

GENERAL INSTRUCTIONS

SwimFast Ergometer [SWF]

KayakPro Ergometers are manufactured in Compliance with ISO 20857 User Class S Accuracy Class A

The following precautions should be observed prior to starting any exercise on your SwimFast Ergometer. 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.
- Keep head, limbs, fingers and hair clear of all moving parts and flywheel cage.
- 3. SwimFast Ergometer requires a safe working area of: Total Width ················ 150 cm
 Total Height ·············· 100 cm
- Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.
- 5. Ensure your SwimFast Ergometer base is located on a flat, stable surface.
- 6. Contact manufacturer if machine is broken or jammed.
- 7. Use machine only as intended.
- Do not modify the machine.
- 9. Children must not be allowed near this machine.
- 10. Teenagers must be supervised during use of this machine.
- 11. By using the SwimFast Ergometer the user accepts all and full responsibility for self.
- 12. Ensure you are centrally located on the SwimFast Ergometer platform. Too far forward may result in you falling forward off the platform.



- Climb on and off the SwimFast platform with care and caution.
- Check that the ropes are in good condition, not frayed or knotted and that they are secured properly into the paddle shaft end.
- Make sure that all pulleys and rollers are running freely and there are no obstructions that will
 prevent or restrict their movement.
- Before commencing activity, the paddler should be 'warmed up' and 'stretched' Ensure the settings
 on the Ergometer are correct and appropriate for the user's size, age and/or ability and strength.
- If in doubt, get a Coach to check.
- The SwimFast Ergometer needs to be located in an area where enough space is present [See safe working areas above, under number 3].
- Ensure that there is no possibility of any object or person being in contact with the user, Ergometer, hand paddles or ropes during operation.
- Ensure anyone nearby could not be injured as a result of the Ergometer being used or in motion.
- No one must be allowed to enter the safe working area while the Ergometer is being used.
- Should a number of Ergometers be used in one area, then they should be sufficiently spaced, so that no two paddlers are capable of
 colliding or that anyone trying to pass through, [between 2 machines] or get on or off another machine is affected by doing so.



USING THE SWIMFAST ERGOMETER

- 1 Before climbing onto the SwimFast ensure the footrest supports are adjusted to both the correct length and that the double feet supports are close enough so as to offer support and stability. A fitting test maybe advisable in order to determine best fit and familiarization.
- 2 On the SwimFast Pro Version Only Adjust the front catch arm width to the preferred width and length. Remember the closer strokes [Freestyle] will benefit from a narrower with, whereas say Butterfly will benefit from a wider grab width. After selecting the appropriate location of the arms ensure all fixing bolts are secured. Note: The higher the catch arms the great the "catch" resistance at the beginning of the stroke.
- 3 Set the resistance of the flywheel to the appropriate resistance by moving the resistance lever between No.1 9. No. 9 is greater resistance and 1 lower. There will not be a dramatic variation feel in resistance but it is there bear in mind the effect of the resistance adjustment is accumulative. You may also consider one of our other resistance options like the standard / high dual resistance catch roller (available separately). This allows you to train at higher or standard resistance at the flick of the rope.
- 4 If the expendable forehead support is required then this should also be set up for length [supporting the forehead] prior to mounting the SwimFast
- Rotational Bench. We recommend that until familiar with the SwimFast Ergometer the bench used in the flat and fixed position. The rotational front bench feature be used only after exercising with the SwimFast for a period of time. The rotational bench feature should be used with Caution and only with the rear footrest in place to offer additional support to the legs. Start to rotate with the bench, slowly at first until familiar.
- 6 Insert the hands into the SwimFast handles making sure they are both comfortable and secure and then mount the bench in order to start the workout. If the function of the on-board console is required set this up too prior to mounting the bench. Please refer to separate manual for console set up and operation.

As technique tends to be a personal element or expression, you may want to consult your coach for their input. SwimFast will allow you to strengthen the key elements of your stroke in a sports specific action.

! WARNING

- Injuries to Health may result from incorrect or excessive training.
- The SwimFast ergometer must be assembled on a stable and level base.
- Warning! Heart Rate monitoring systems may be inaccurate.
- Over exercising may result in serious injury or death.
- If you feel faint stop exercising immediately.

Contact Information and customer service address:

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SUPPLIER OF ERGOMETERS TO NASA LYNDON B. JOHNSON SPACE CENTER | HOUSTON, TEXAS



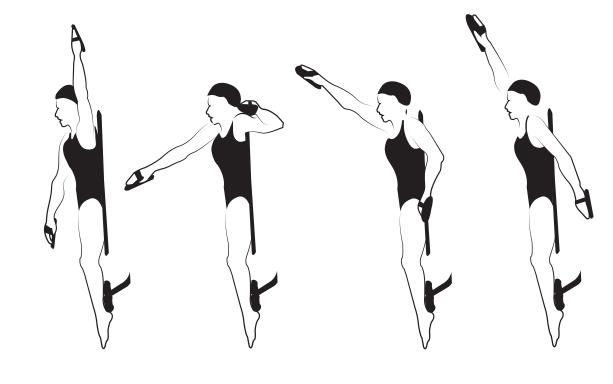








BACKSTROKE SIMPLIFIED TECHNIQUE



OVERVIEW

In backstroke, you float on your back in the water. Your body is almost horizontal, with a slight tilt toward the feet. This slight tilt allows you to flutter kick without your legs breaking the water surface. The body position will be the same in on the SwimFast.

ONCE ON THE SWIMFAST BENCH

Your head is in a neutral position, in line with your spine.

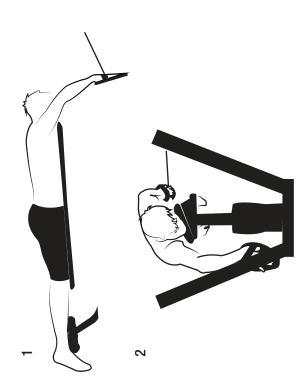
Your legs should remain still with no movement

Your arms execute alternating movements:

- One arm recovers if in the water from the hip to the overhead position in a semicircular movement. The arms are kept straight during the recovery...
- Meanwhile, the other arm sweeps alongside the bench from the overhead position backward to the hip, providing propulsion if in the water. The hand follows an S-like pattern during this sweep, alongside the bench.
- The recovering arm becomes the sweeping arm once it moves in front of the swimmer, and the sweeping arm becomes the recovering arm when it exits the alongside the bench at the hip.
- Keep your head still











FROM LYING POSITION

When improving your Freestyle technique on the Swim Fast aim to keep your body position as flat as you can on the bench:

- Try to keep your stomach flat and level to support your lower back.
- With eyes looking forward and down, your head should be in line with the body, support your chin or forehead on the roller provided.
- Try to keep your head and spine as still and relaxed as possible.

ARM ACTION ON THE SWIMFAST

- allowing the forearm to then also bend, known as EVF in the water, Early Vertical Form. Look Keep your elbow slightly bent as you reach your hand in front of you, fully supported in the hand paddle provided, then in the same way you would in the water, press down wards or around 180 degrees of movement within the elbow.
- shoulder line and the hand should be directed with the palm of hand paddle facing down. Forward extension with the hands should be between the center line of the head and the 2
- Don't start pulling back as soon as your hand is in front of you should give yourself room to reach forward under the water before you start to bring your hand back to the body. က
- Imagine pushing the water behind you as you move forward] then out towards the thighs With your elbow slightly bent, sweep forward, then back towards the center of the body, to recover.
- Maximize the efficiency of your stroke by completing the whole arm action and not bringing your arm out from alongside the bench before it reaches your hips. 2

ADDITIONAL RECOMMENDATIONS

- + Aim for High Elbows during all arm movements.
 - + "Press" downwards at the extended stroke.
- Build slow and controlled movements to start for better developments.
- + Do not over extend the pull too far back; be sure to exit the hands early.

