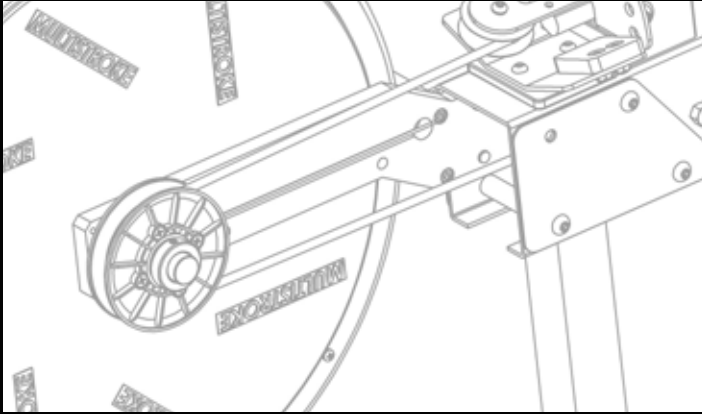
### ROPE END INTO PADDLE SHAFT

YOU CAN ADJUST THE LENGTH OF THE ROPE HERE



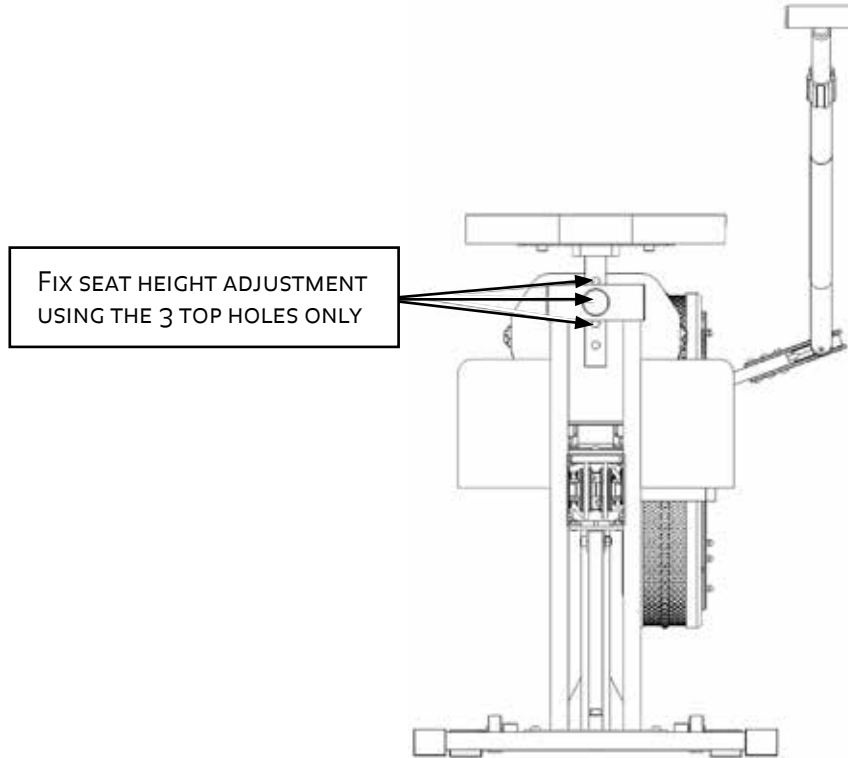
# APPENDIX

## FLYWHEEL & SUPPORT ARRANGEMENTS



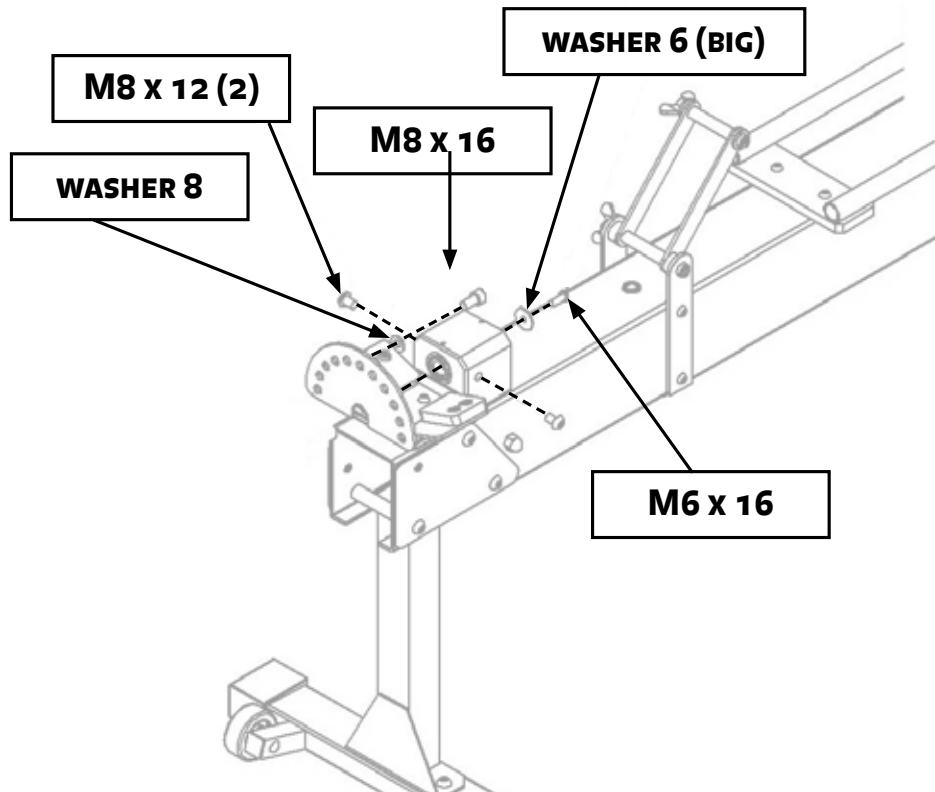
# APPENDIX

## REAR VIEW / SEAT HEIGHT ADJUSTMENT



# APPENDIX

## 01 TO D1

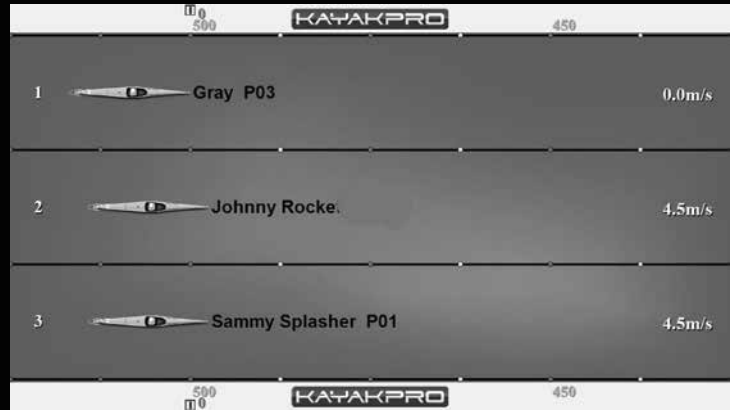


# AVAILABLE SOFTWARE TO ENHANCE MULTISTROKE PERFORMANCE

## iRACEEXPRESS >>>

iRaceExpress is KayakPro's Interactive; real-time Regatta course format based interactive software.

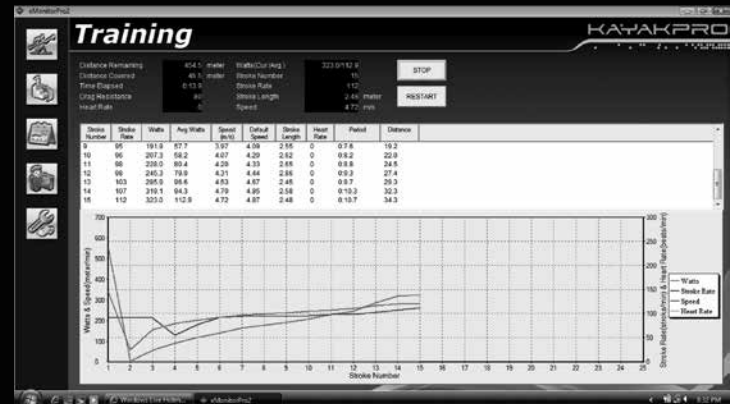
iRaceExpress allows one or multiple MultiStroke Ergometers to be connected together on a custom settable interactive regatta course. iRaceExpress allows you to train individually with live partners - or you have the option to set up to 9 other virtual pace paddlers to accompany you and your paddling partners. The iRaceExpress software also allows you to set variable split and pace times for the pace paddlers.



## eMONITORPRO2 >>>

eMonitorPro2 is the leading analytical scientific and evaluation software, able to record your training data from your MultiStroke Ergometer. It is able to display in graphic or numeric formats, isolating individual parameters to display/analyze and even overlay to compare them.

**KAYAKPRO SOFTWARE CAN BE FOUND AT:  
[WWW.KAYAKPRO.COM/MULTISTROKE/SOFTWARE](http://WWW.KAYAKPRO.COM/MULTISTROKE/SOFTWARE)**



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Miami Beach, FL 33141

For a full list of international dealers go to:  
[www.kayakpro.com/multistroke/dealers](http://www.kayakpro.com/multistroke/dealers)

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OFFICIAL SUPPLIERS OF KAYAK ERGOMETERS TO THE  
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Official Ergometer of the  
International Dragon Boat Federation

