C1-N ASSEMBLY

INSTRUCTION MANUAL: How to put together your new KayakPro C1-N Ergometer

KAYAKPRO

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: SpeedStroke requires a working area of 3.3m x 2m x 2.1m (132" x 78" x 82").

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.

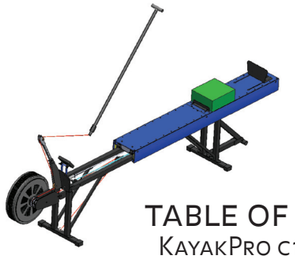
6. Do not modify the machine.

7. Children must not be allowed near this machine.

8. Teenagers must be supervised in the use of this machine.

9. By using SpeedStroke GYM the user accepts all and full responsibility for self.

SPEEDSTROKE GYM



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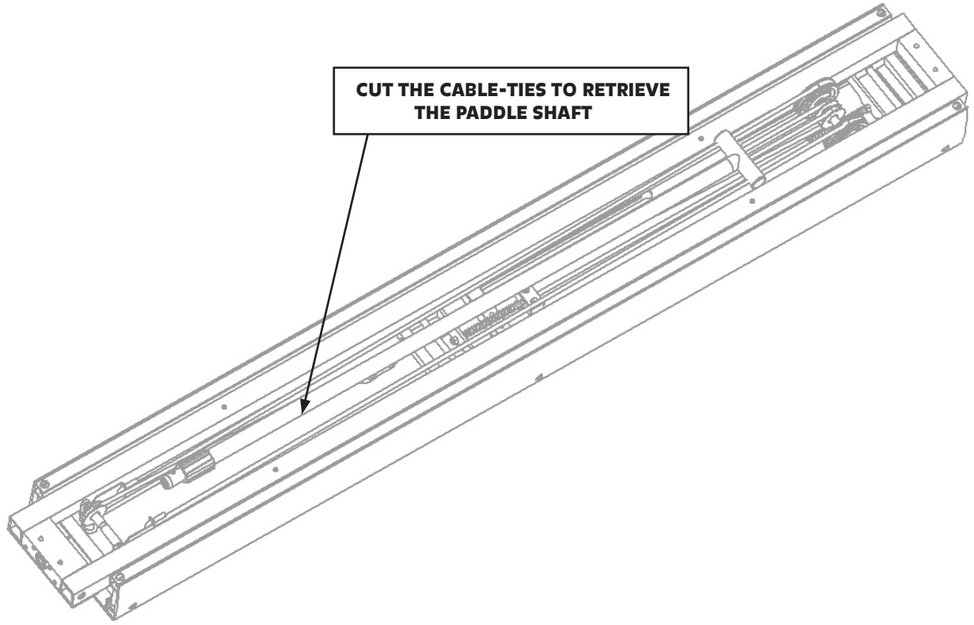
ON-BOARD CONSOLE ..... **SEE SEPERATE MANUAL**

Beijing 2008

ATHENS 2004

OFFICIAL SUPPLIER OF KAYAK ERGOMETERS TO THE 2004 ATHENS AND 2008 BEJING OLYMPIC GAMES

STEP 1 C1-N ASSEMBLY



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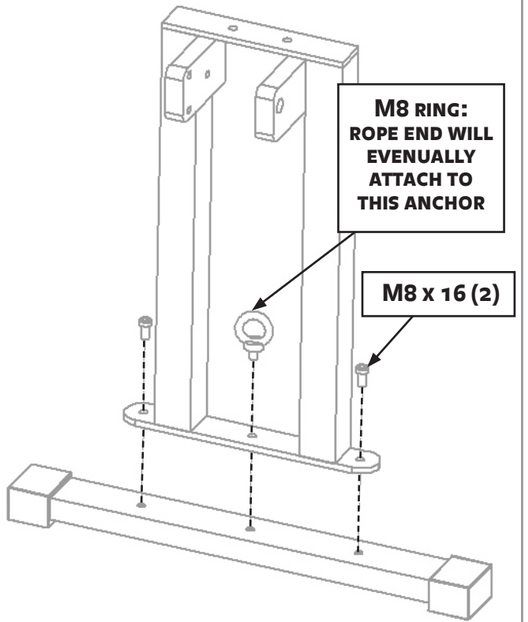

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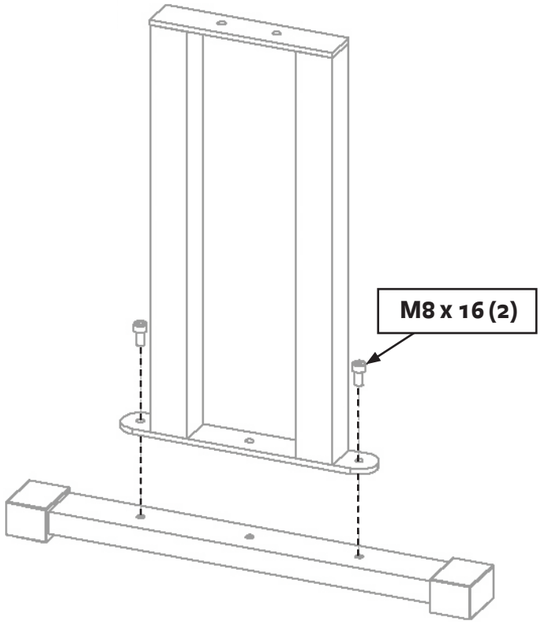

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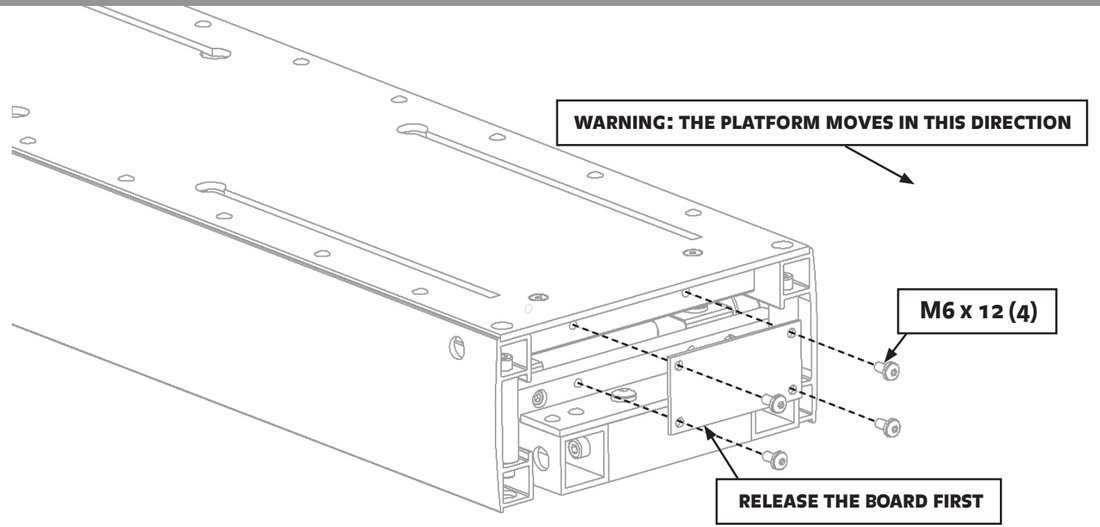

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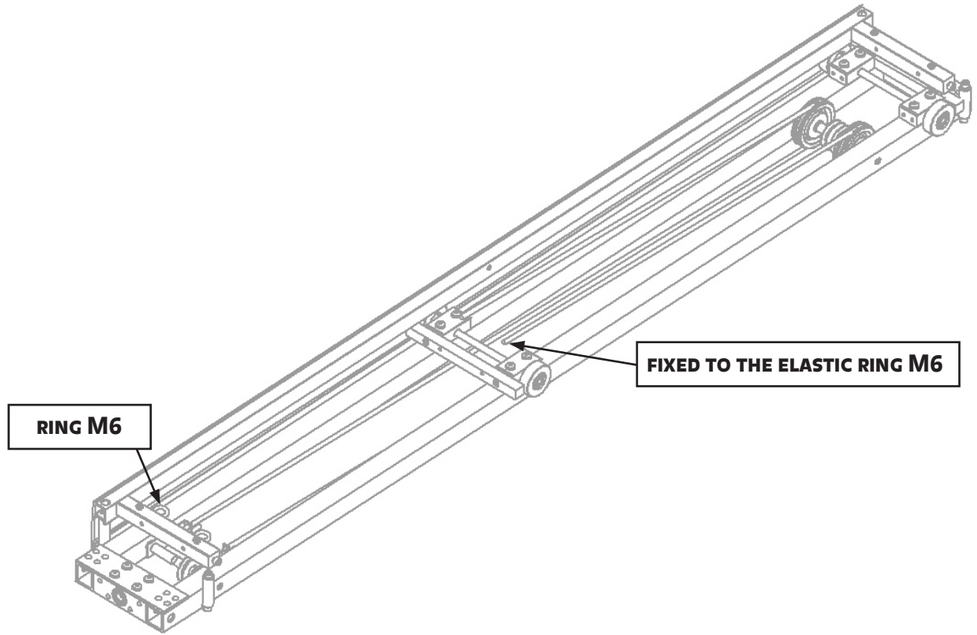

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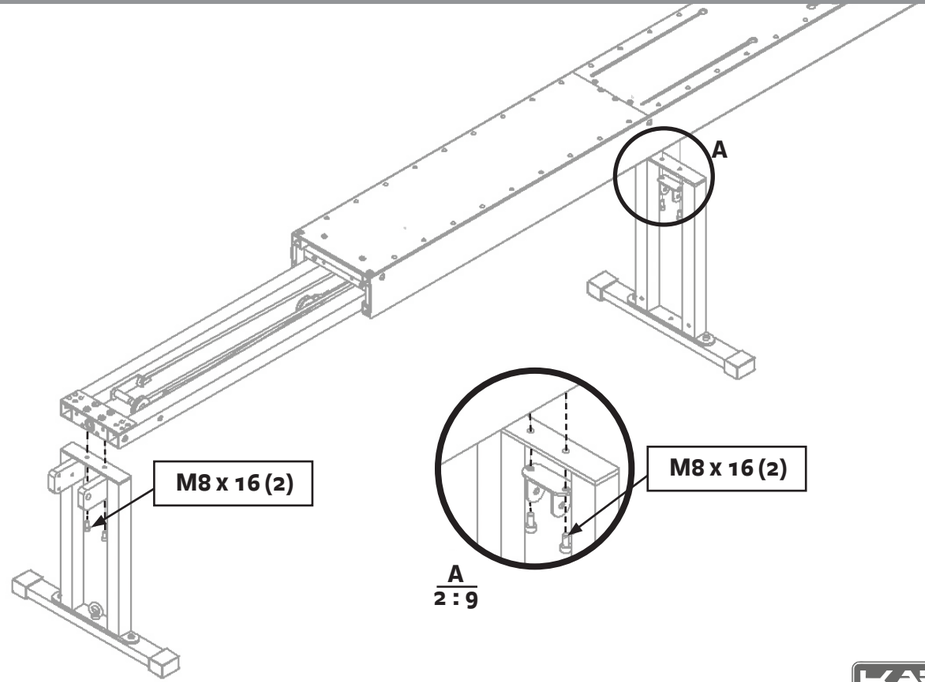

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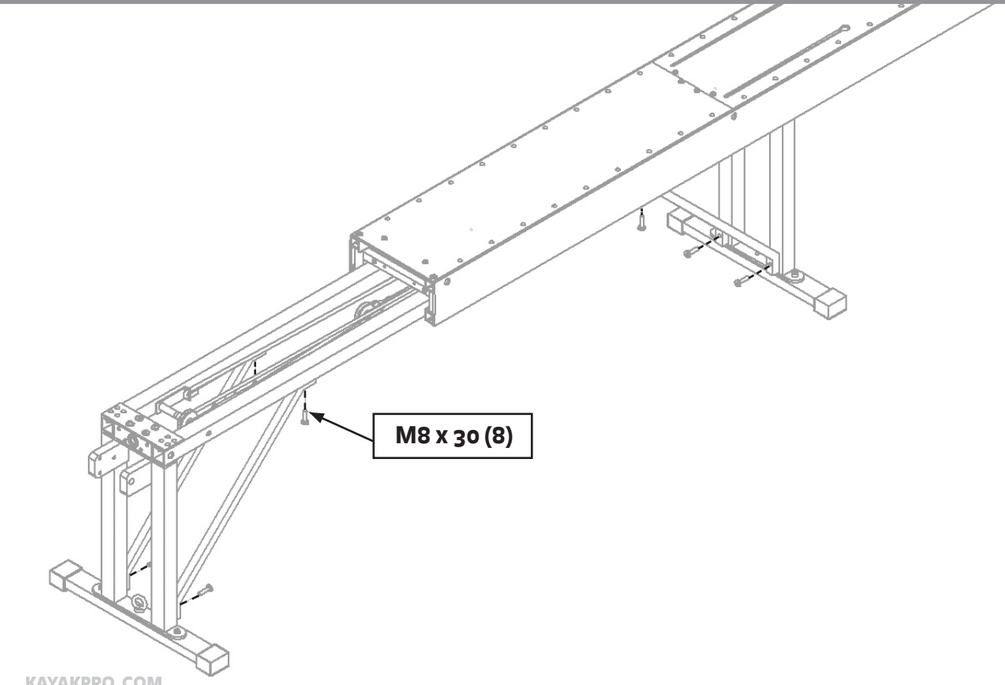

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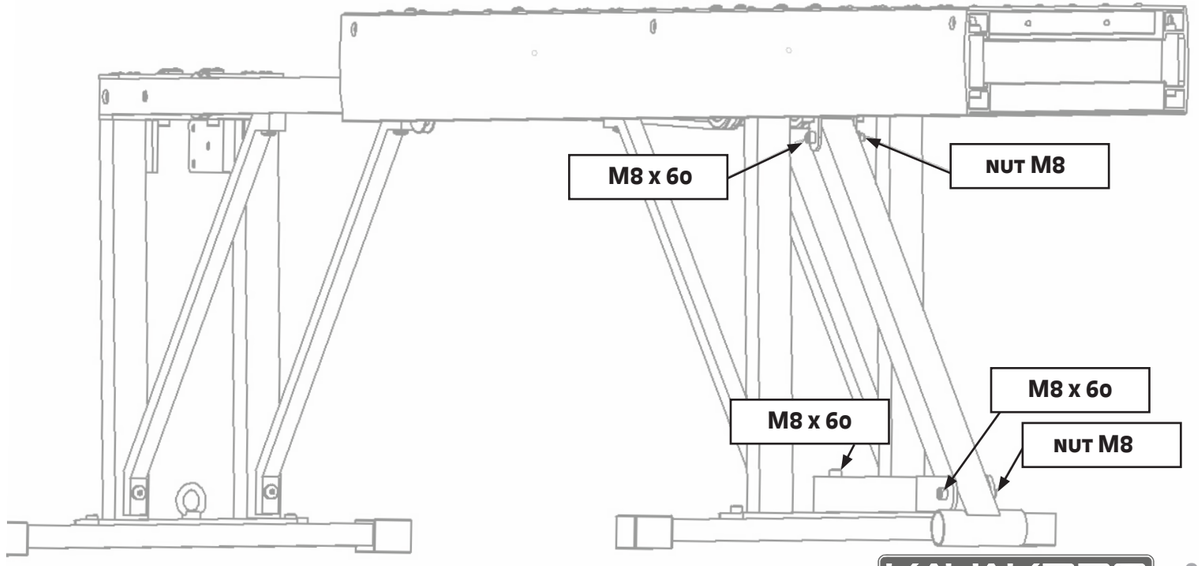

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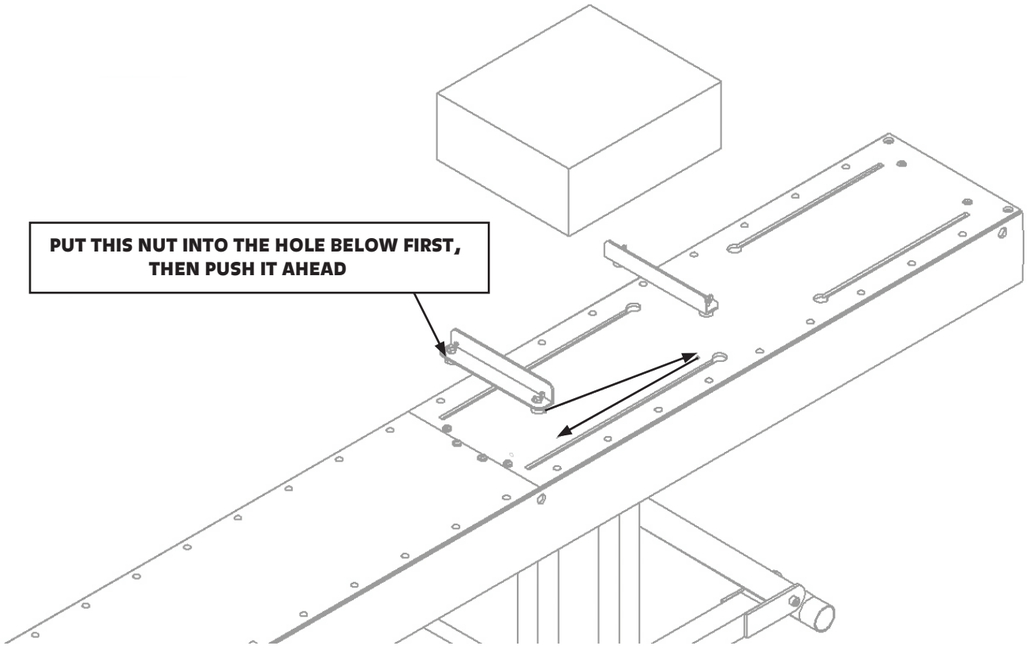
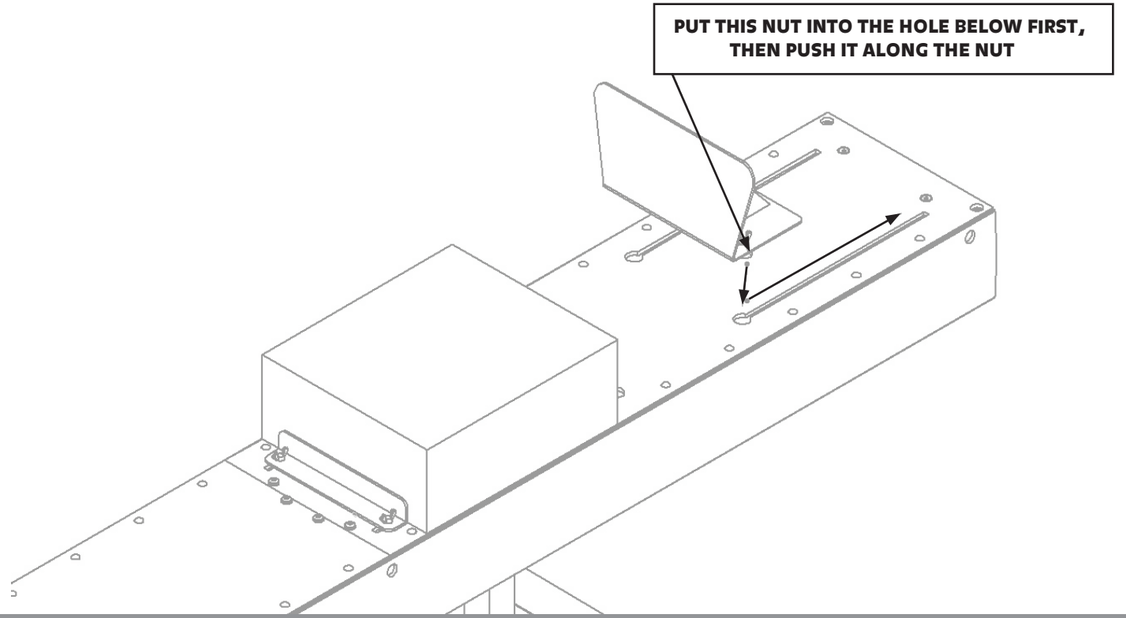
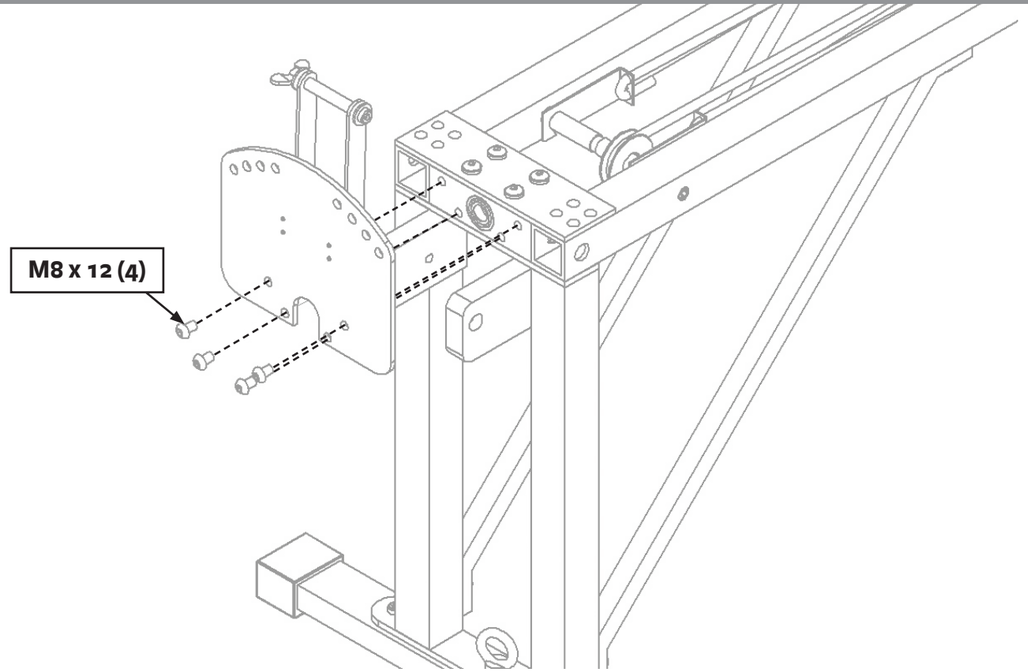




STEP 10 C1-N ASSEMBLY

STEP 11 C1-N ASSEMBLY



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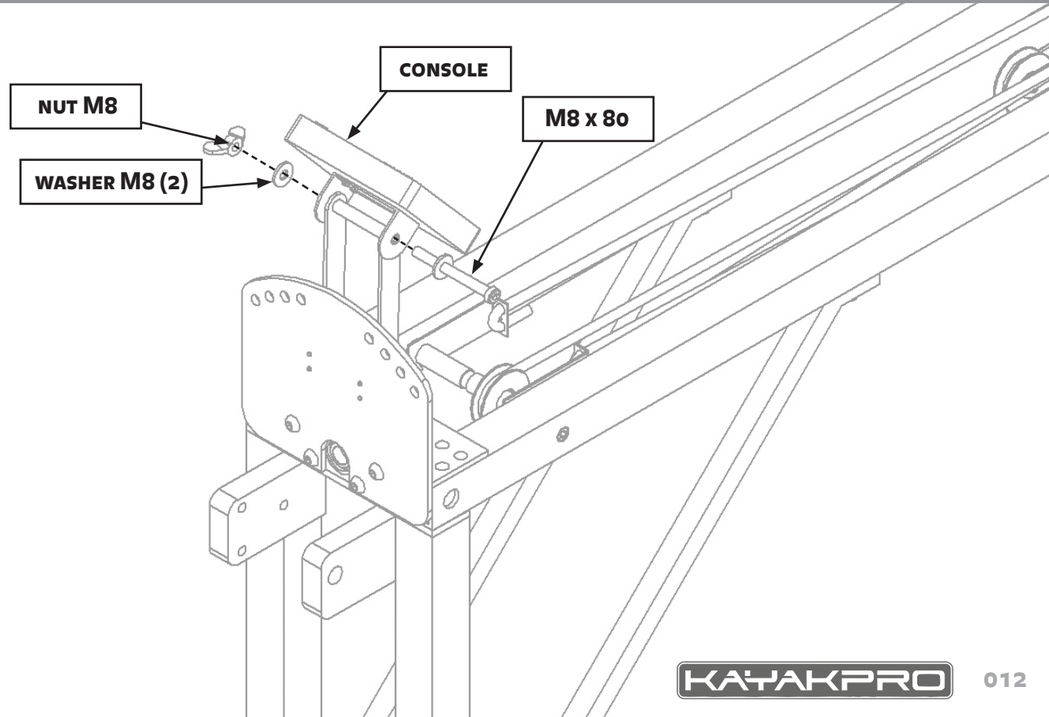

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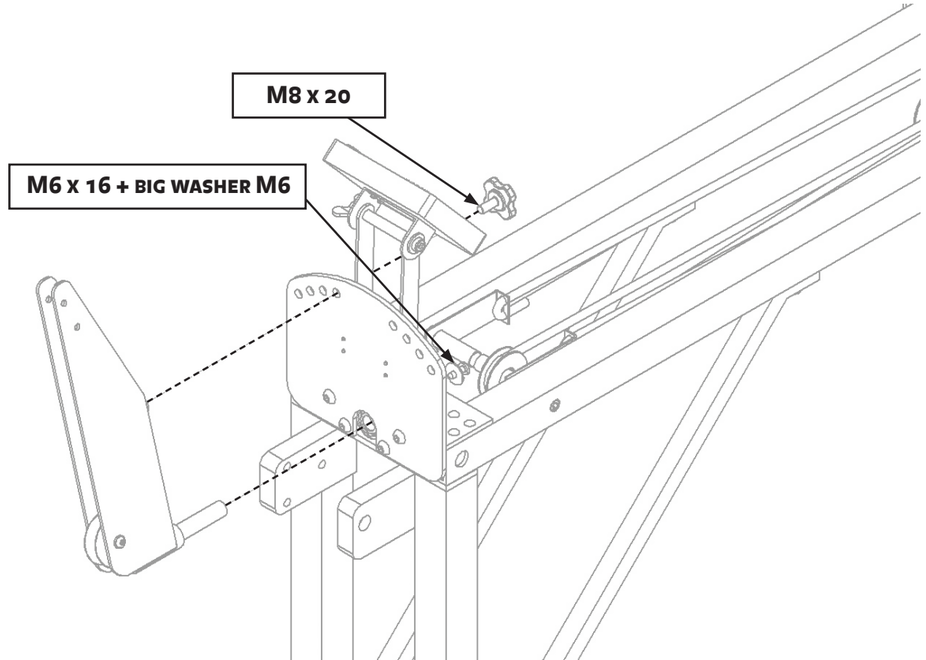

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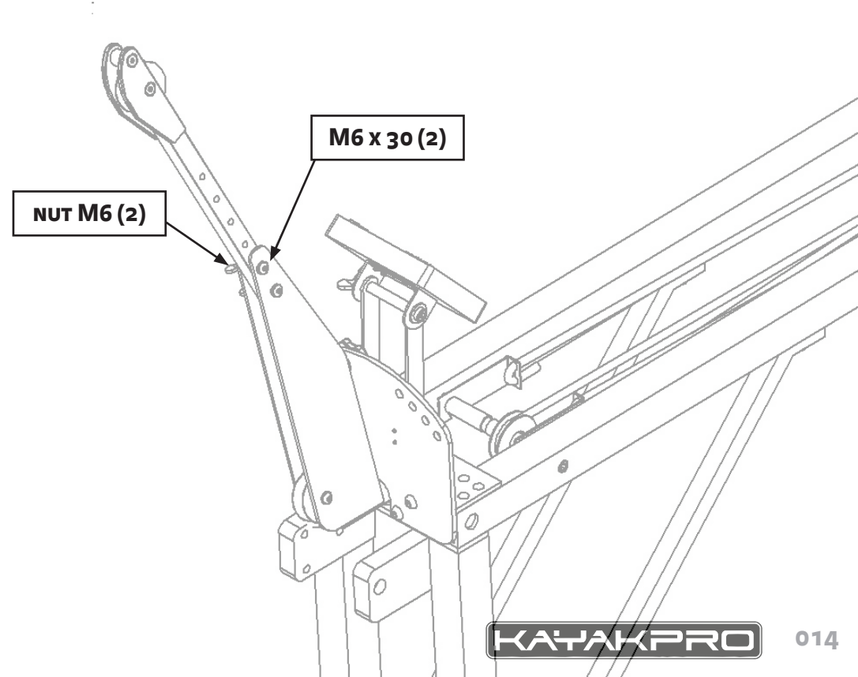

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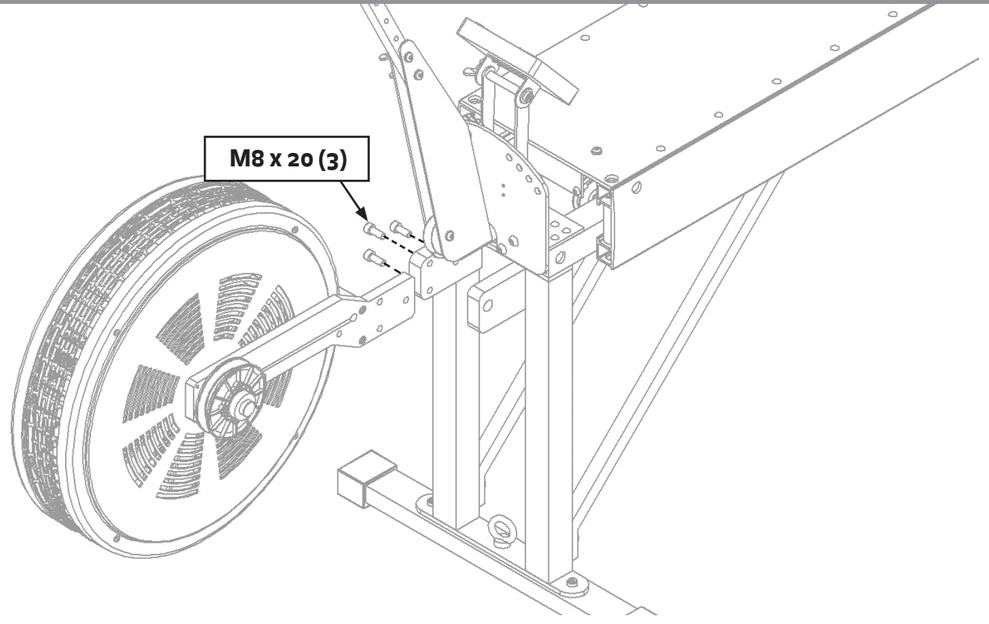
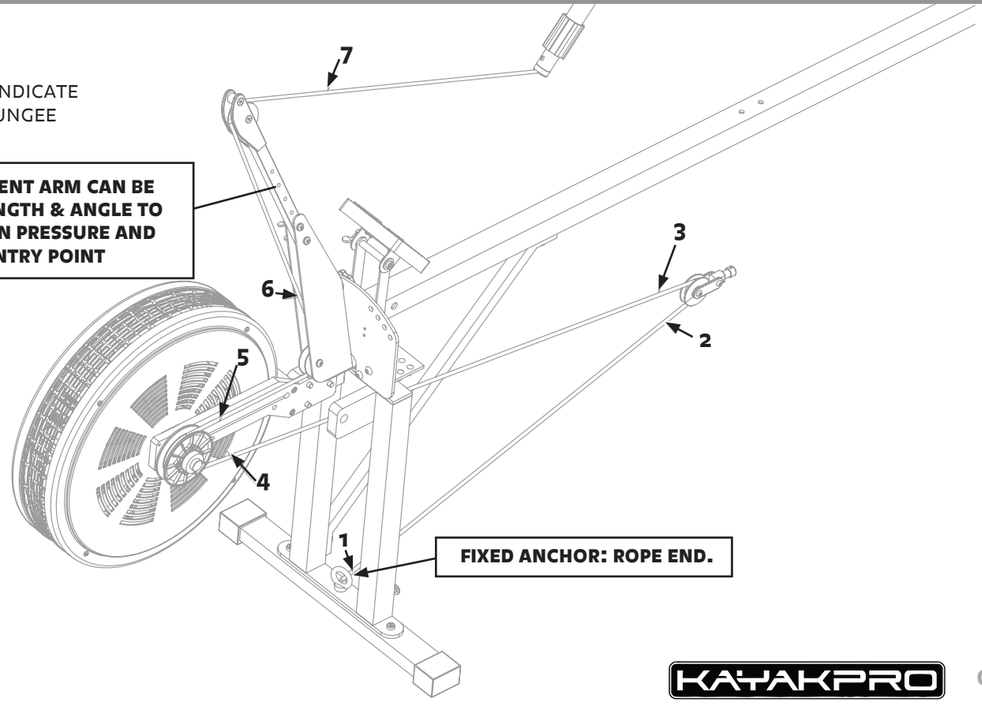


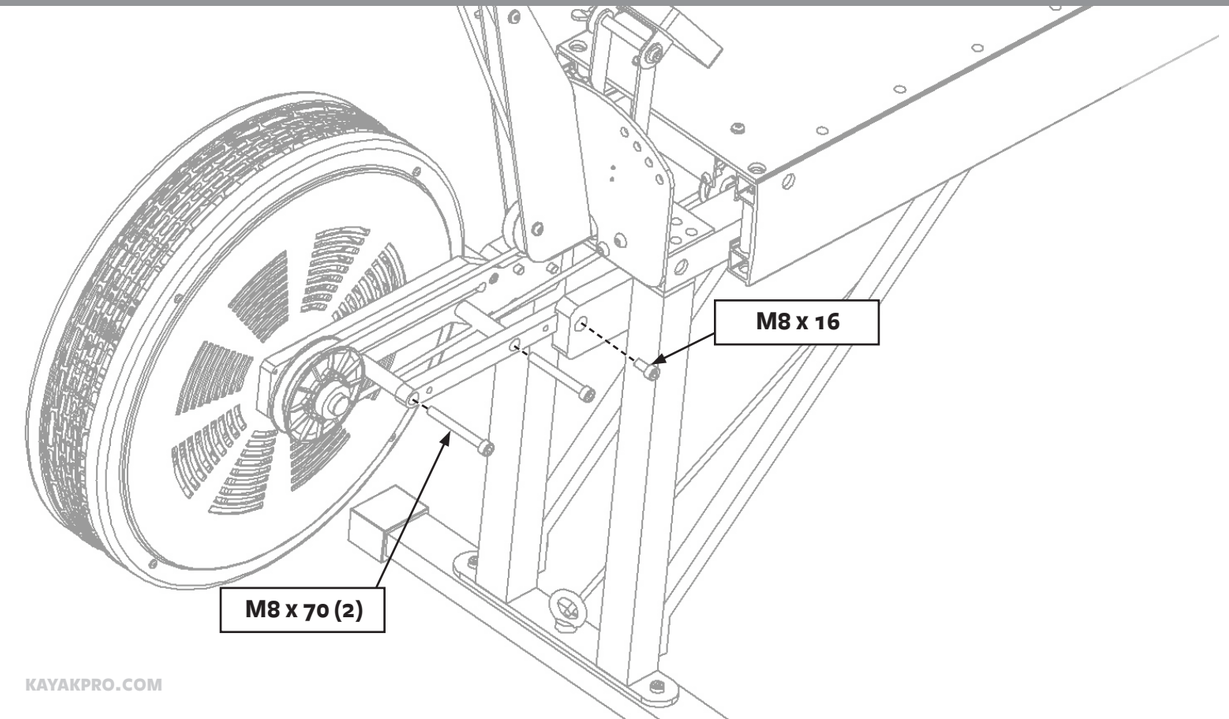
STEP 16 C1-N ASSEMBLY

NOTE: NUMBERS INDICATE PATH OF ROPE / BUNGEE

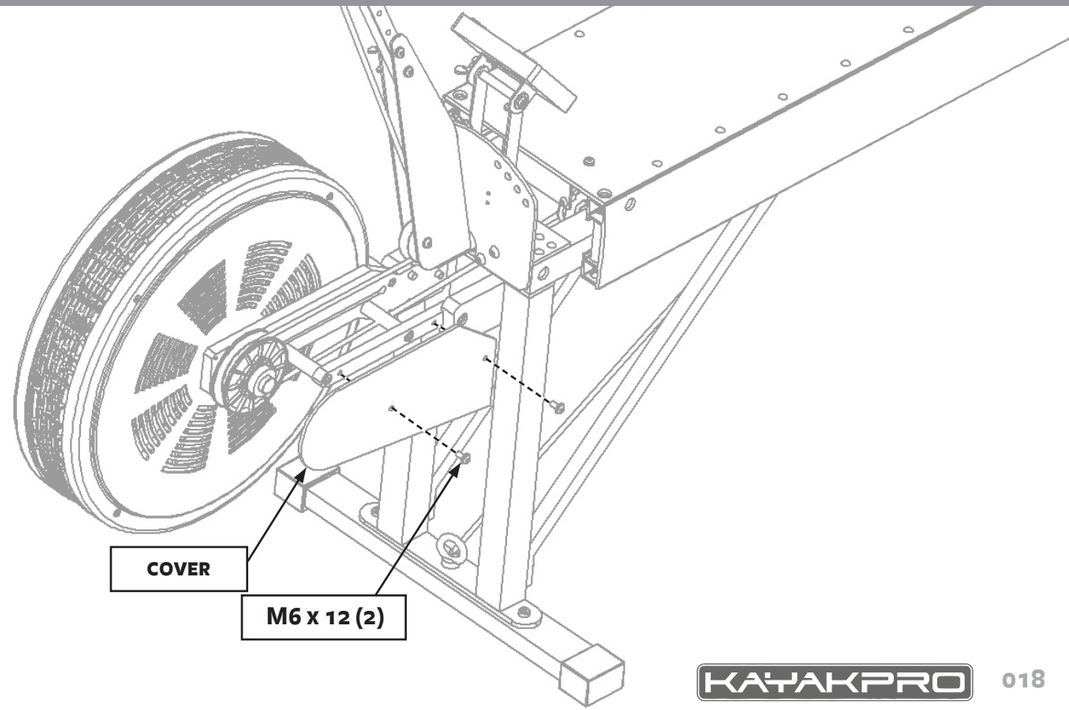
THE ADJUSTMENT ARM CAN BE ALTERED IN LENGTH & ANGLE TO CHANGE DOWN PRESSURE AND BLADE ENTRY POINT



STEP 17 C1-N ASSEMBLY

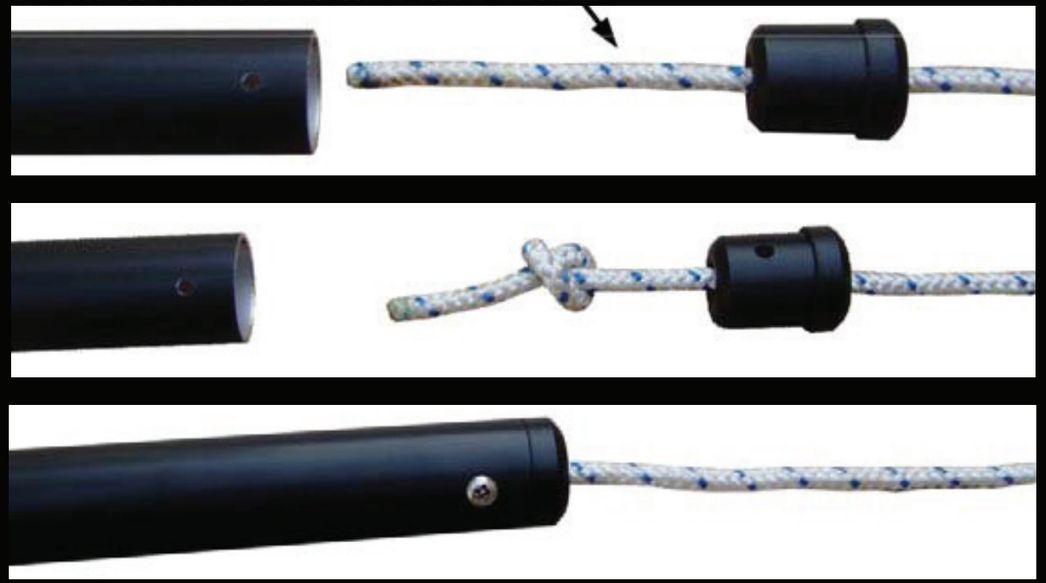


STEP 18 C1-N ASSEMBLY

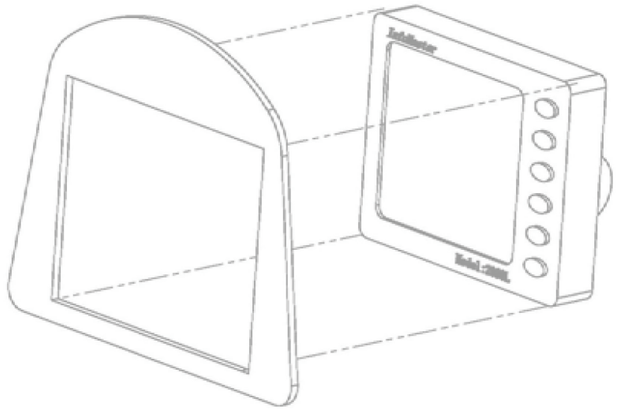


STEP 19 ROPE END INTO PADDLE SHAFT

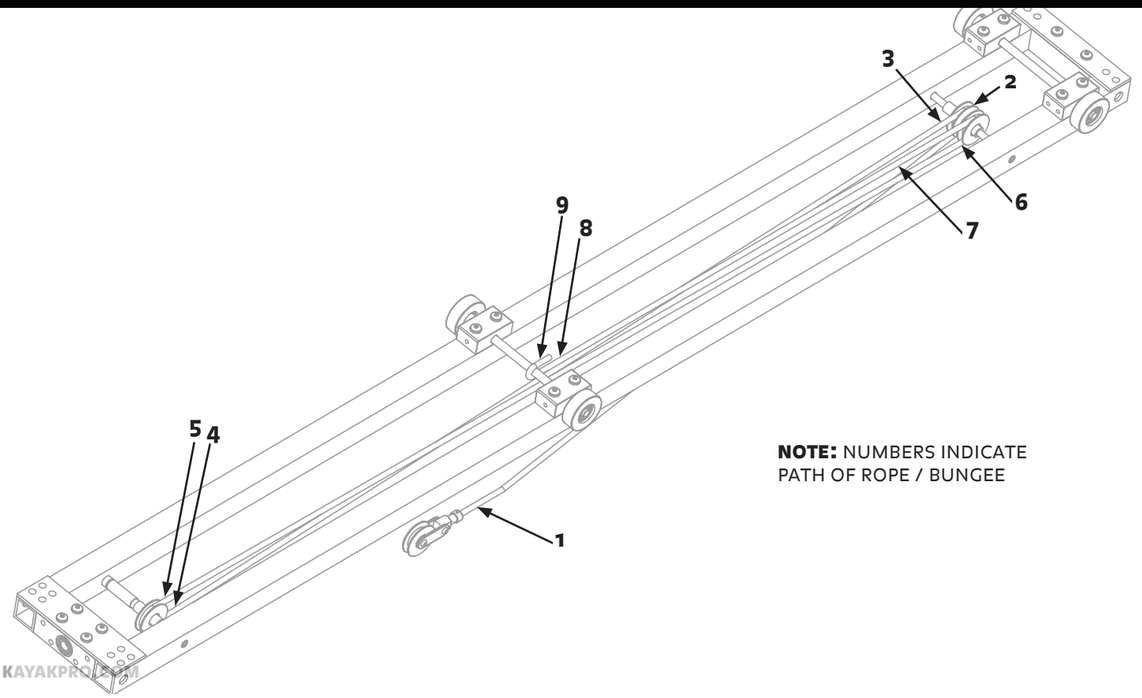
YOU CAN ADJUST THE LENGTH OF THE ROPE HERE



NOTES FOR BEST USE

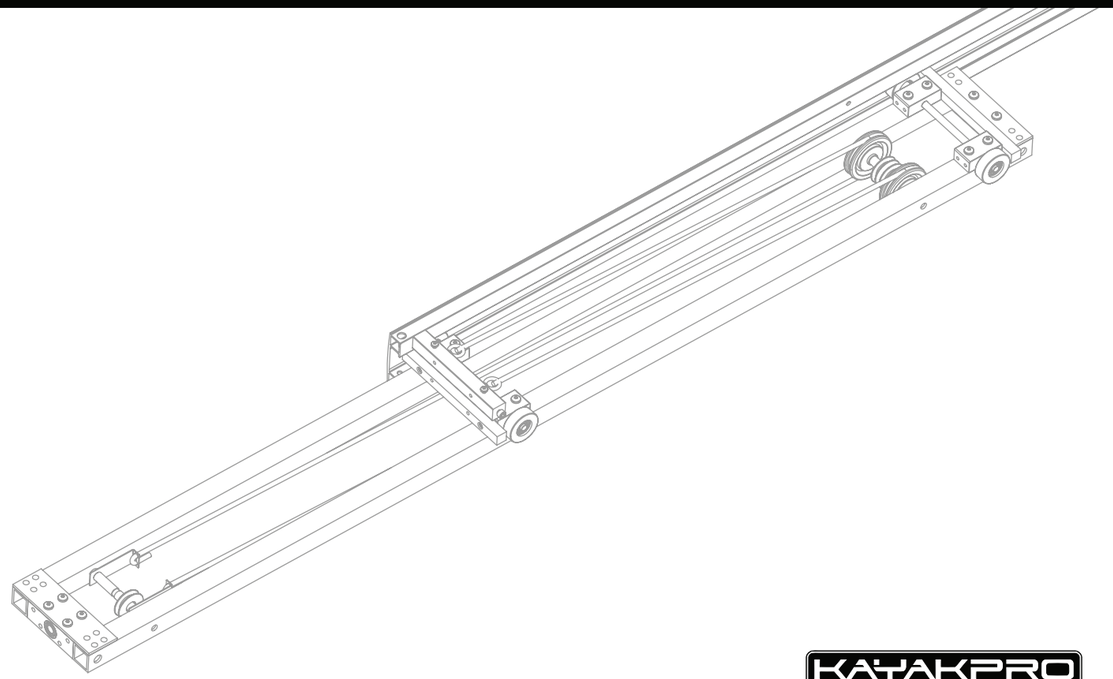


ROPE BUNGEE SCHEMATIC UNDER CARRIAGE ONLY



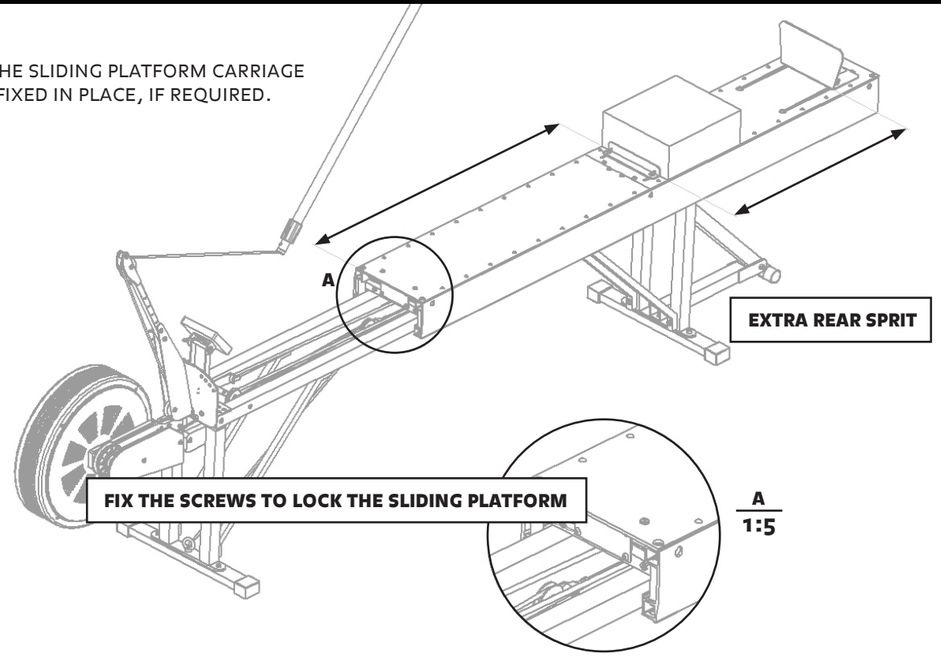
NOTE: NUMBERS INDICATE PATH OF ROPE / BUNGEE

ROPE BUNGEE SCHEMATIC UNDER CARRIAGE AND SLIDING PLATFORM ABOVE



SLIDING PLATFORM CARRIAGE

NOTE: THE SLIDING PLATFORM CARRIAGE CAN BE FIXED IN PLACE, IF REQUIRED.



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For a full list of international dealers go to:
www.kayakpro.com/speedstrokegym/dealers.php

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