

USERS RESPONSIBILITY

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: Safe working area is:

Length	225 cm	[88 inches]— including users leg extension.
Width	75 cm	[30 inches]
Height	94 cm	[37 inches]

3. Inspect SwimFast 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 SwimFast the user accepts all and full responsibility for self.

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 one sided wear or tear.
3. Console to be checked to ensure the digital readouts are all functioning correctly.
4. Console Batteries replaced.

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

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 including Anti twist connectors.



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