

KAYAKPRO

MAINTENANCE MANUAL

Safety precautions – for safe operation and use.



Warning!

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.
3. Please view our website www.kayakpro.com for specific safe working areas for each ergometer. Take care not to enter the safe working area when the ergometer is in use.
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 KayakPro Ergometers the user accepts all and full responsibility for self.
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12. Avoid physical contact and impact to the console. Damage by moisture, high humidity environments and impact to the console is not covered by warranty.

Maintenance programs

3-monthly maintenance program

1. All ropes, elastics, guide and catch rollers to be checked for wear and tear and replaced if necessary.
2. Ensure rope end inserts are tight into the end of the shaft 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.
3. Ensure all other bolts are tight and in place- special attention must be given to the Guide roller axle, the fixing pin in front of the Guide roller and to the structural Bolts that hold the Flywheel arrangement.
4. All Guide rollers and catch rollers to be "spun" to ensure they are free running, with no sign of one-sided wear or tear.
5. Paddle shaft to be checked for straightness, wear and tear and abrasion to hand grips. Shaft adjusters need to be checked to ensure they are working effectively. Check to ensure shaft is not extended beyond the "maximum" length markings.
6. Console to be checked to ensure the digital readouts are all functioning correctly.
7. Console Batteries replaced if necessary.
8. Check to make sure all ropes and bungees are located on their relevant rollers. Any parts found to be defective and need to be replaced must be replaced in a timely manner – avoiding further deterioration.

Maintenance programs

6-monthly maintenance program

All the above maintenance as outlined in the 3-month Maintenance program and then depending upon frequency, intensity, and numbers of hours of use, it may be necessary to remove and renew all ropes and Elastics at 6 months.

Important note

With use, ropes, and bungees “thin and wear”.

When ropes thin, the resultant narrower diameter ropes will cut and deteriorate the Catch roller inserts. This will then require complete Catch Roller replacement.

It is imperative that only KayakPro® ropes and bungee packs are used. Generic ropes and bungees will cause deterioration of rollers, again requiring their replacement. Non-KayakPro® rope and bungee replacements will affect the recoil, return, and overall equilibrium, feel and performance of the ergometer. Both rope and bungees must be replaced at the same time to maintain factory settings.

Please buy your KayakPro® ropes, bungees and replacement parts here:

