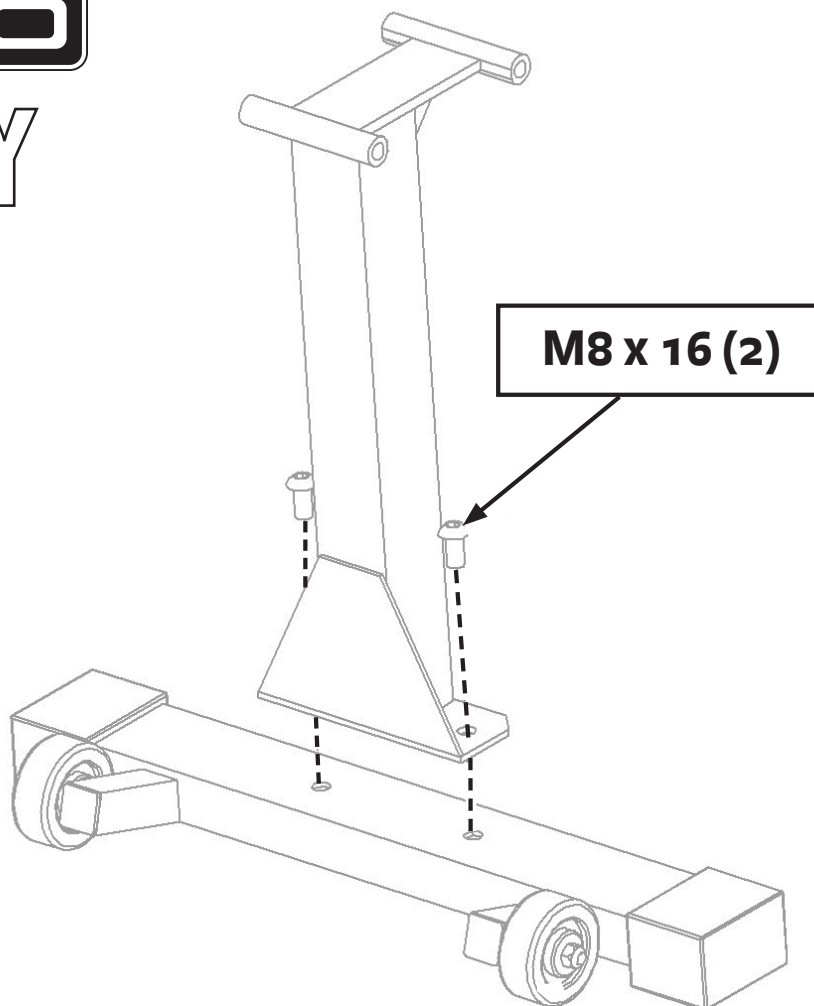


KAYAKPRO

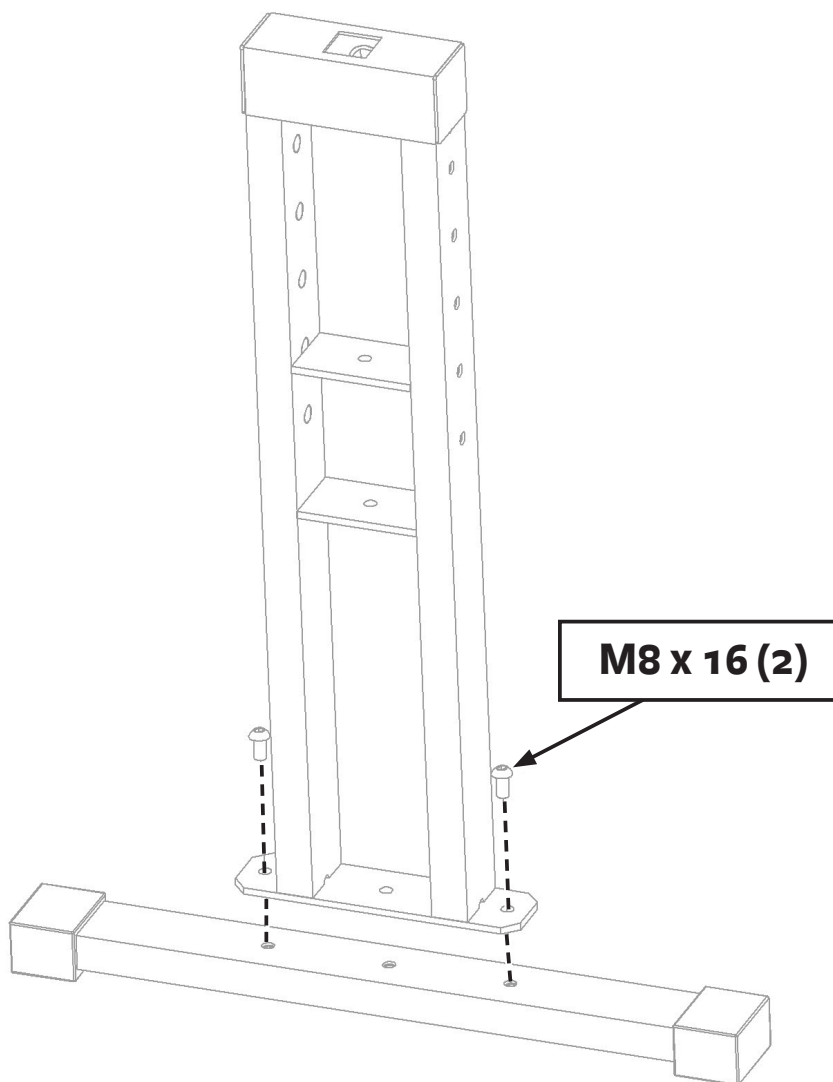
D1 ASSEMBLY

How to put together your KayakPro D1 Ergometer .

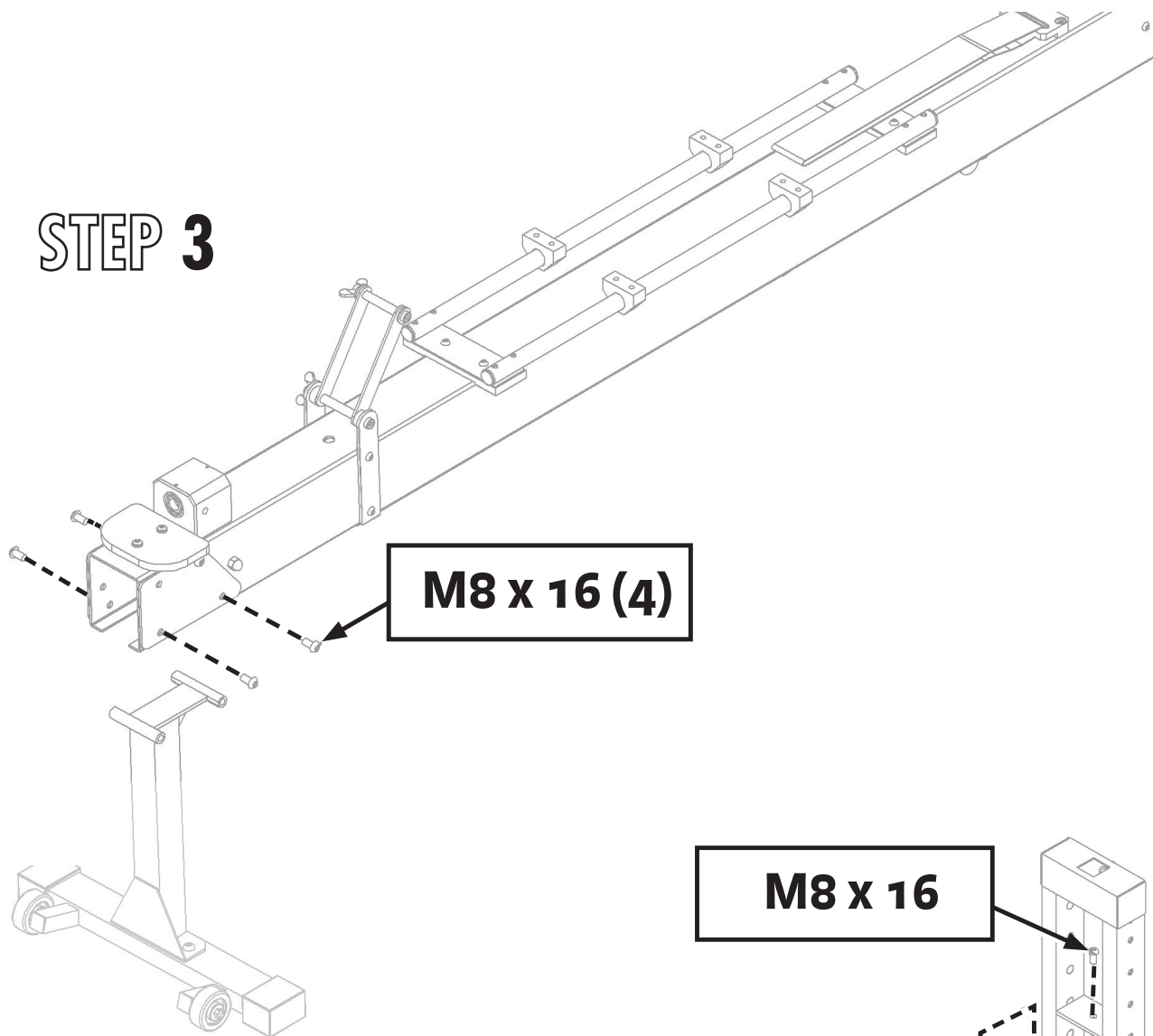
STEP 1



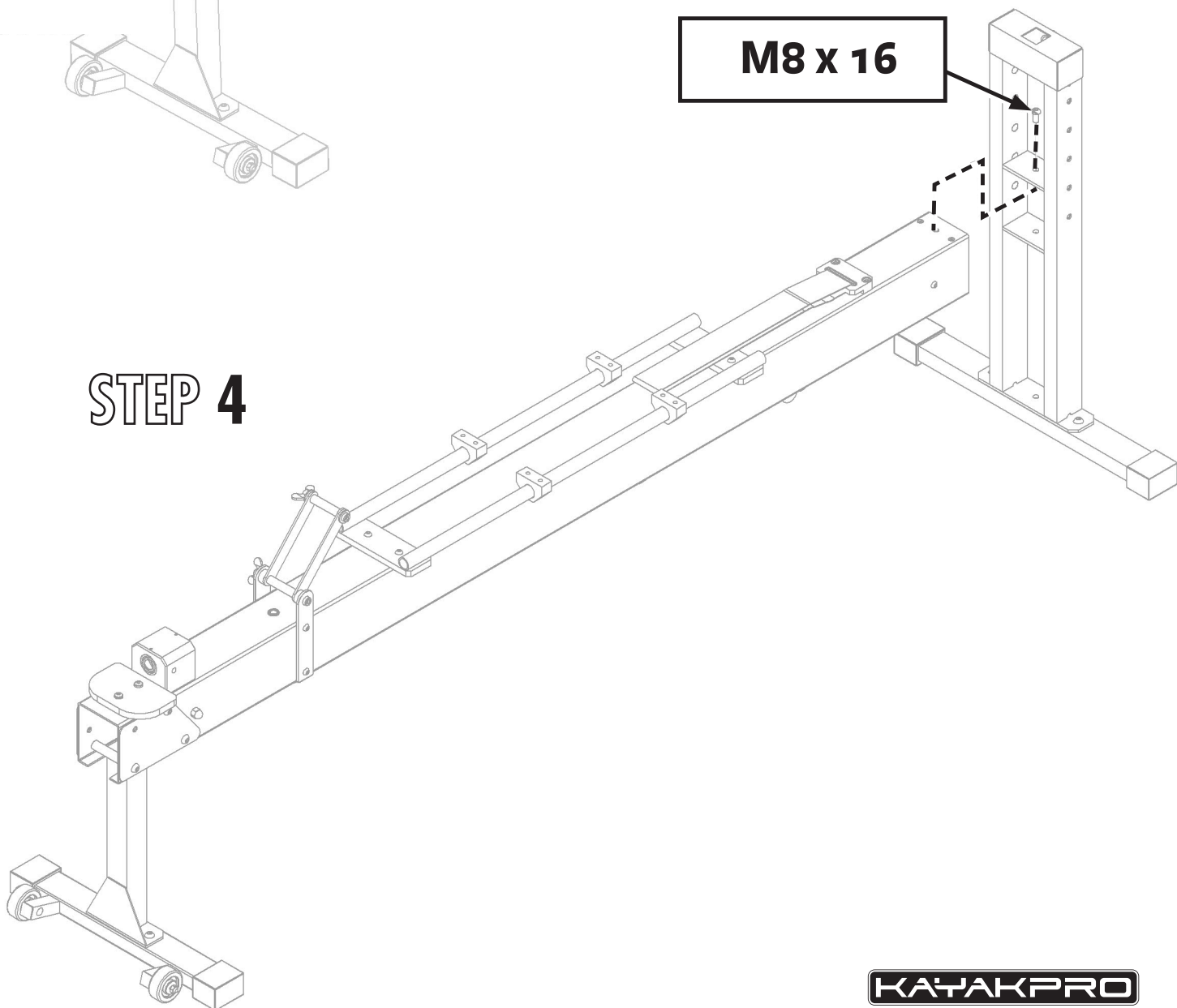
STEP 2



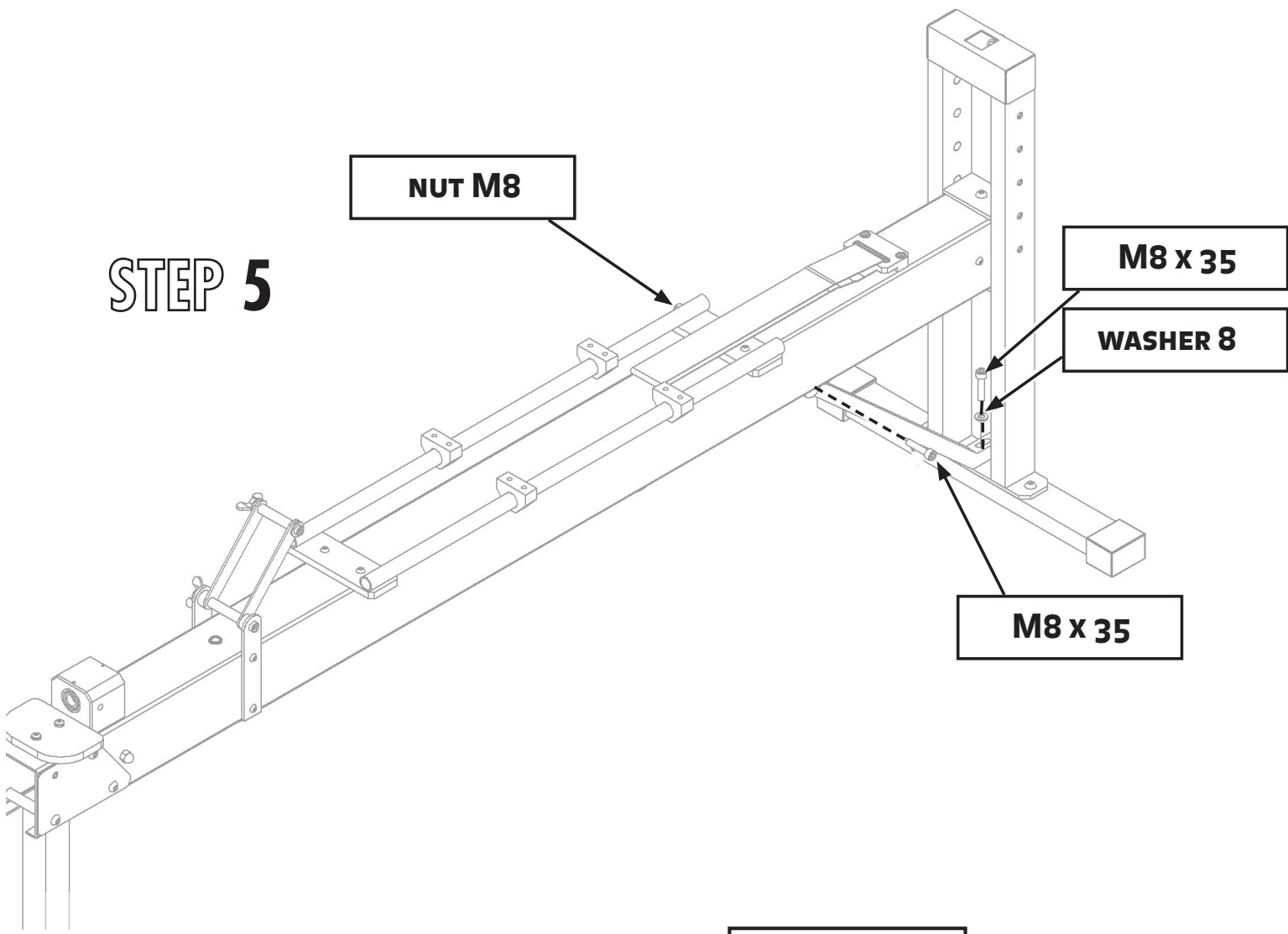
STEP 3



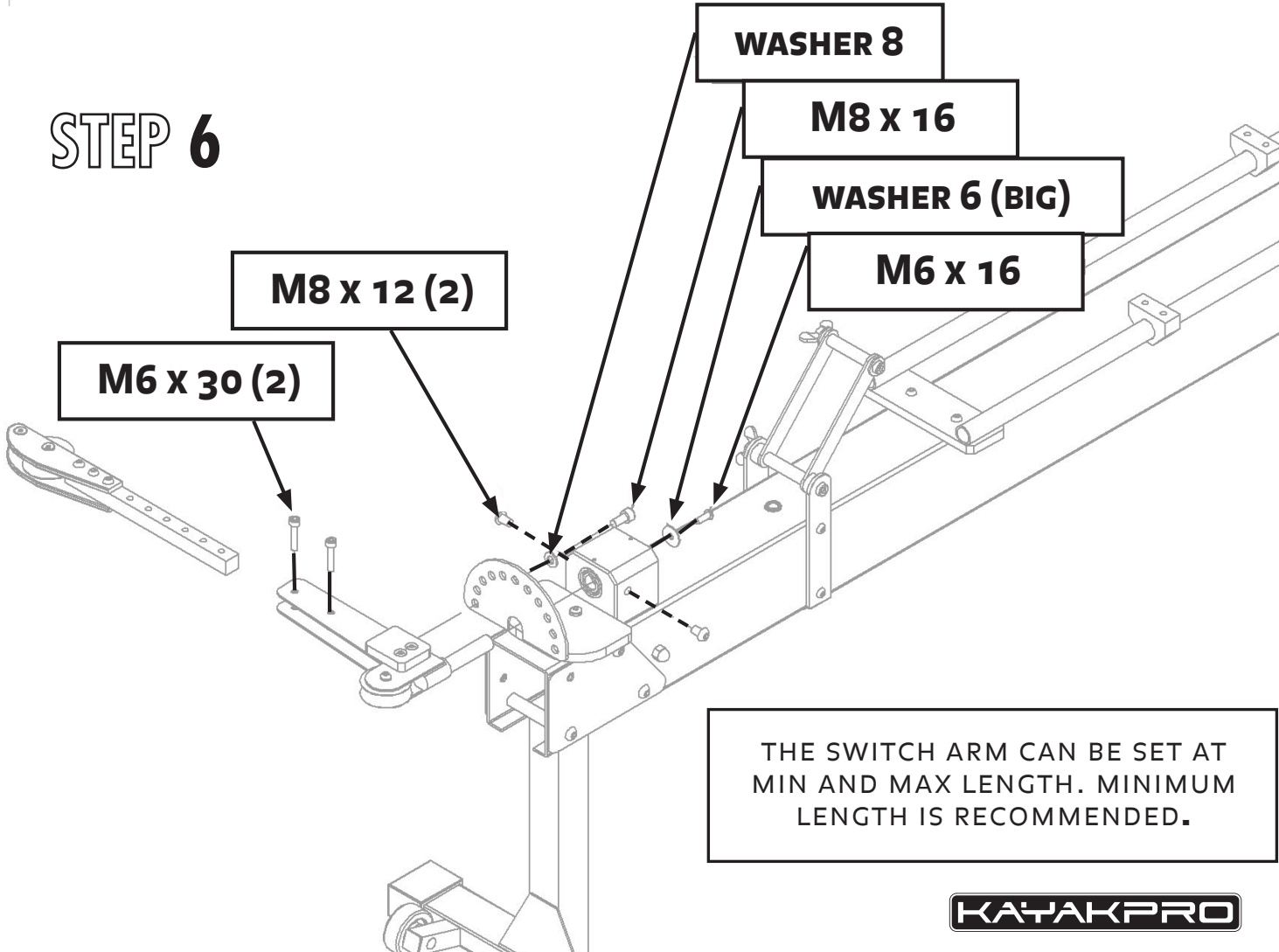
STEP 4



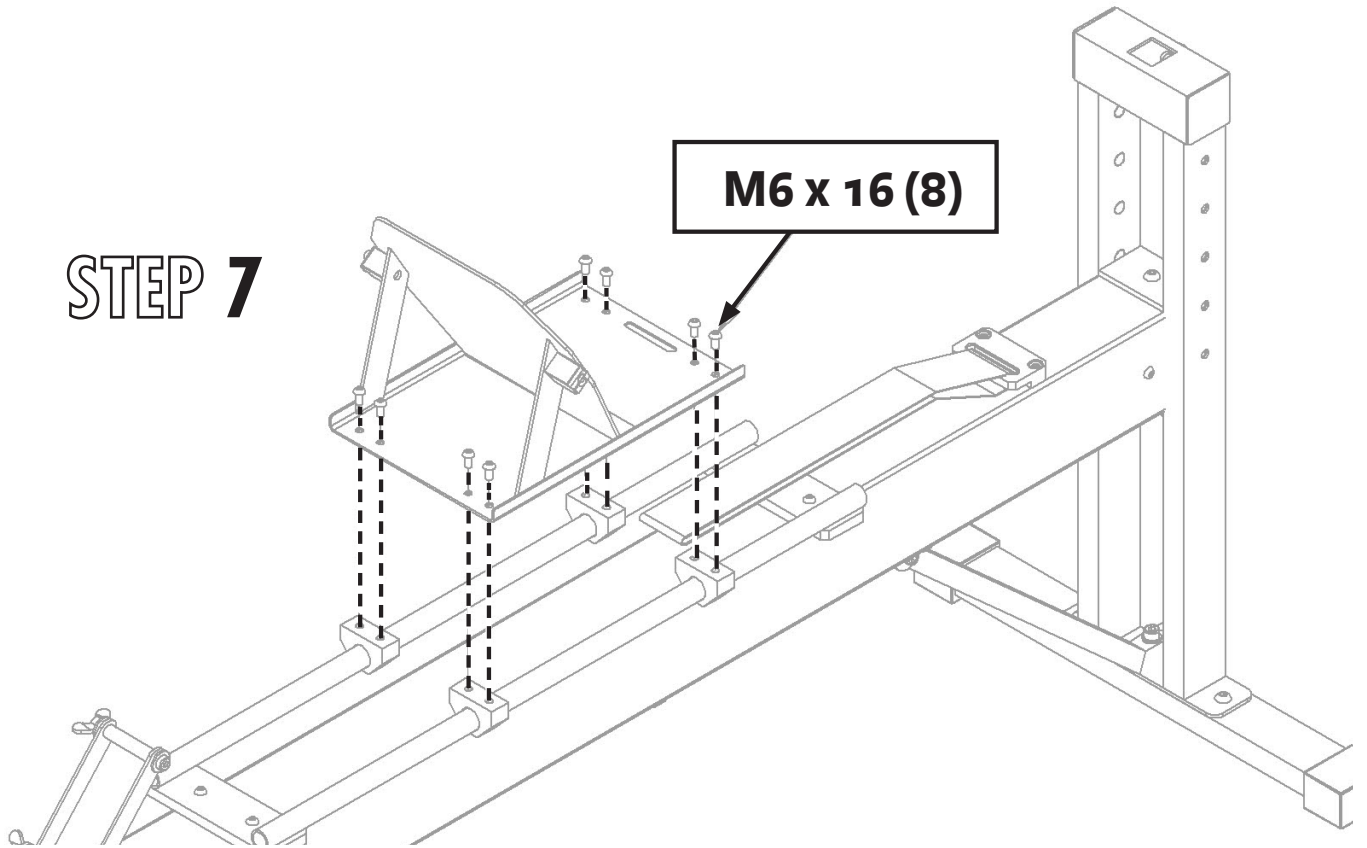
STEP 5



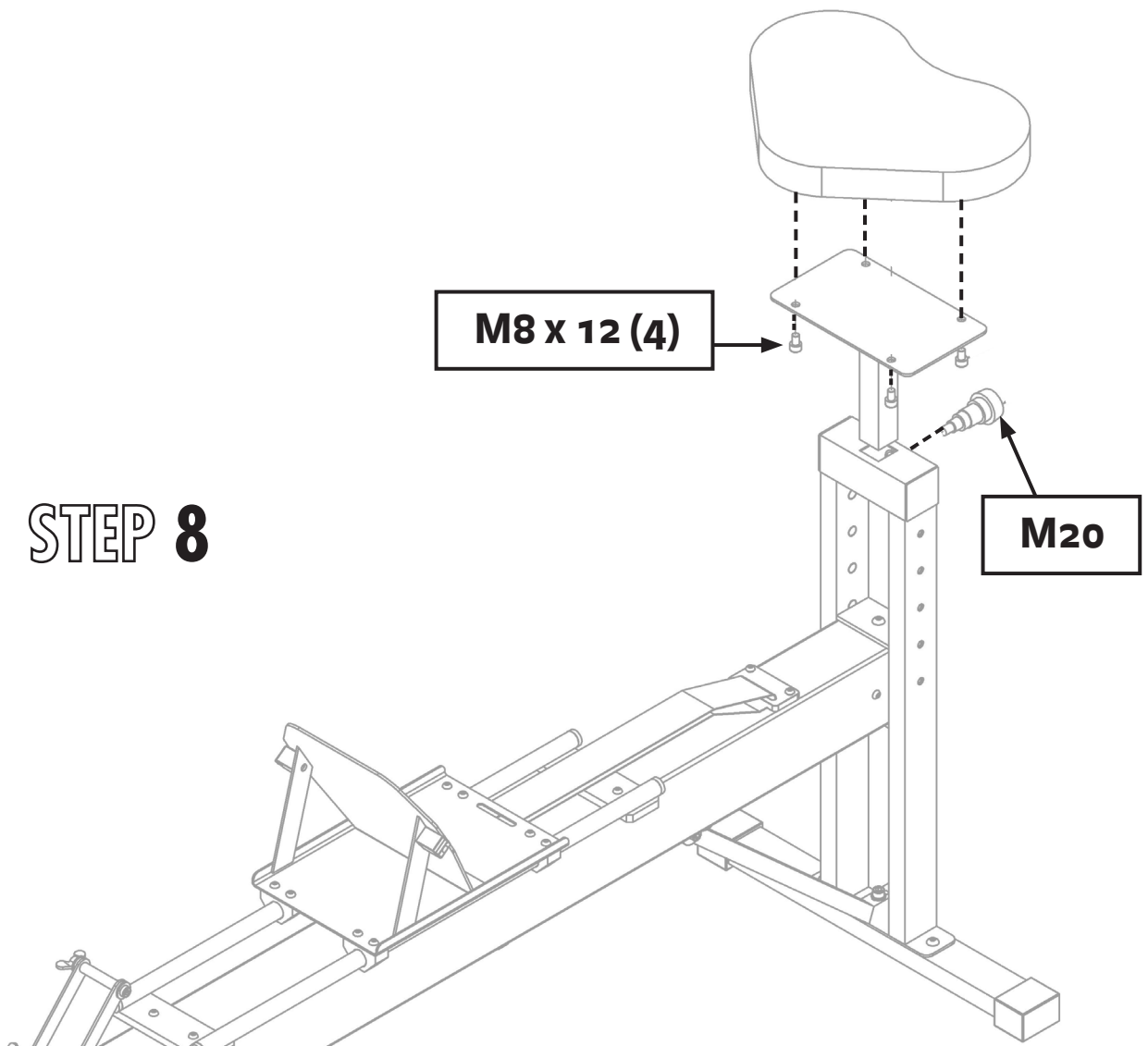
STEP 6



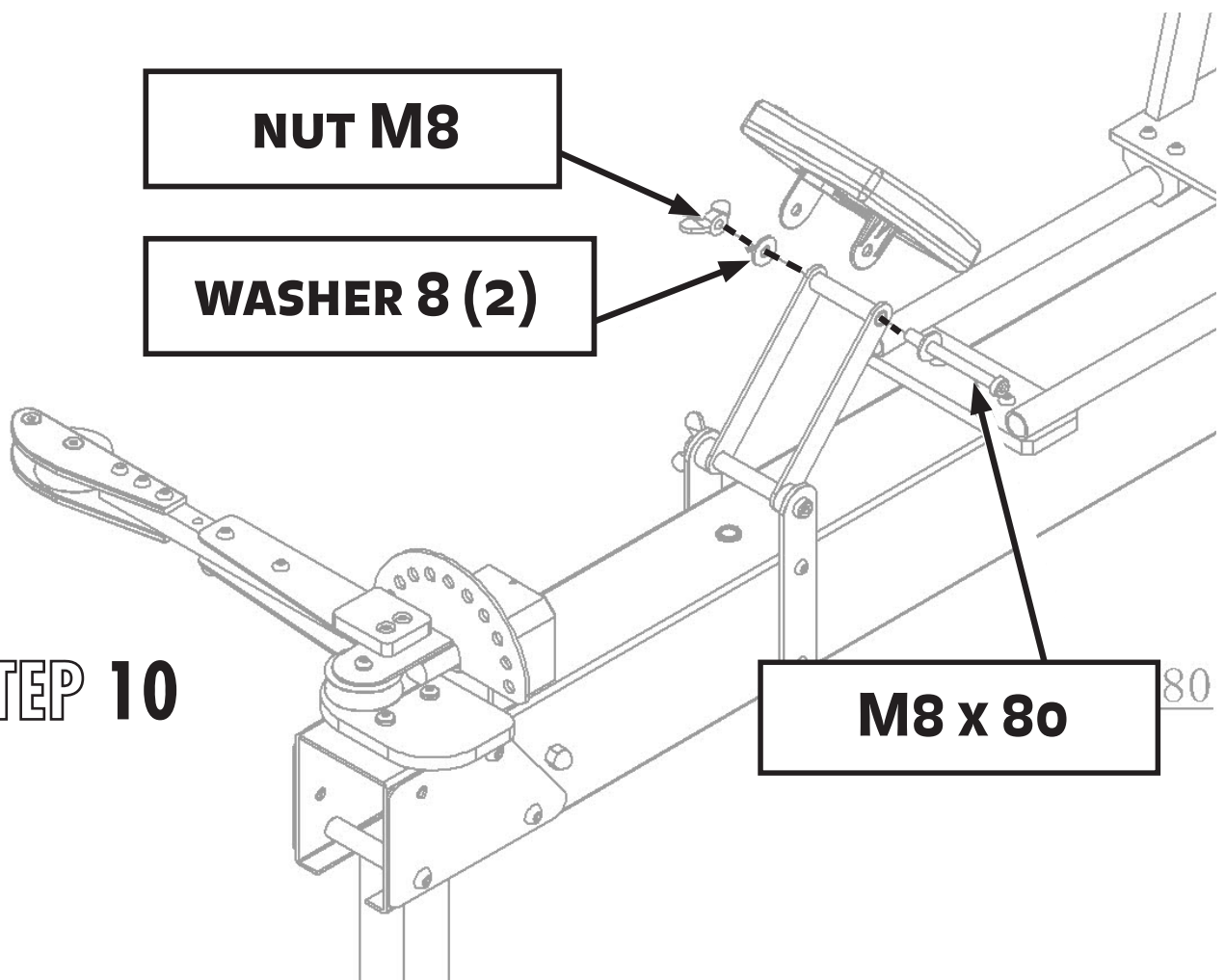
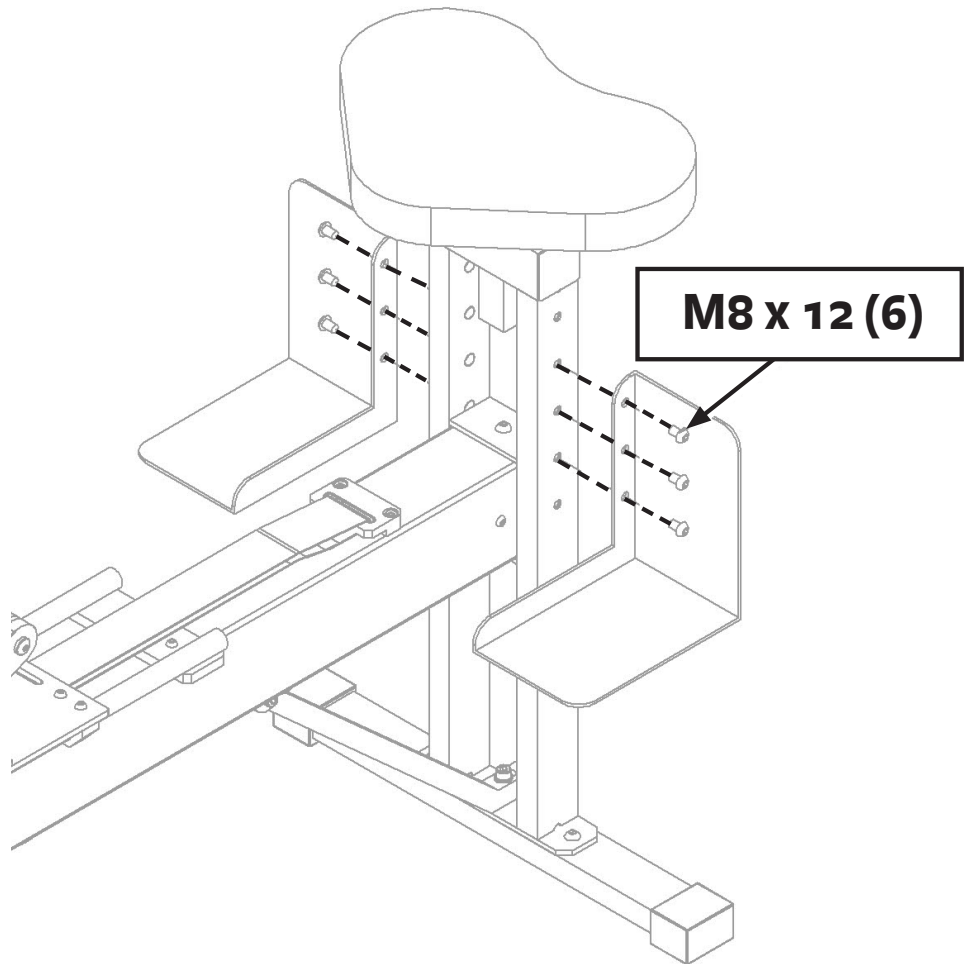
STEP 7



STEP 8

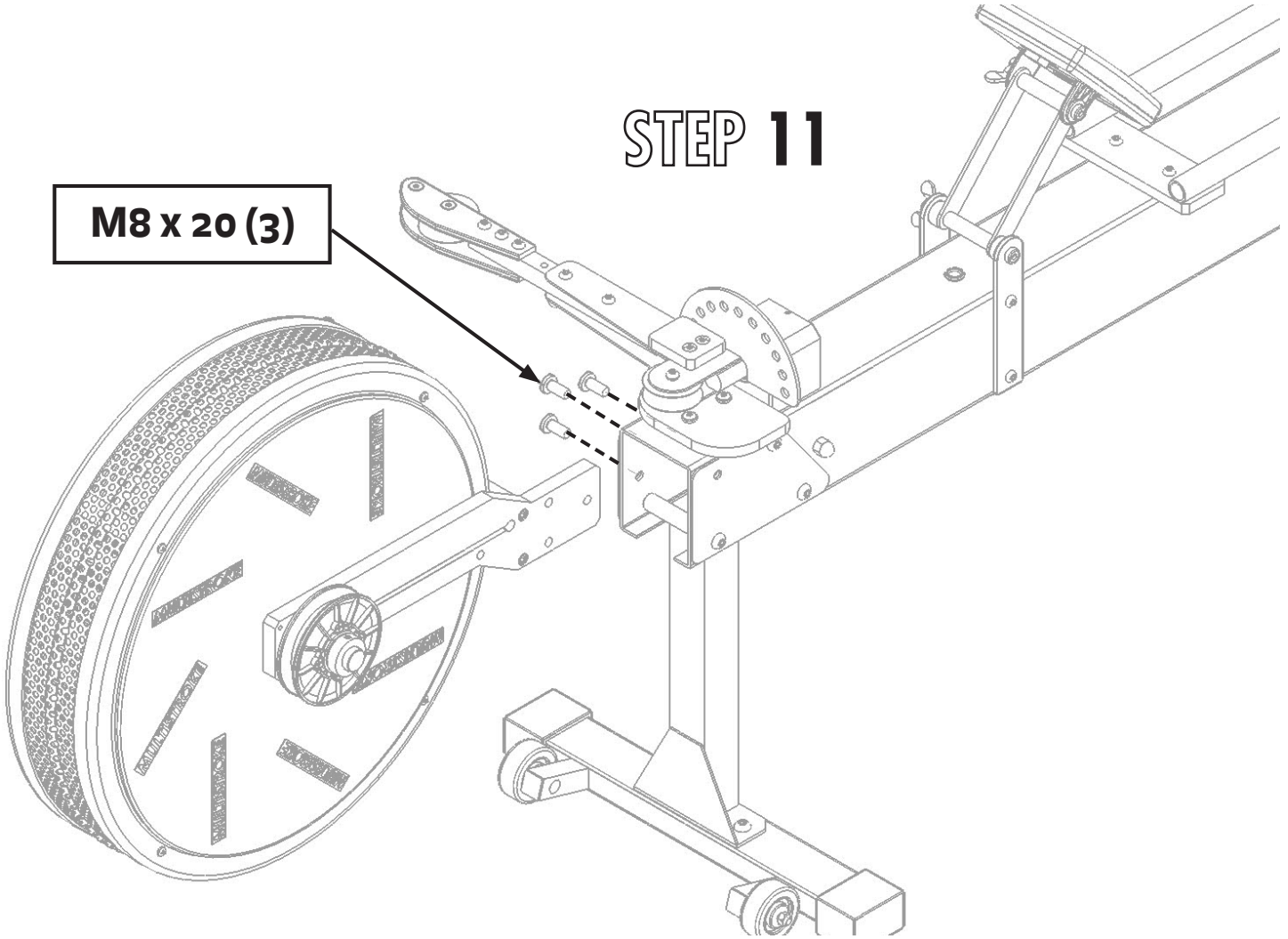


STEP 9



STEP 11

M8 x 20 (3)



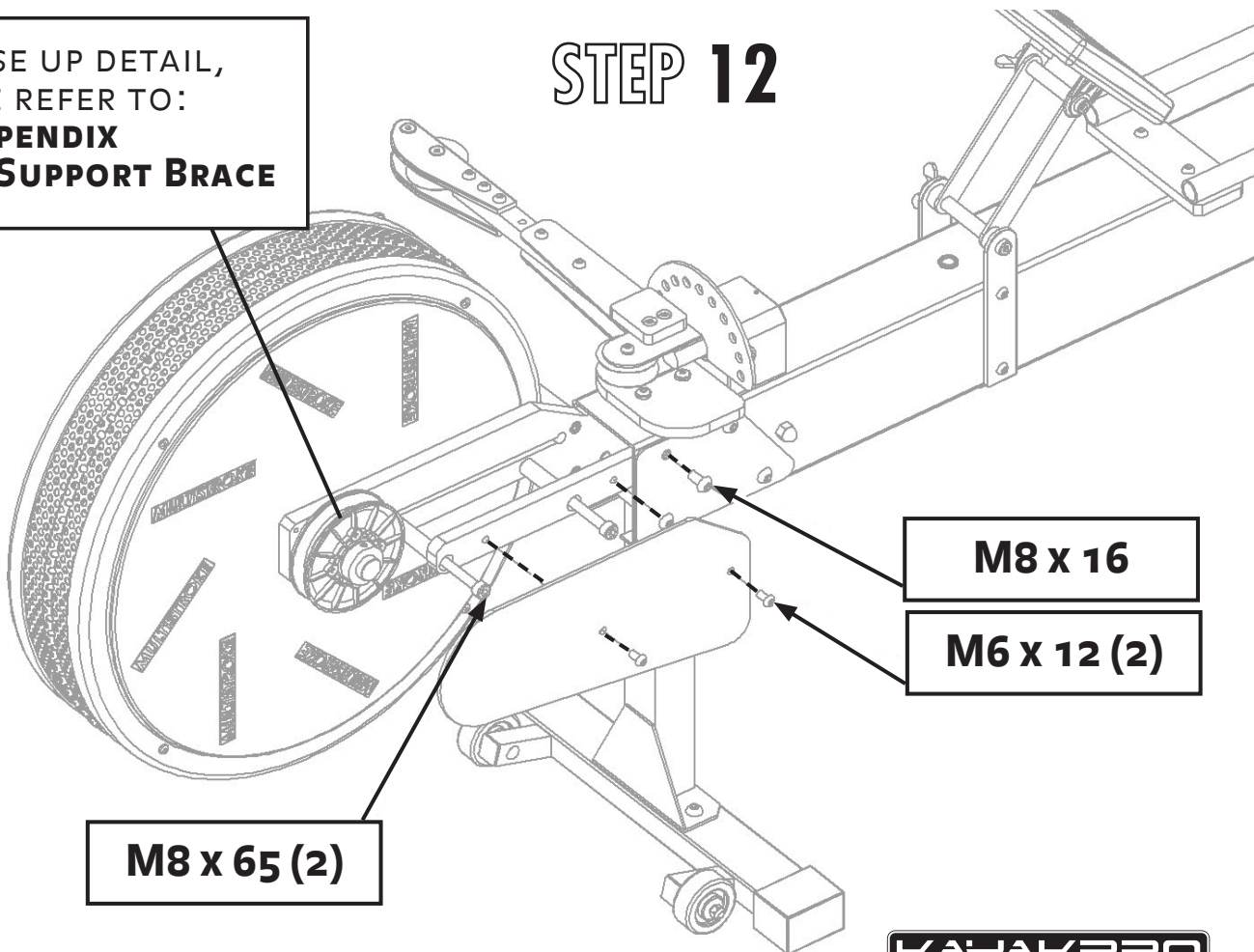
FOR CLOSE UP DETAIL,
PLEASE REFER TO:
**APPENDIX
FLYWHEEL SUPPORT BRACE**

STEP 12

M8 x 65 (2)

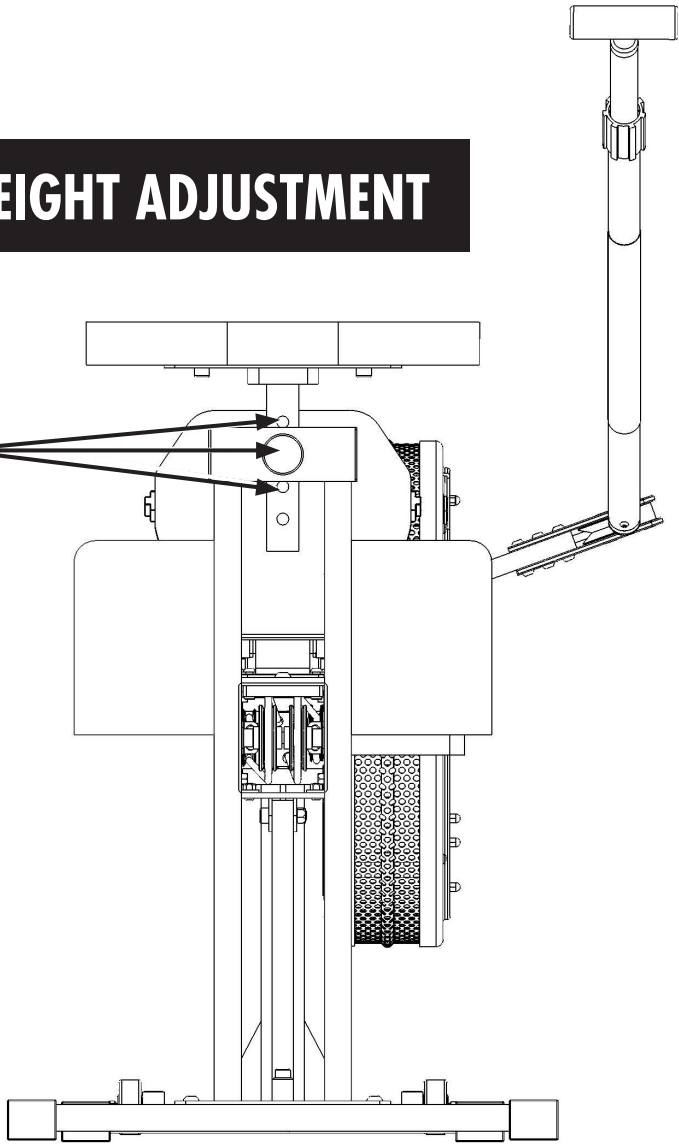
M8 x 16

M6 x 12 (2)

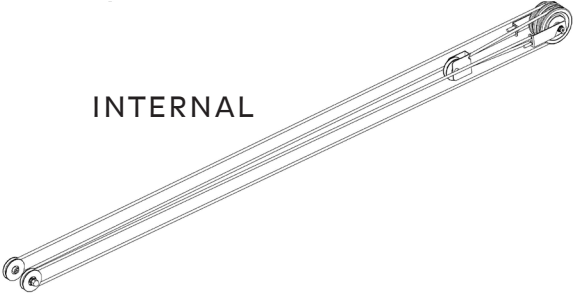
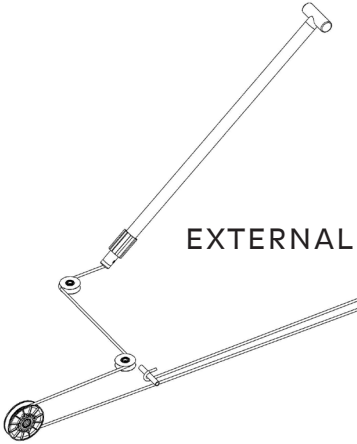


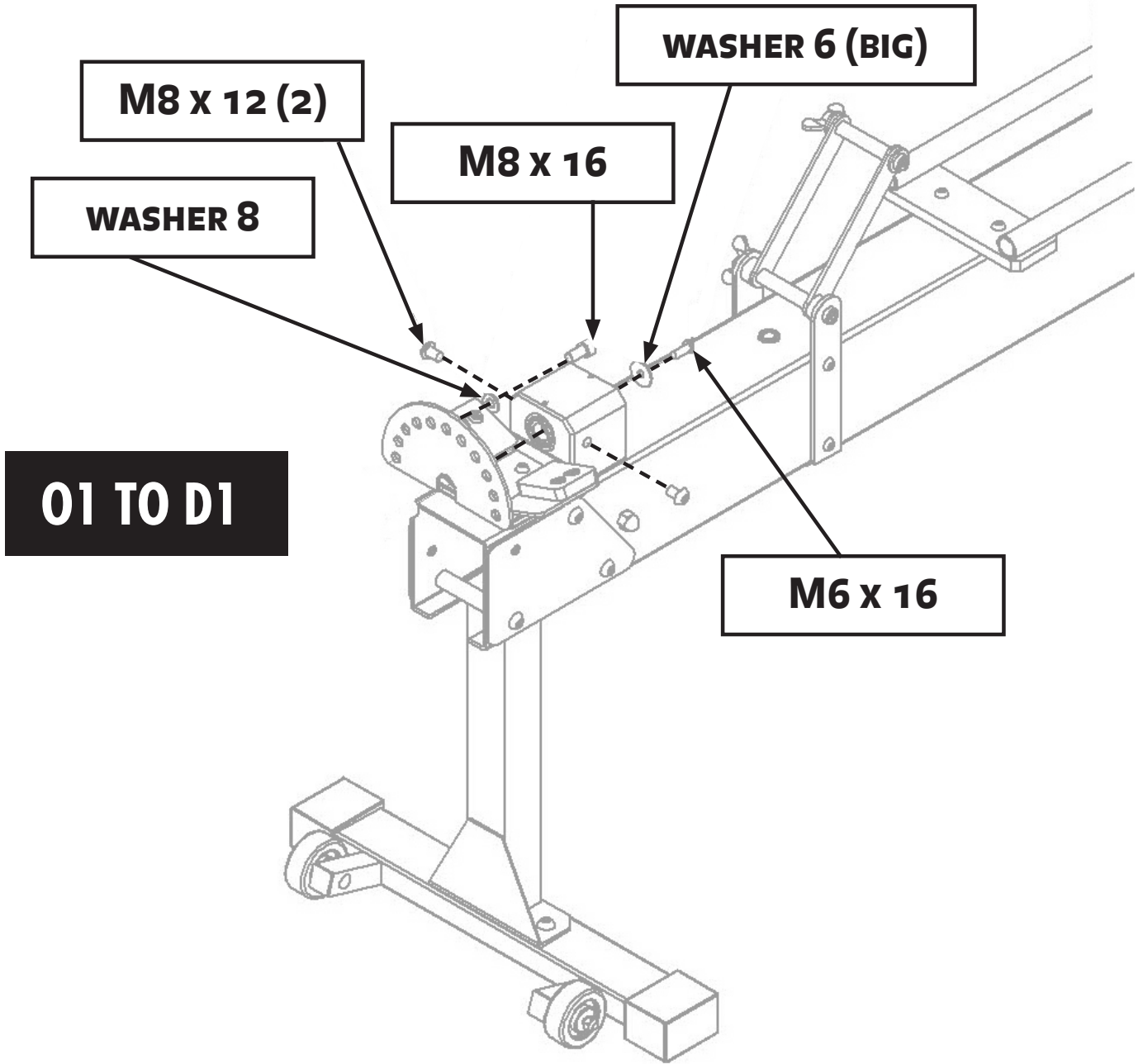
REAR VIEW SEAT HEIGHT ADJUSTMENT

FIX SEAT HEIGHT ADJUSTMENT
USING THE 3 TOP HOLES ONLY

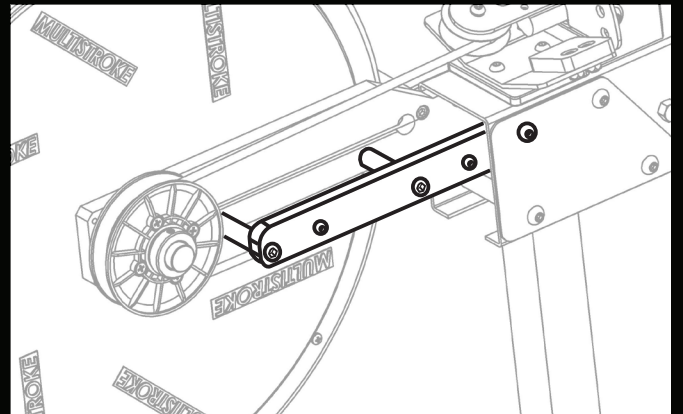
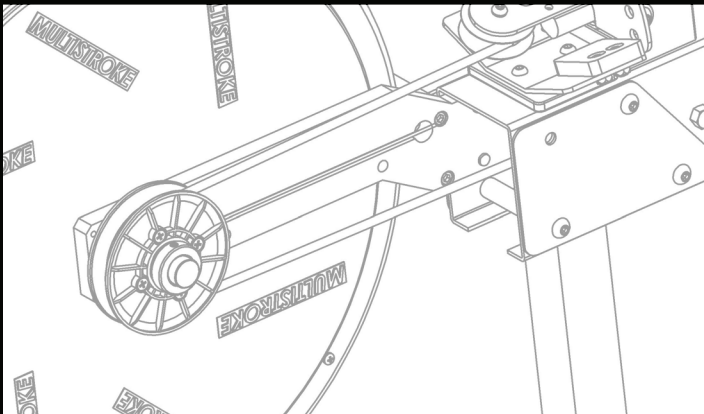


ROPE ARRANGEMENTS





FLYWHEEL & SUPPORT ARRANGEMENTS





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

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

KAYAKPRO.COM
(914) 740-5055

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 ergometers the user accepts all and full responsibility for self.



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



Official Ergometer of the
International Dragonboat Federation