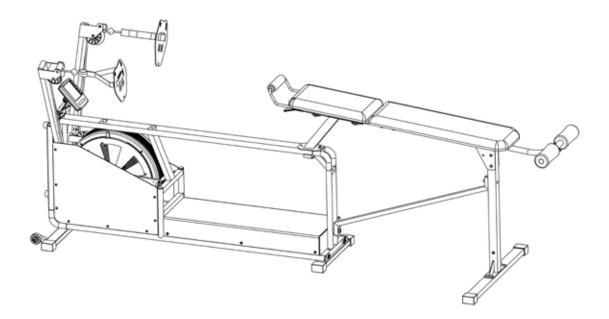
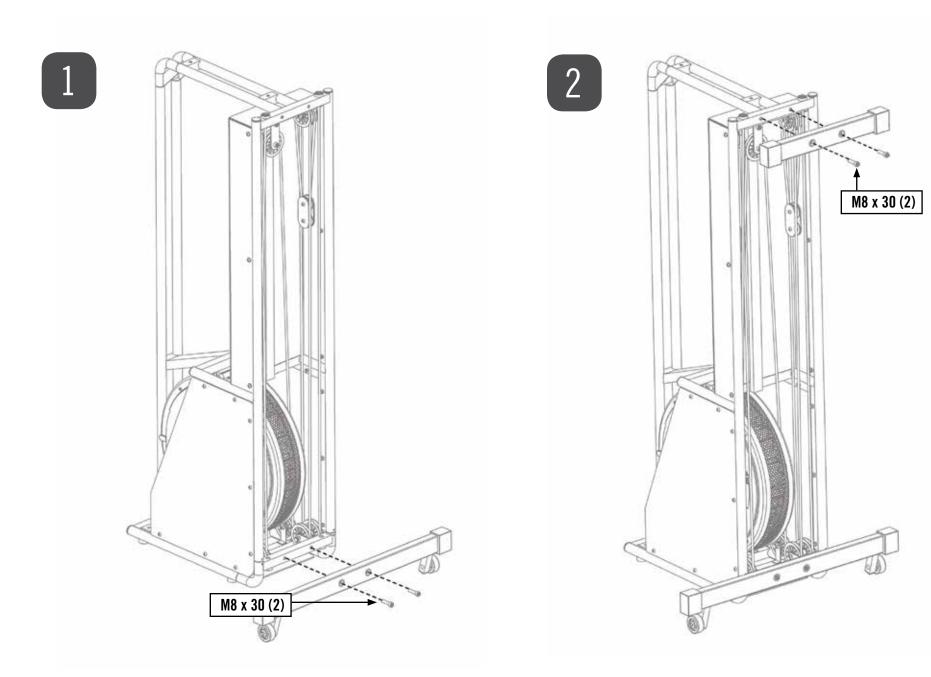


ASSEMBLY INSTRUCTIONS



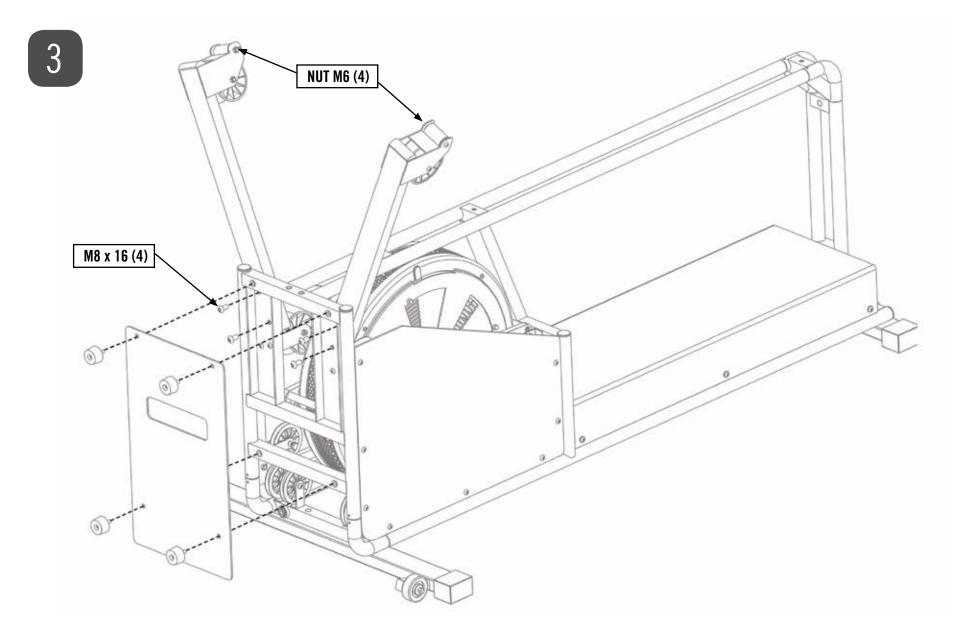






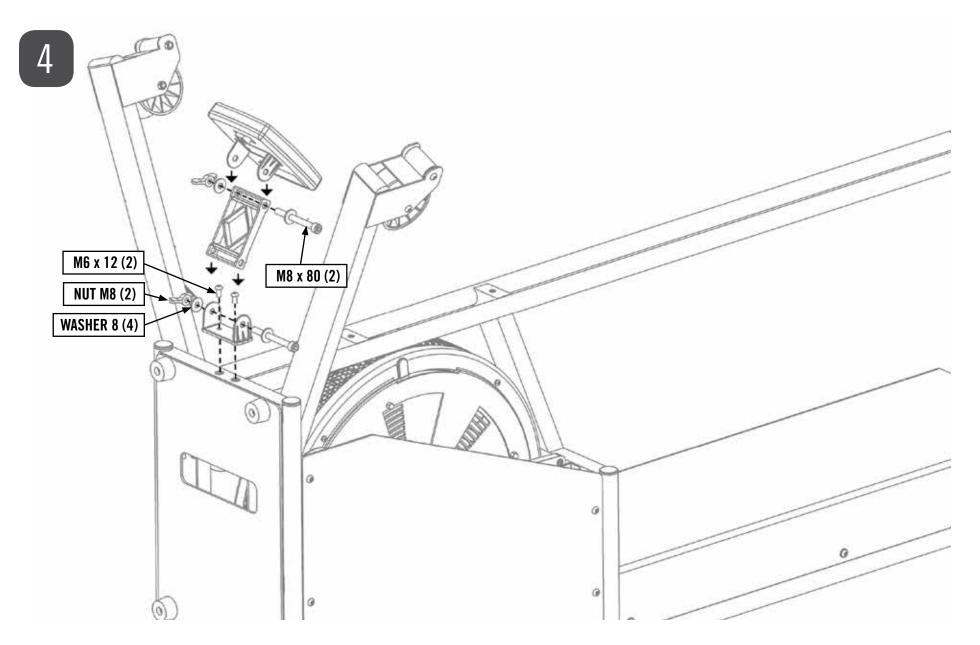






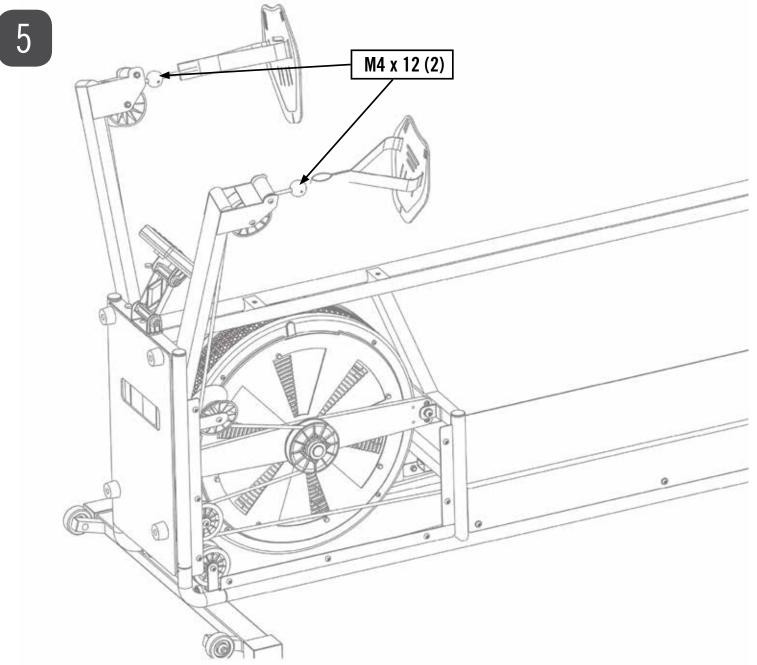








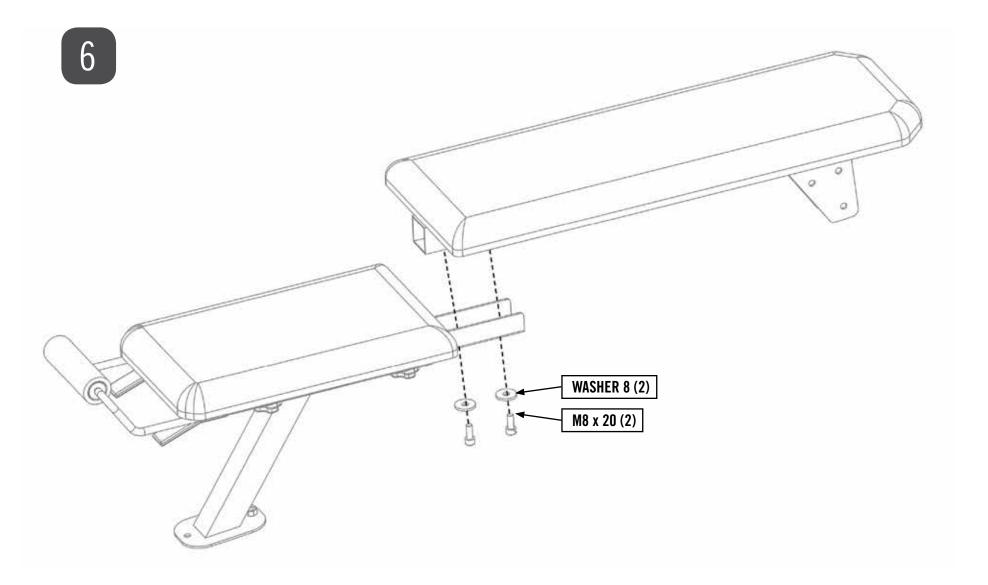






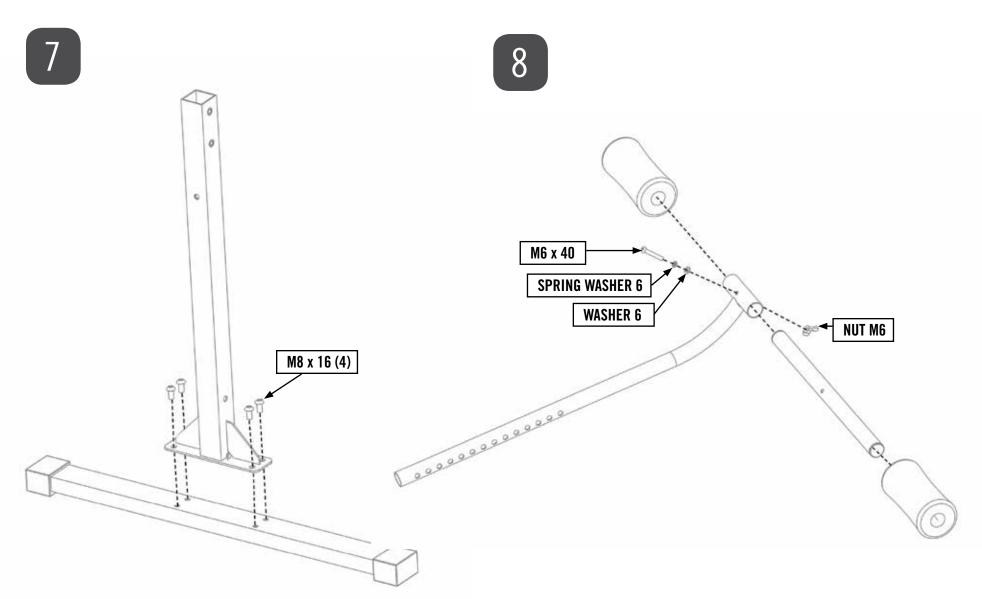
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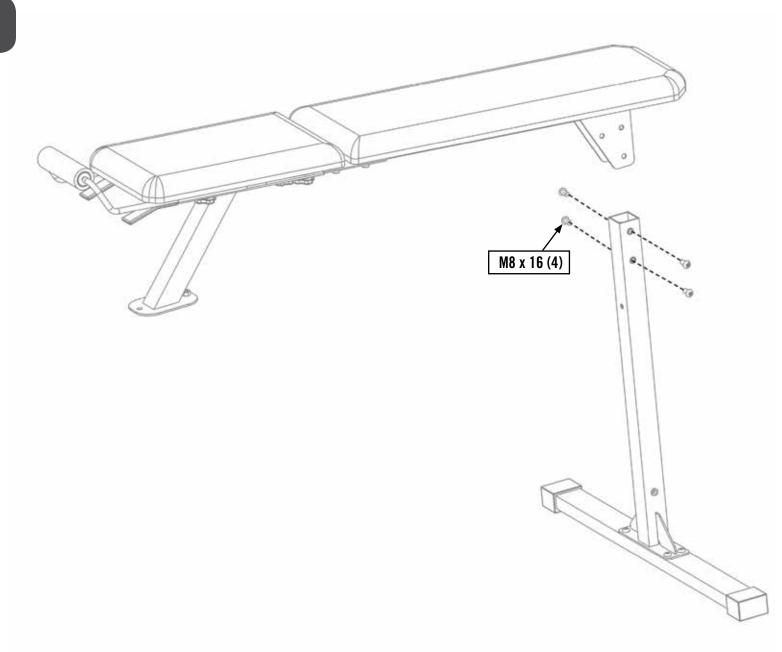






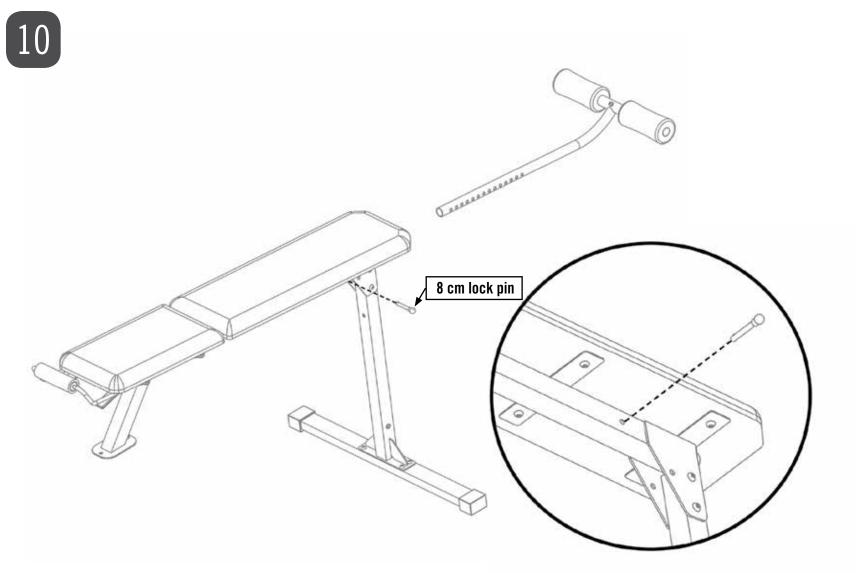








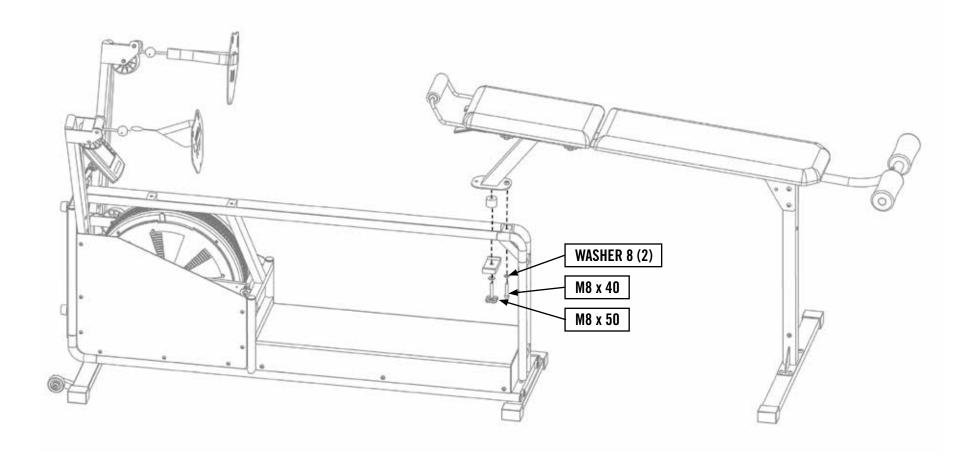








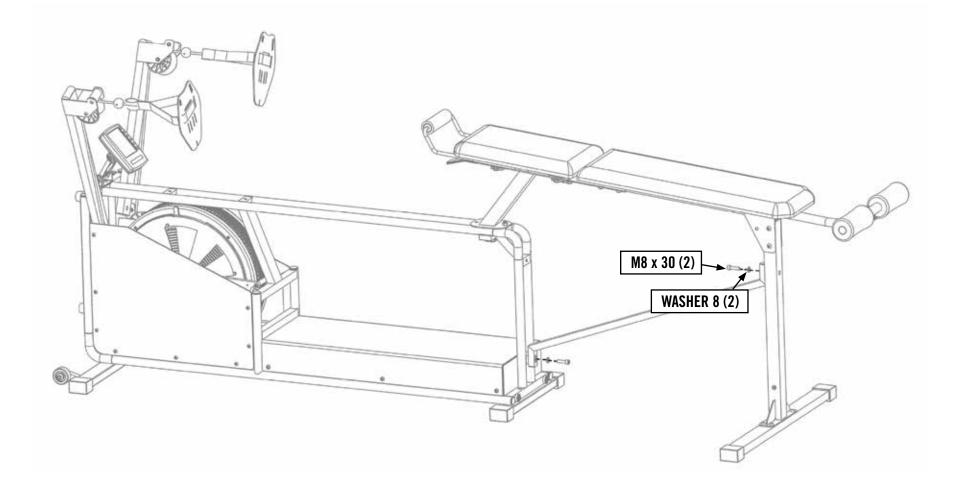
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SAFE OPERATION AND USE

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 SwimFast Ergometer, working area is:

TOTAL WIDTH 3.2 m (126")

TOTAL LENGTH 1.6 m (63")

- 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 SwimFast 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