



MAINTENANCE MANUAL



Users Responsibility

Safety Precautions for 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.
3. **Please note Dafe working area Safe working area:**
250 (l) x 180 (h) x 175 (w) cm [98x71x69"]
4. Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.
5. Contact manufacturer if machine is broken or jammed.
6. Use machine only as intended.
7. Do not modify the machine.
8. Children must not be allowed near this machine.
9. Teenagers must be supervised in the use of this machine.
10. By using the XEON Ergometer the user accepts all and full responsibility for self

3 stage maintenance program

On Site

1. Ensure rope end inserts are tight and that the recessed location screw is in place and screwed fully home.
The goal is to ensure that the rope insert fitting does not come out of the shaft during exercise.
2. Ensure all other bolts are tight and in place- special attention must given to the Guide roller axle, the fixing pin in front of the Guide roller and the 2 structural Bolts that hold the Flywheel arrangement.
3. Console batteries to be replaced as necessary.

3 Monthly Maintenance Program

1. All ropes, elastics, guide and catch rollers to be checked for wear and tear and replaced if necessary.
2. All Guide rollers and catch rollers to be “spun” to ensure they are free running, with no sign of potential one-sided wear or tear.
3. Shaft to be checked for straightness and wear, tear and abrasion to hand grips. Shaft adjusters to be checked to ensure they are working effectively. VERY IMPORTANT: Check to ensure shaft is not extended beyond the “maximum” length markings.
4. Console to be checked to ensure the digital readouts are all functioning correctly.
5. Console Batteries replaced if required

Any parts found to be defective will need to be replaced.

The replacement parts portal is here:

<https://www.kayakpro.com/parts/>

6 Monthly Maintenance Program

1. All the above identified in On Site 3-month programs as part of the 6 Monthly maintenance schedule- Plus:
2. Remove and renew all ropes and Elastics from the entire Machine when used in a high use environment, fraying and worn ropes and bungees to be replaced .

NB: At an absolute minimum, even in low usage environments, It is important that all ropes and bungees are replaced - regardless of condition - annually. Relaxation and thinning of bungees and ropes are normal with use, the annual rope and bungee replacement recommendation , ensures:A return to factory settings of recoil and rope bungee length and most importantly prevents “thinning” of the ropes which will ultimately lead to the deterioration [cutting] of the Nylon Catch Roller inserts.

Once the Nylon Catch roller inserts are damaged the catch rollers will cease to function properly and will need to be replaced – these is an expensive items – their replacement can be avoided by good maintenance and rope/ bungee replacement identified above.

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Supplier of ergometer to NASA