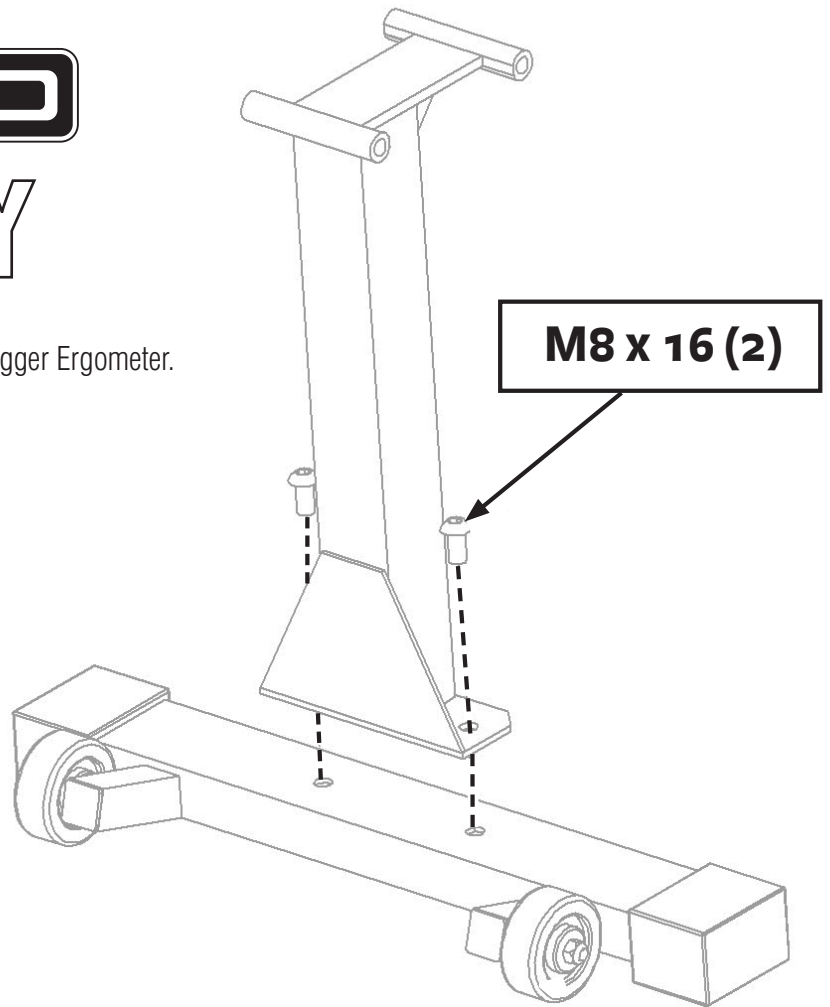


# KAYAKPRO

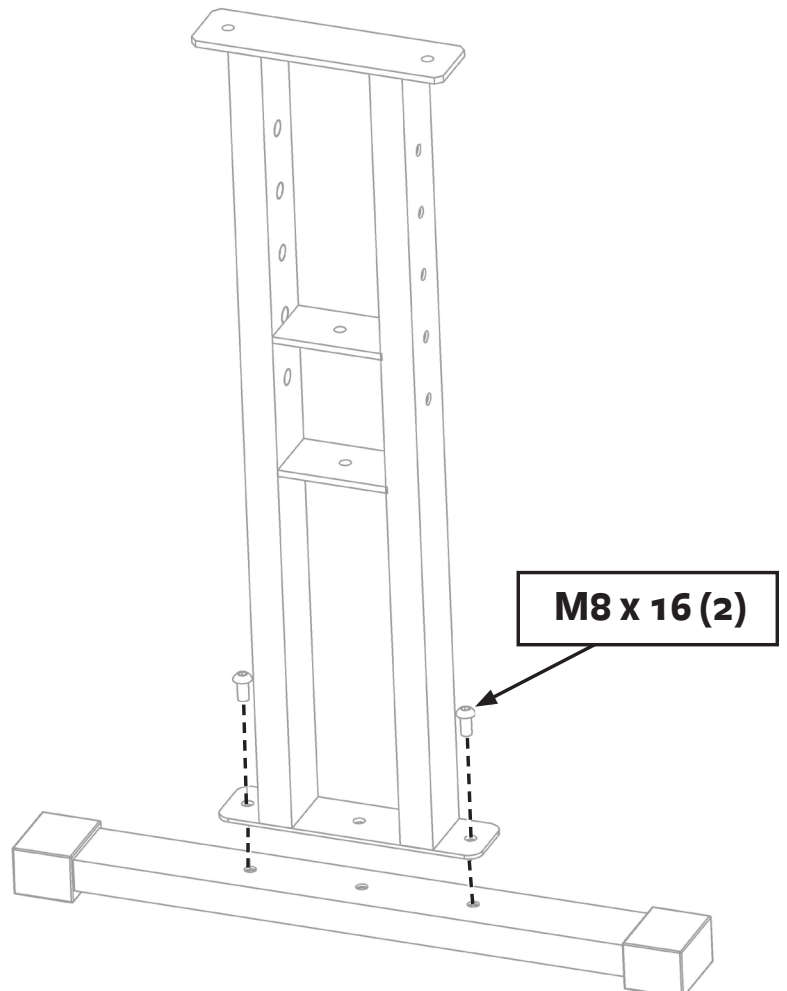
## 01 ASSEMBLY

How to assemble your KayakPro 01-M MultiStroke Outrigger Ergometer.

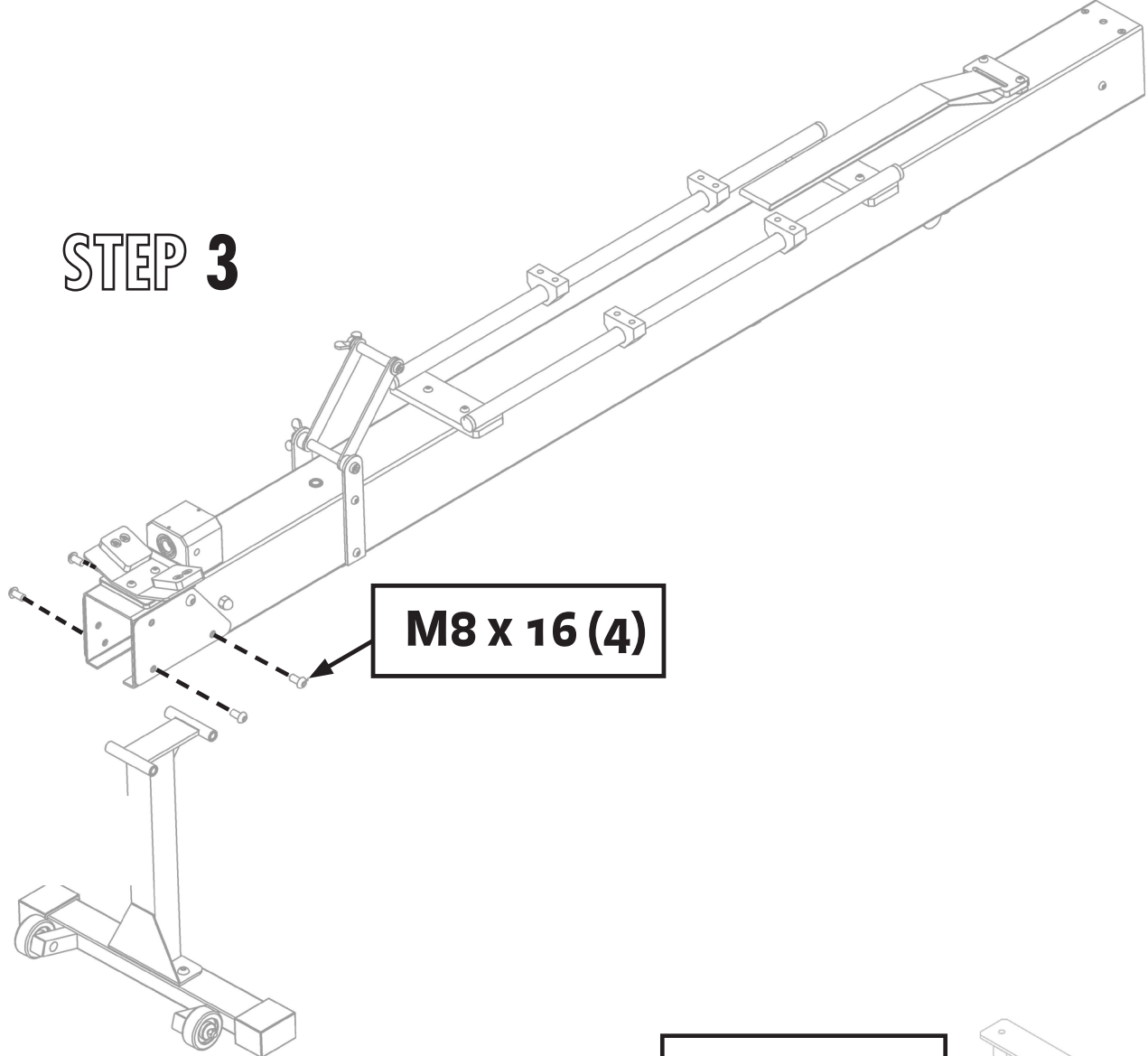
### STEP 1



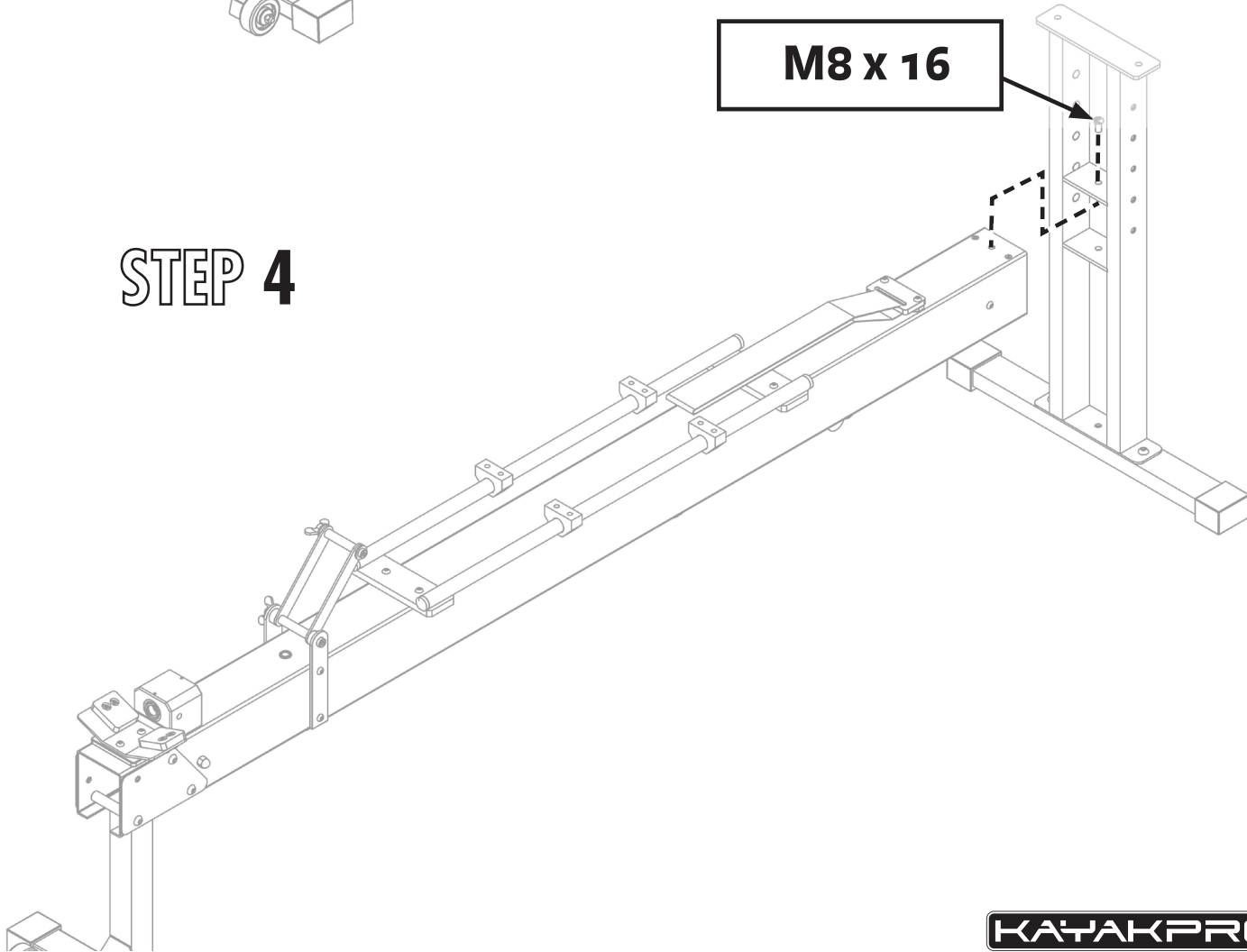
### STEP 2



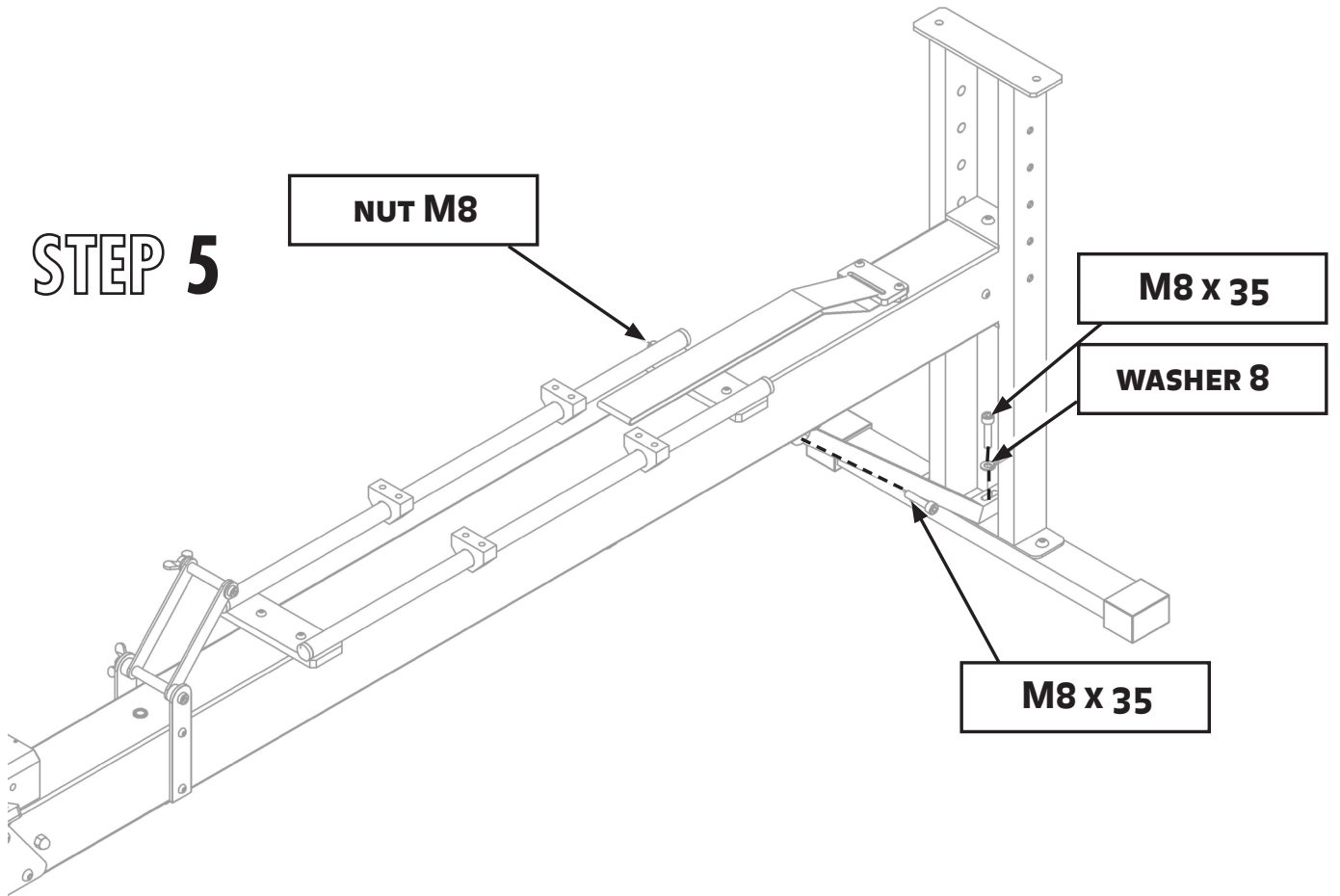
### STEP 3



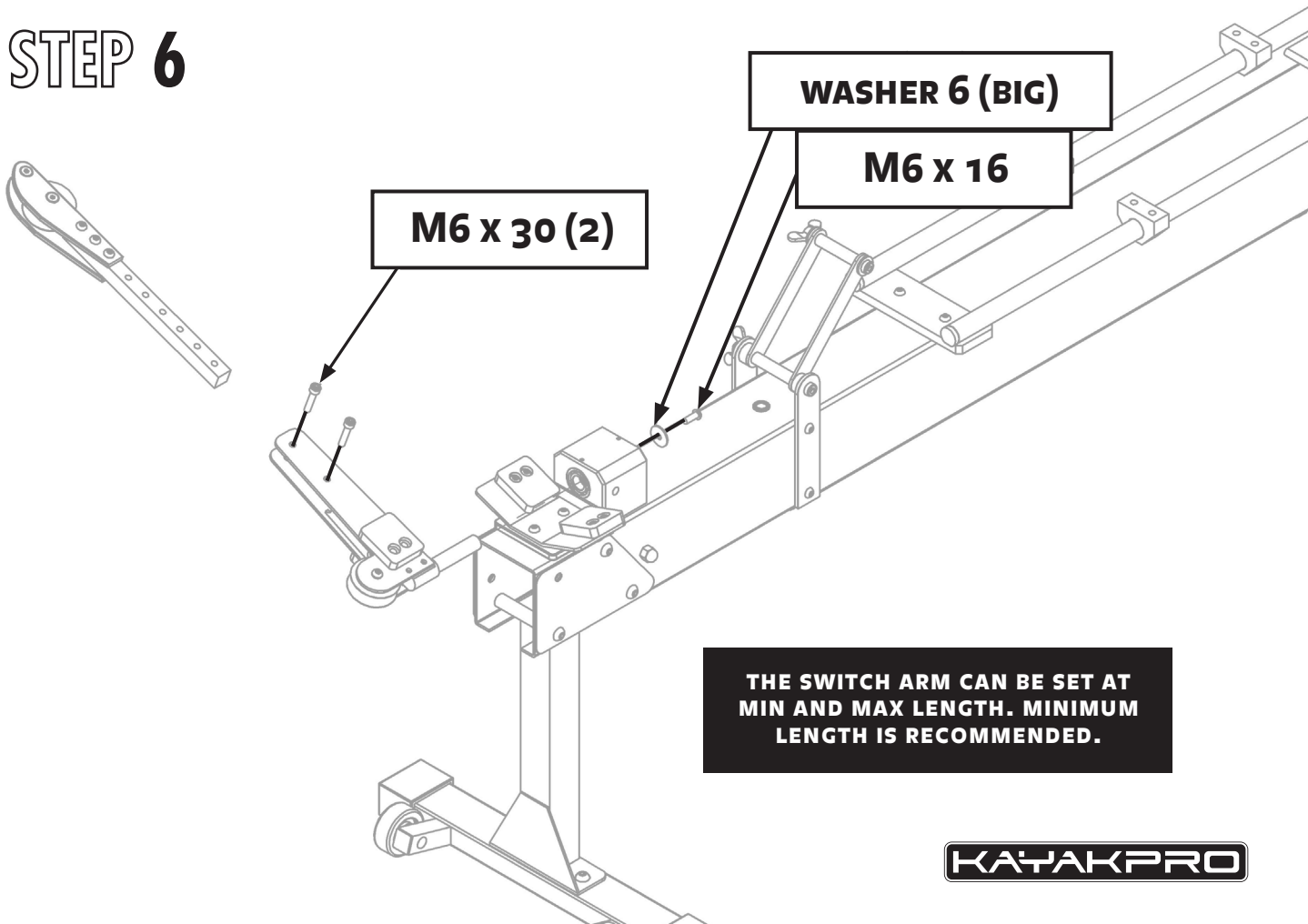
### STEP 4



# STEP 5

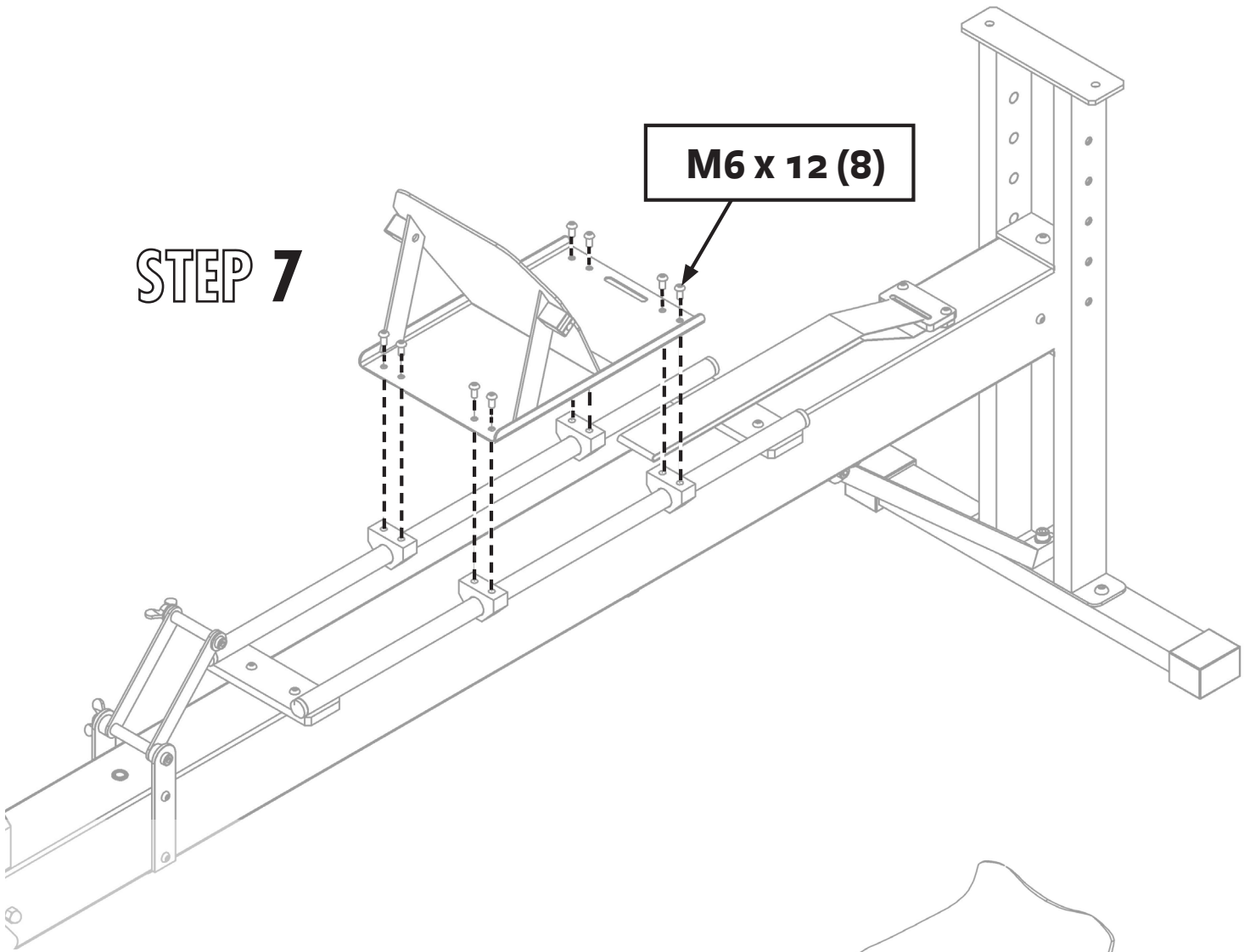


# STEP 6



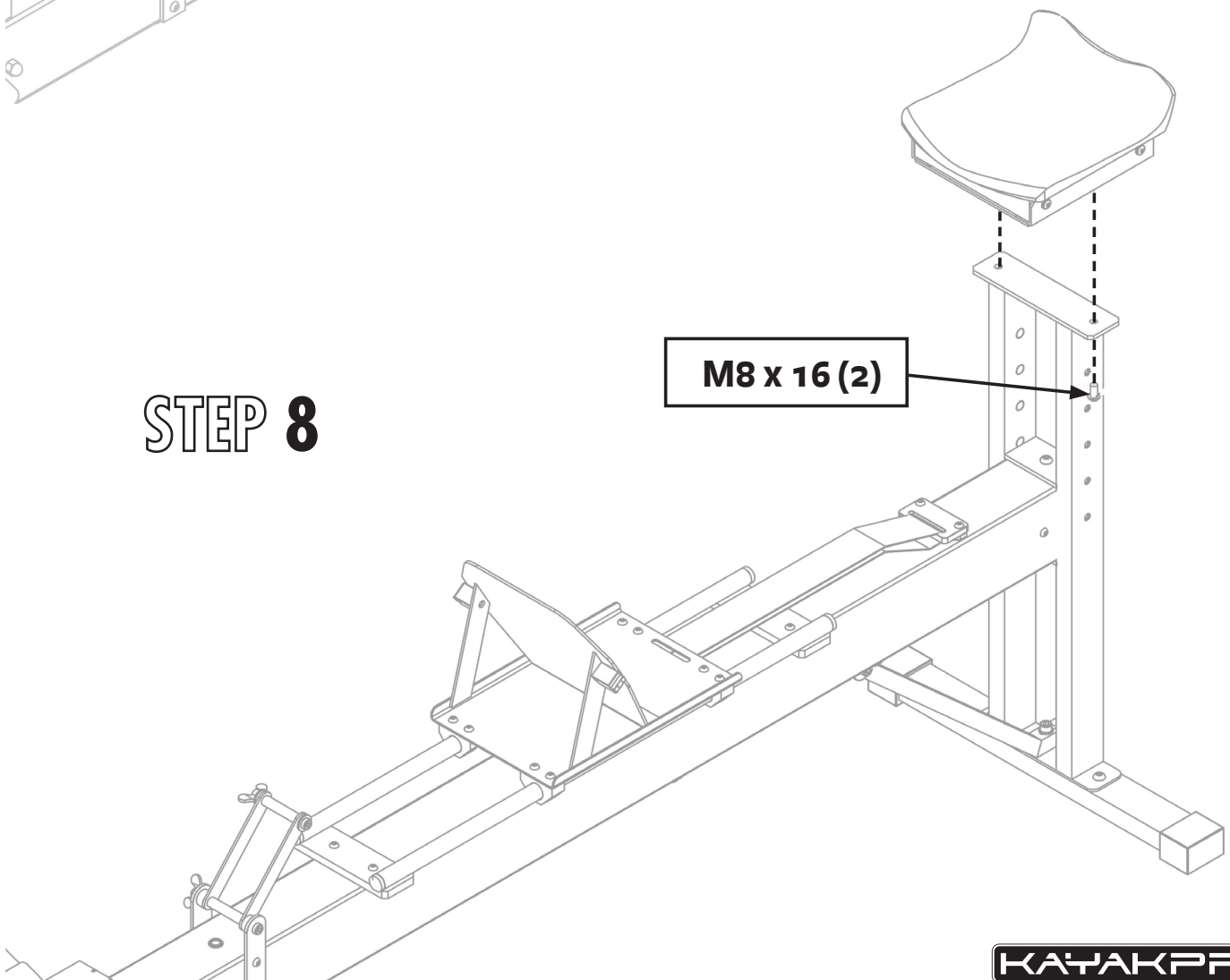
**STEP 7**

**M6 x 12 (8)**

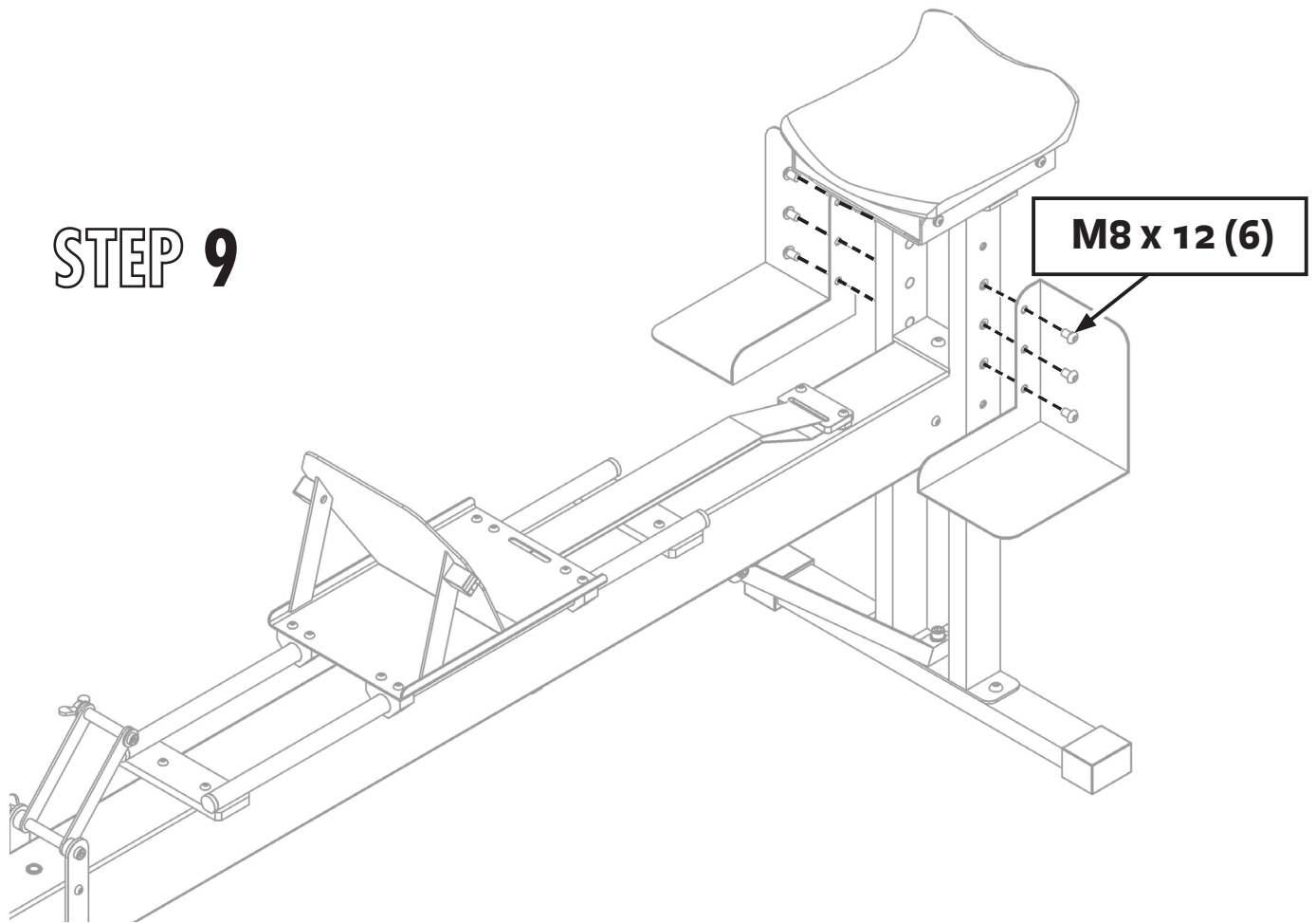


**STEP 8**

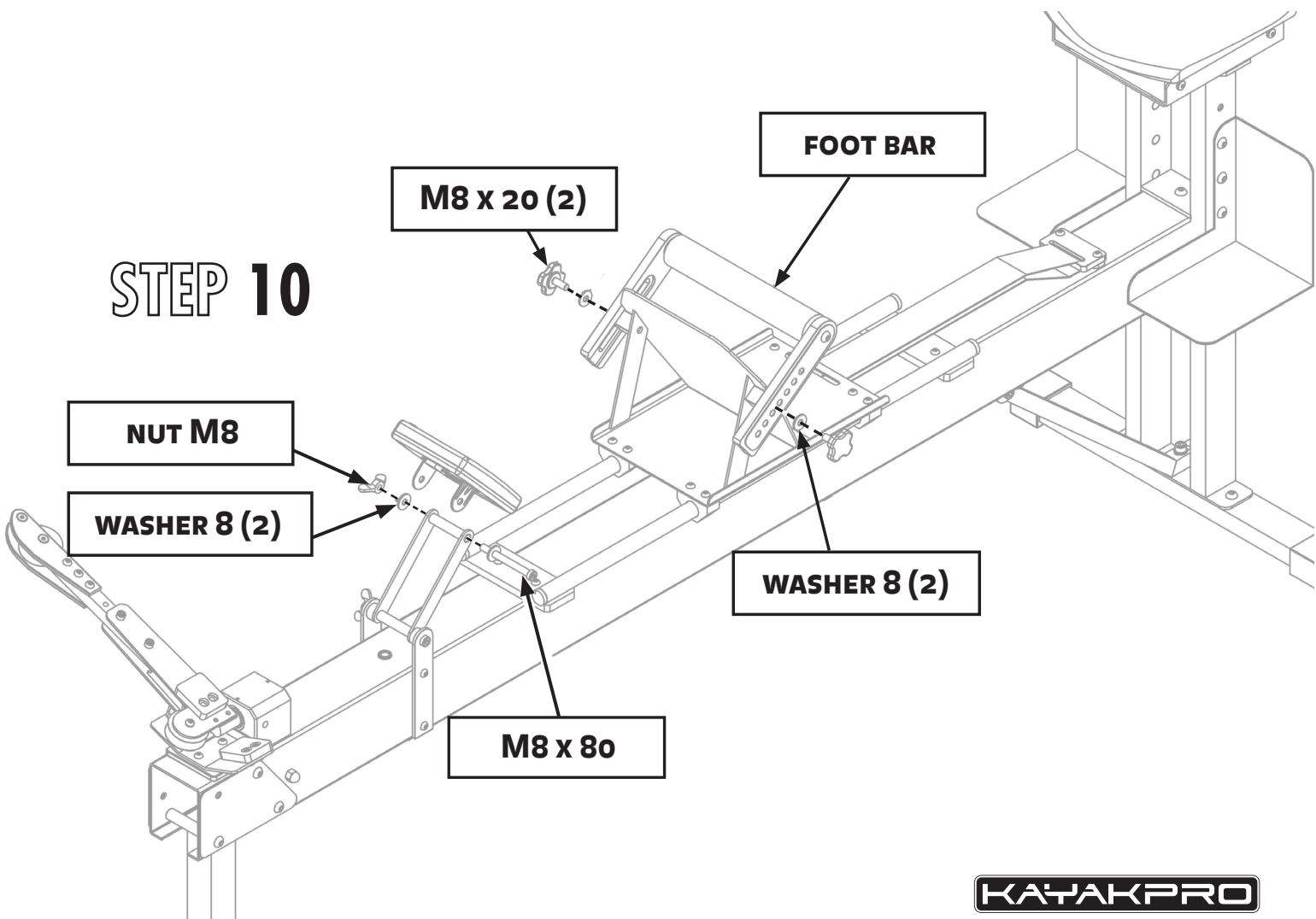
**M8 x 16 (2)**



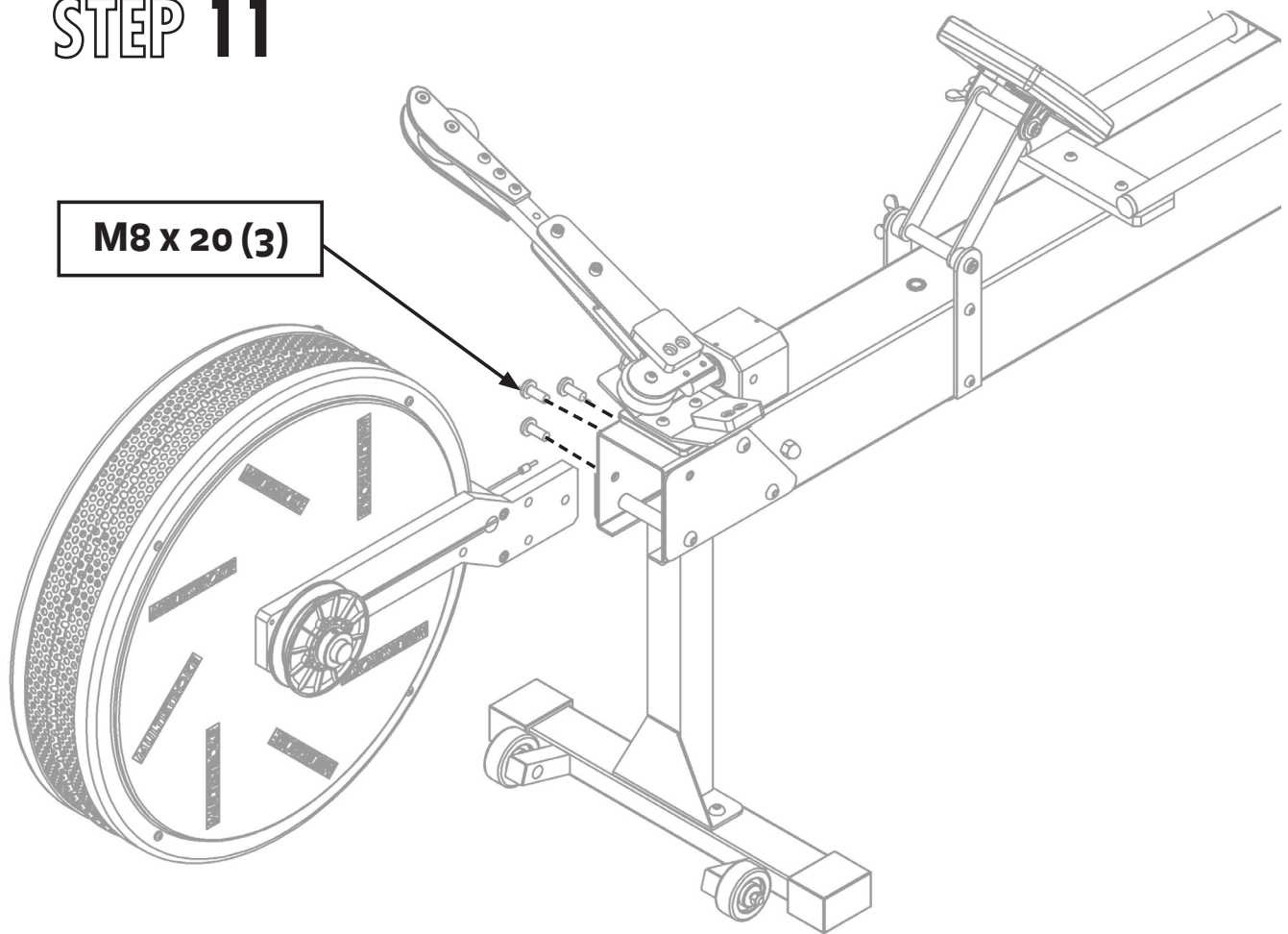
# STEP 9



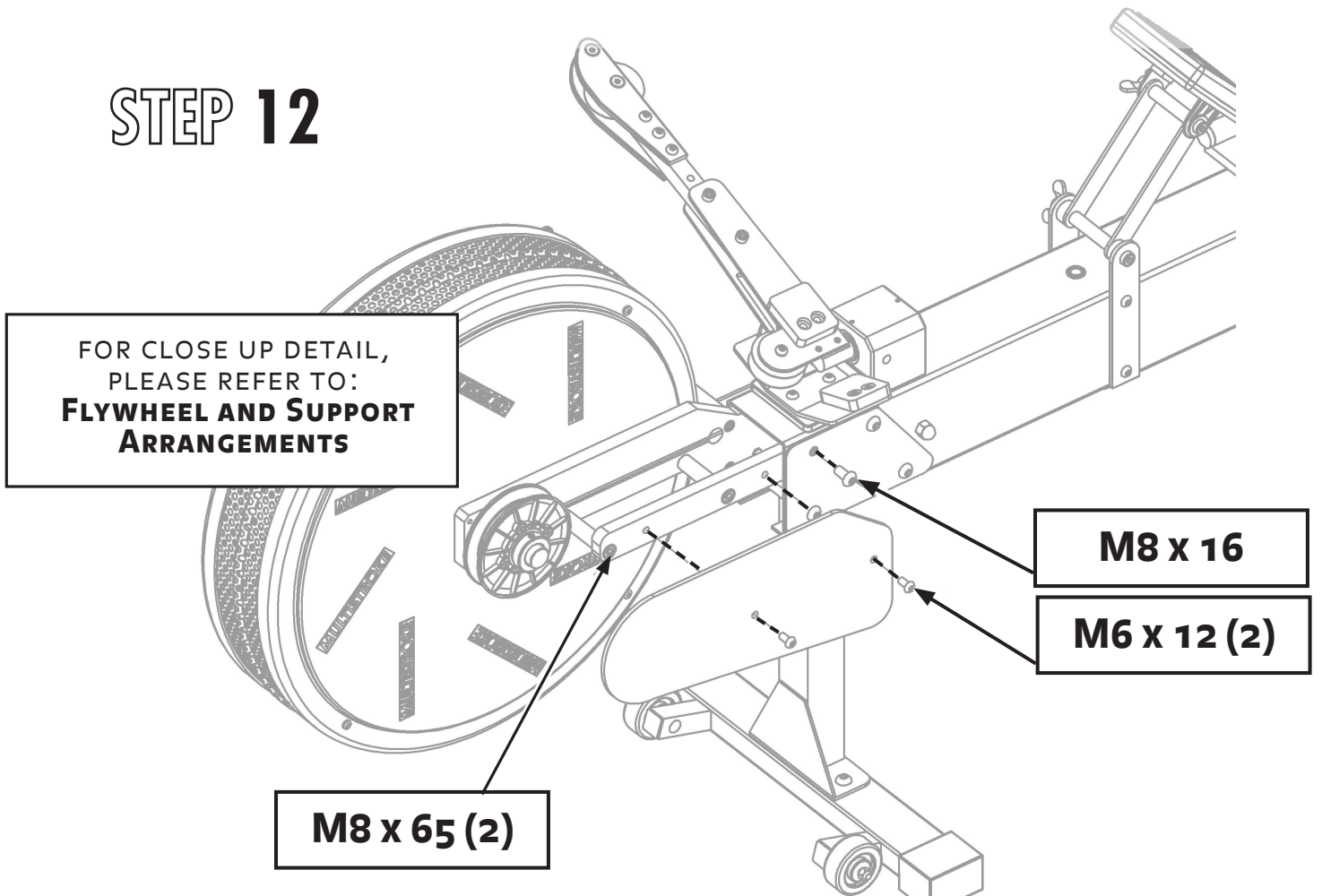
# STEP 10



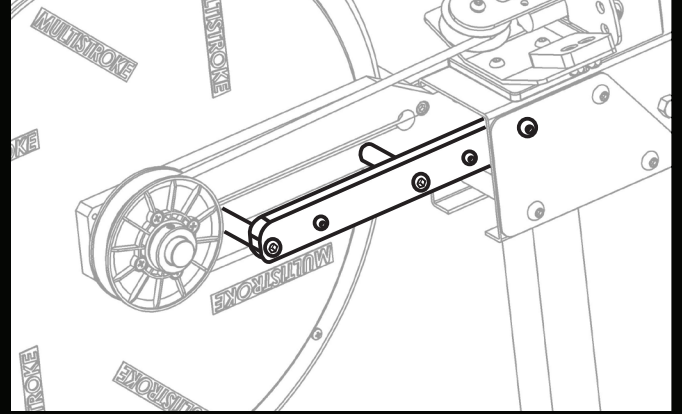
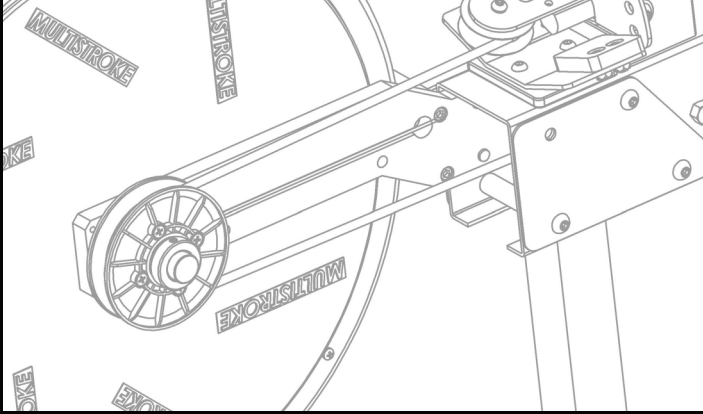
# STEP 11



# STEP 12



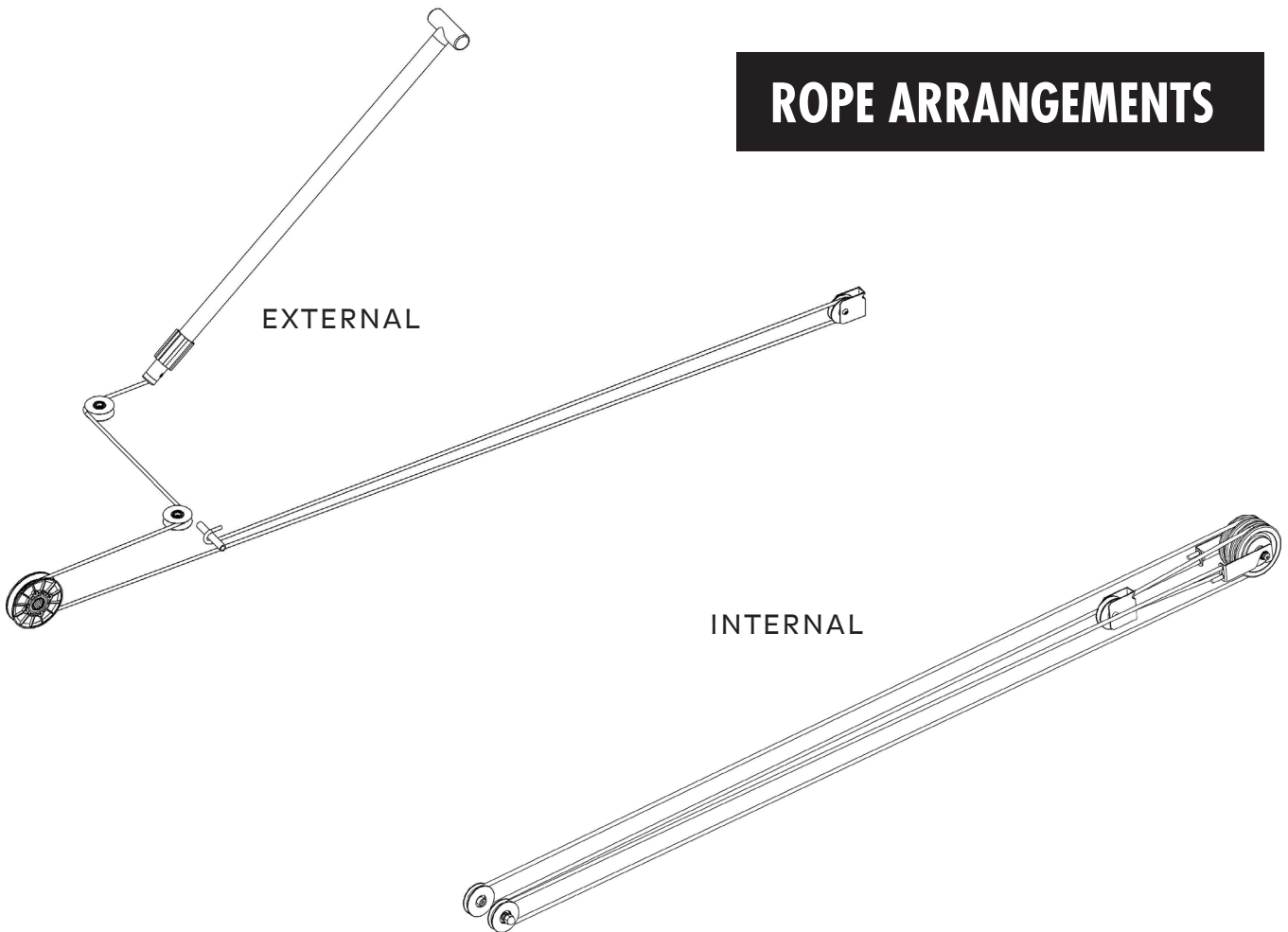
## FLYWHEEL & SUPPORT ARRANGEMENTS



## ROPE ARRANGEMENTS

EXTERNAL

INTERNAL





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](http://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.



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KAYAK AND CANOE ERGOMETERS TO THE  
2004, 2008 AND 2012 OLYMPIC GAMES



Official Ergometer of the  
International Dragonboat Federation