



SUP ERGO ASSEMBLY

INSTRUCTION MANUAL : How to assemble your
KayakPro's SUP Ergometer.



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: For the SUP Ergometer, the largest working area is:
 - TOTAL WIDTH 175 cm (69")
 - TOTAL HEIGHT 215 cm (84")
 - TOTAL LENGTH + SPACE BEHIND FOR PADDLE SHAFT RECOVERY ... 343 cm (135")
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 the SUP Ergometer the user accepts all and full responsibility for self.



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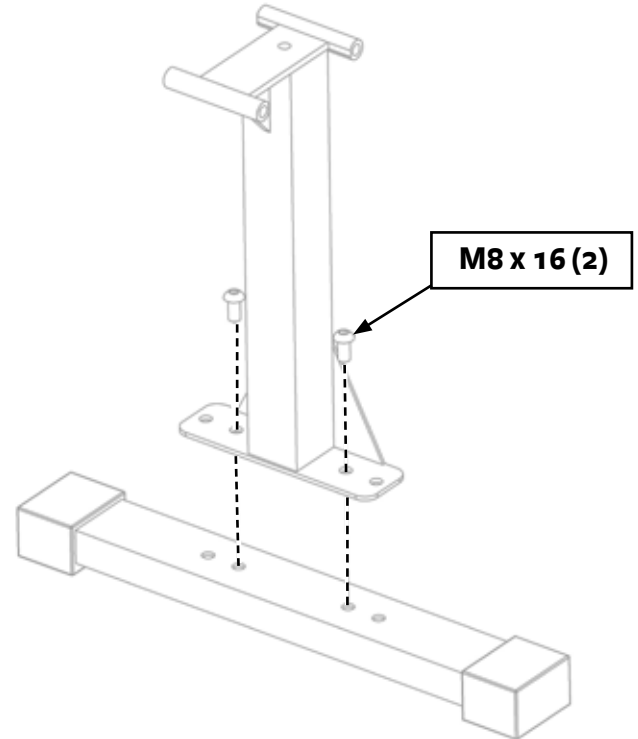
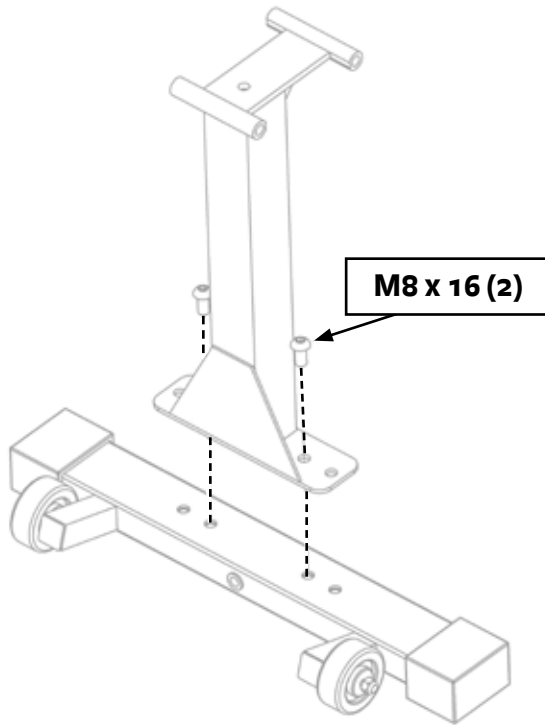
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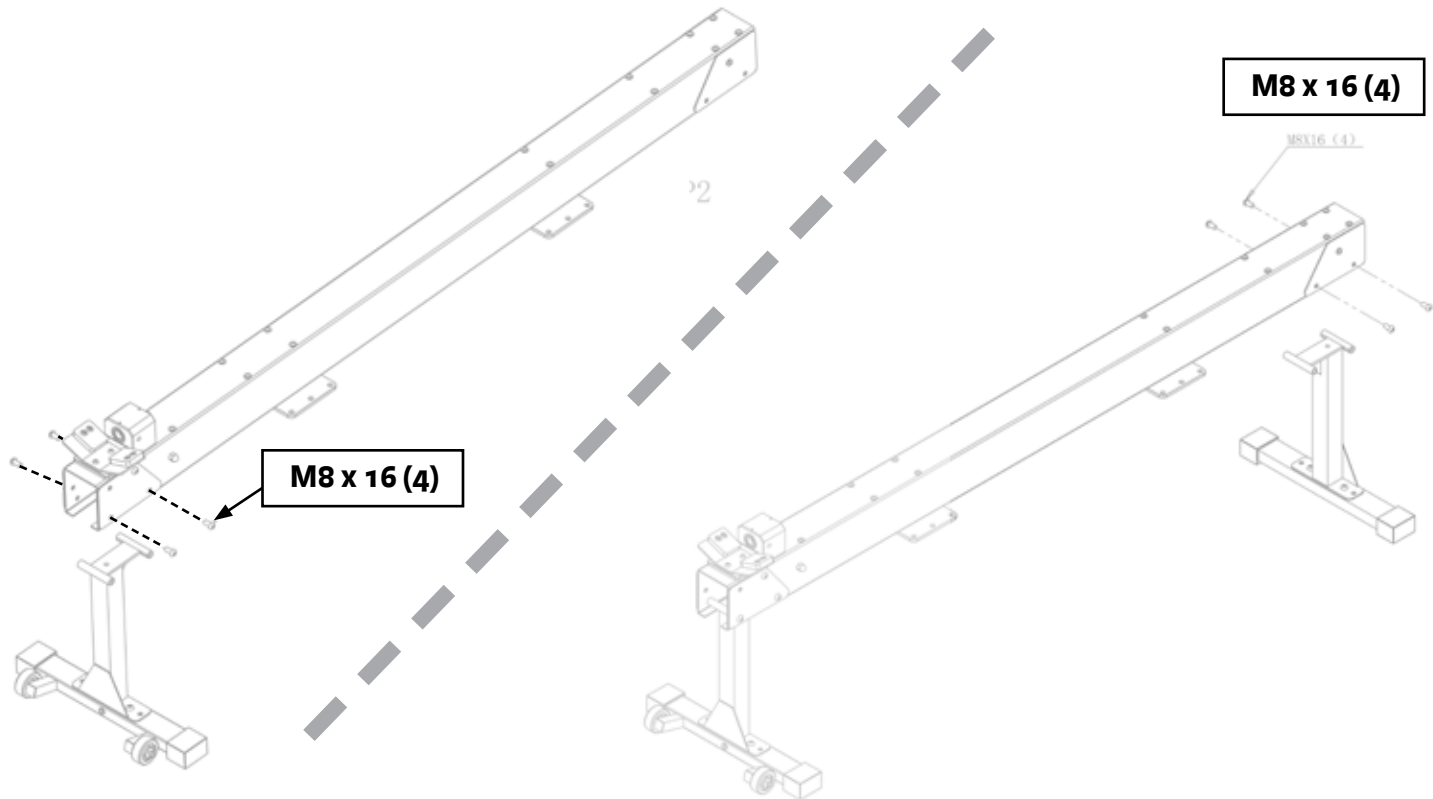


OFFICIAL SUPPLIER OF KAYAK
ERGOMETERS TO THE 2004
ATHENS AND 2008 BEIJING
OLYMPIC GAMES

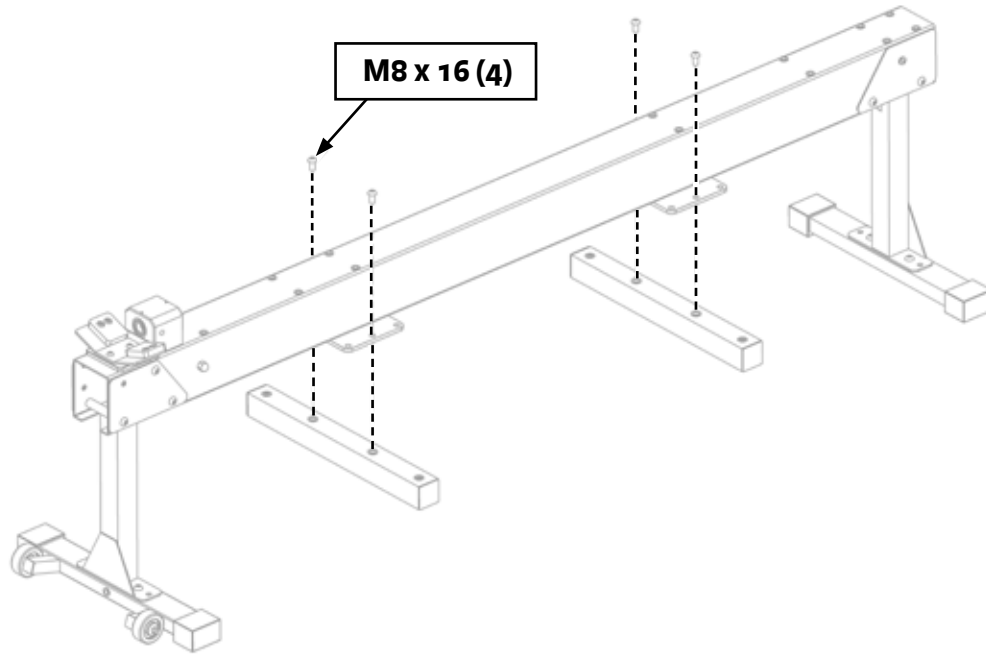
STEPS 1 & 2 SUP ERGO ASSEMBLY



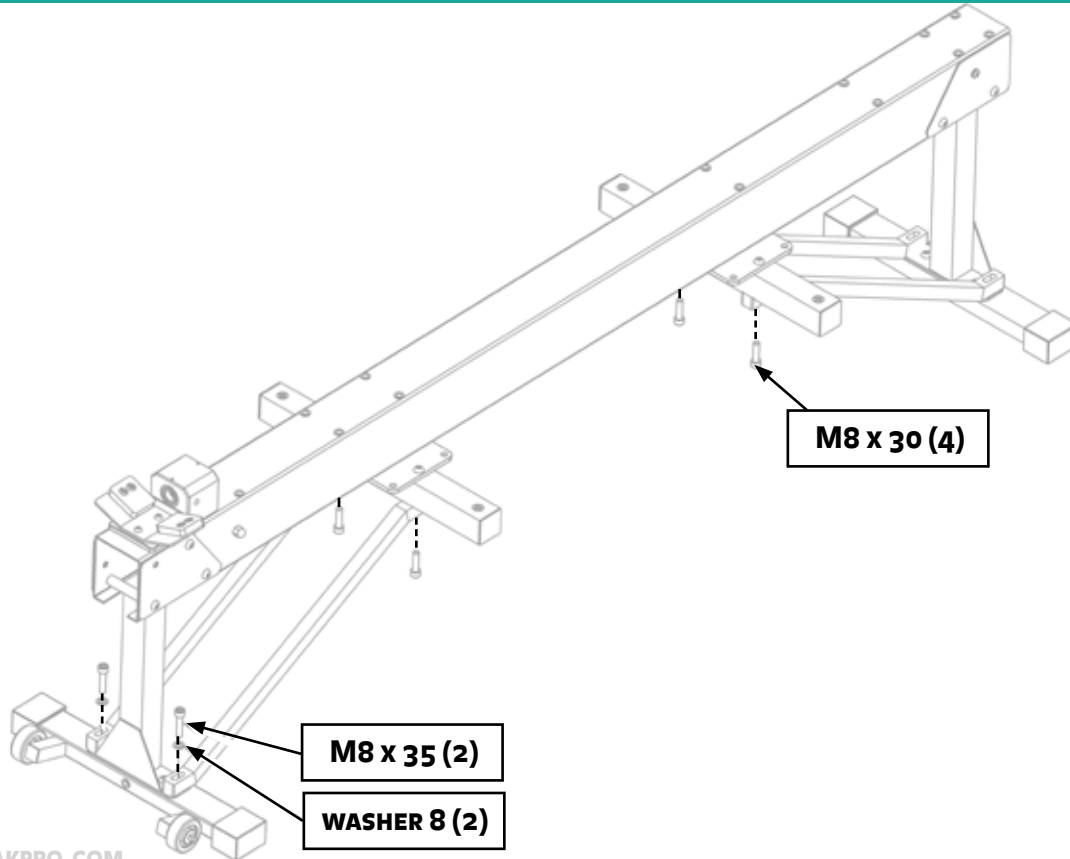
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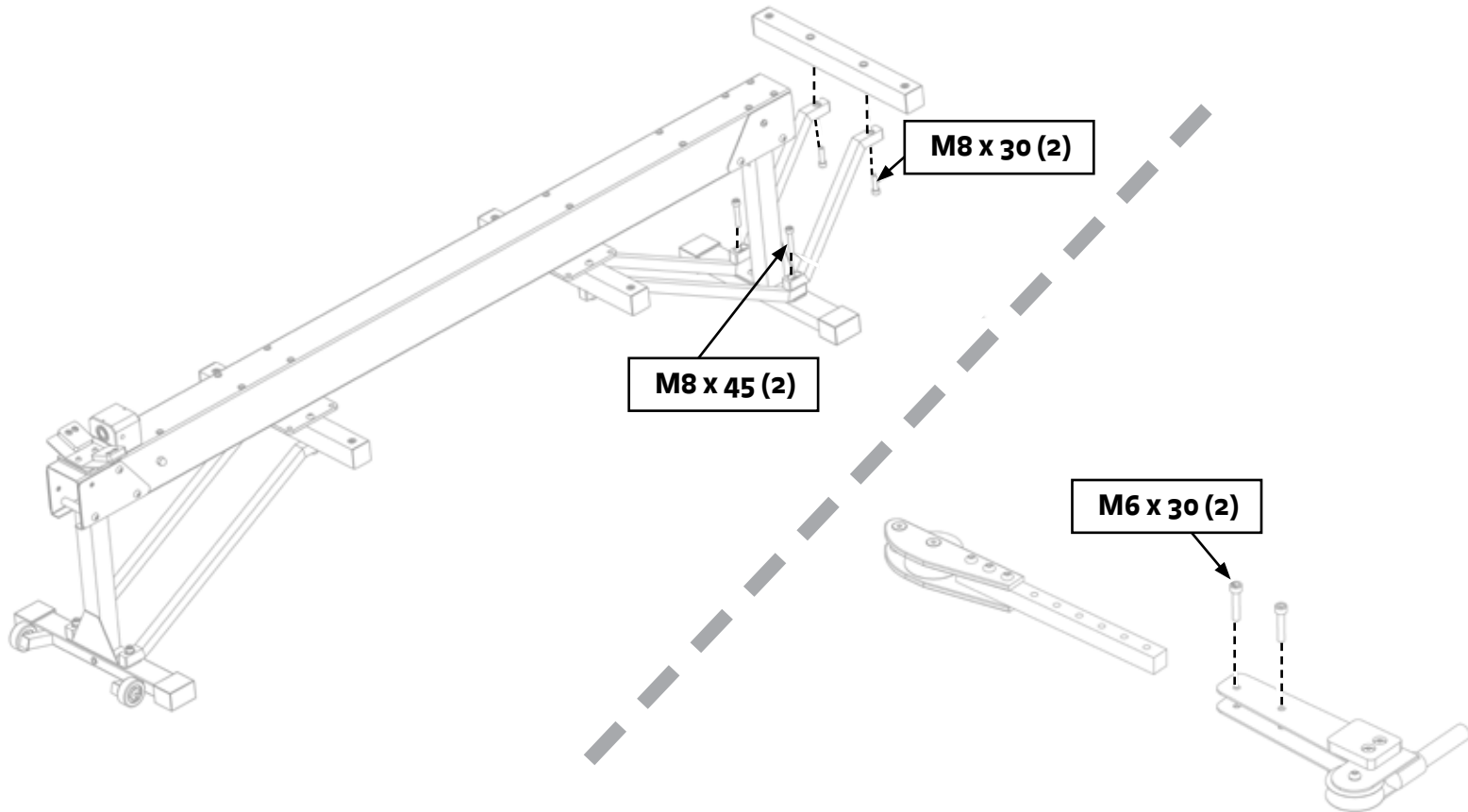
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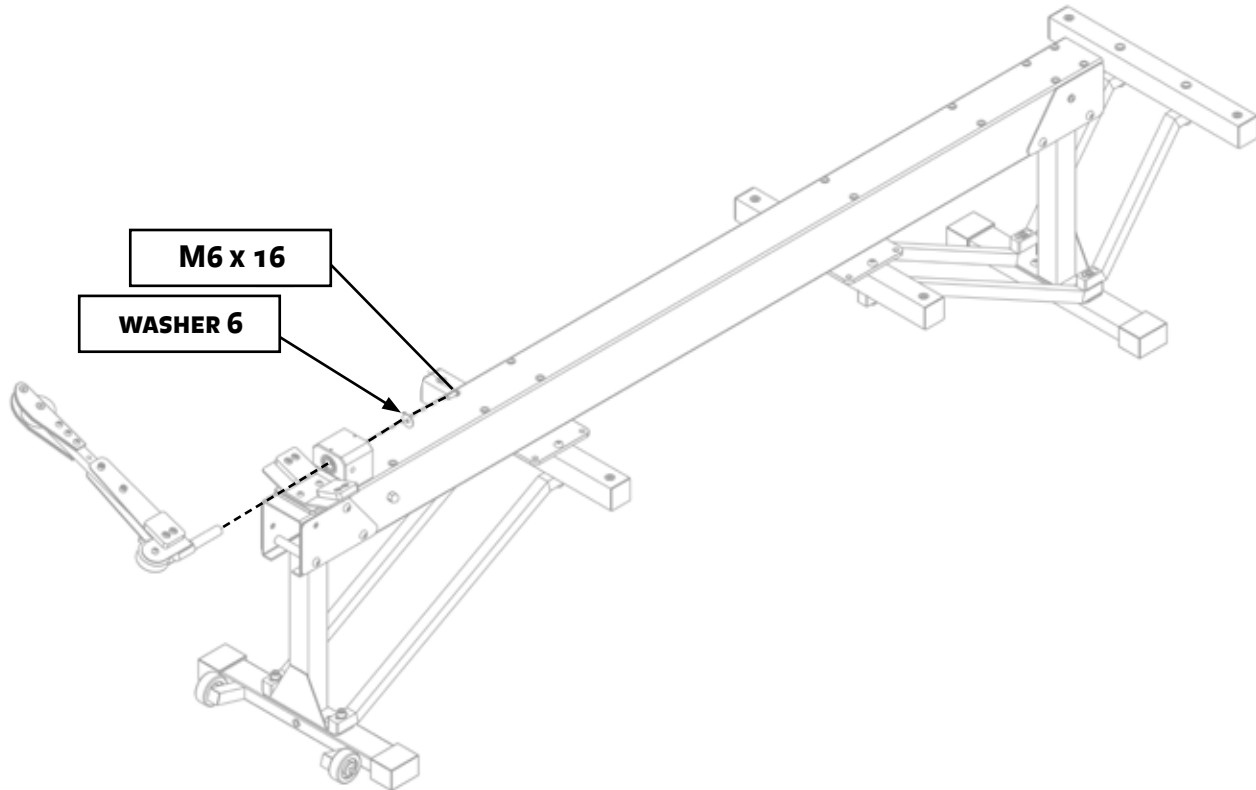
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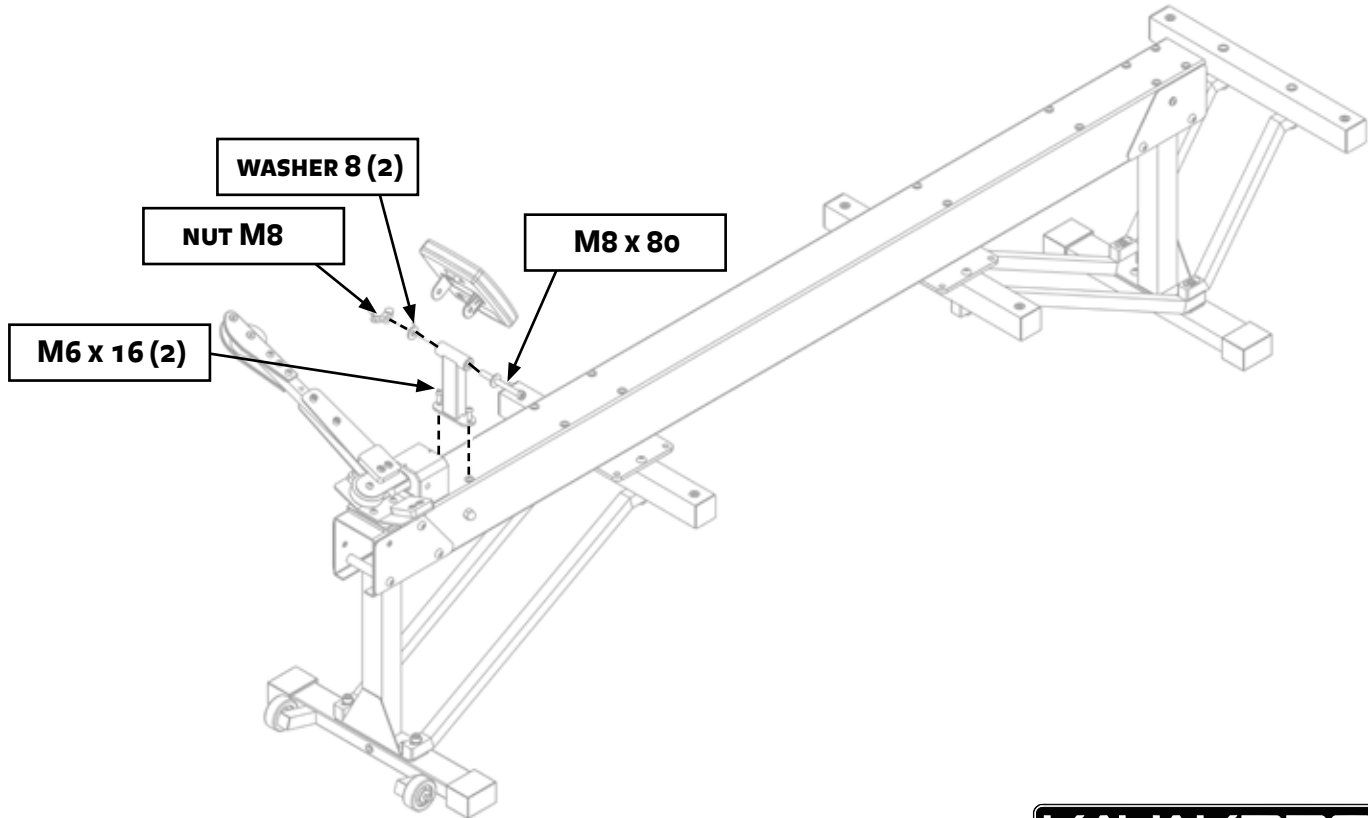
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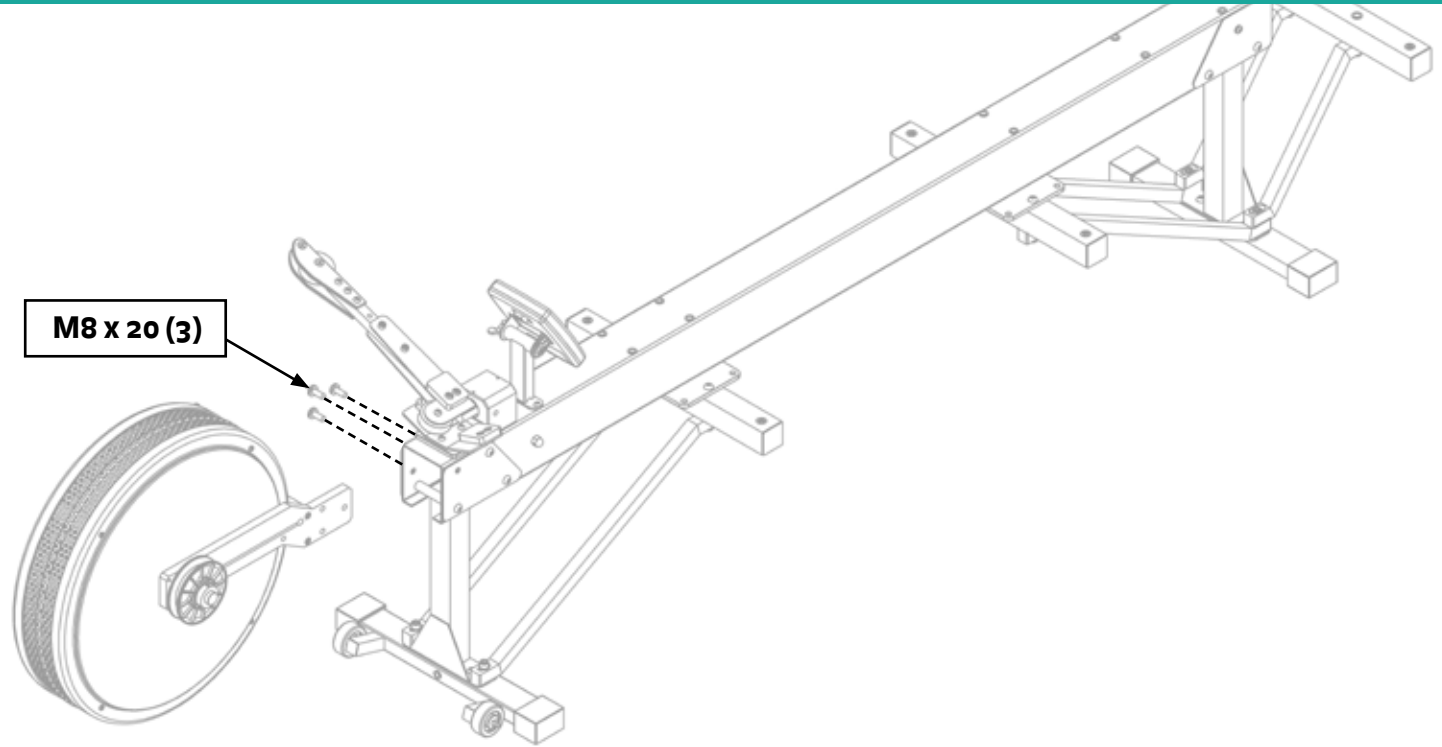
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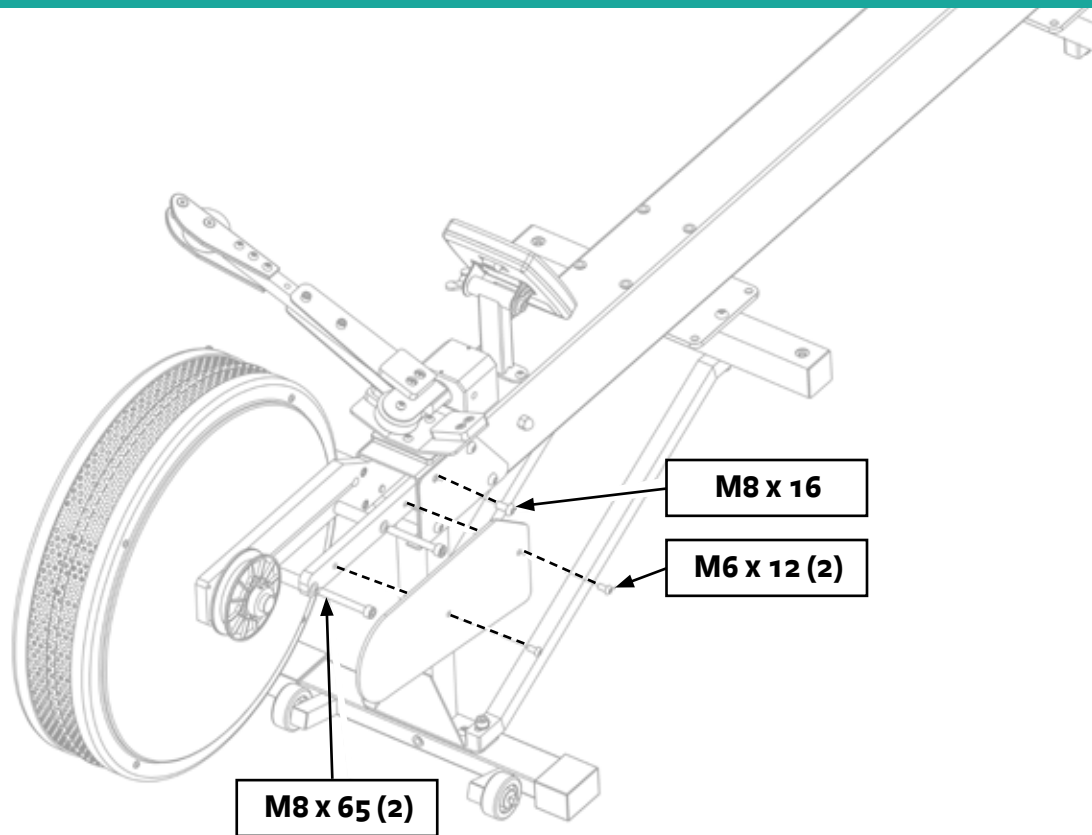
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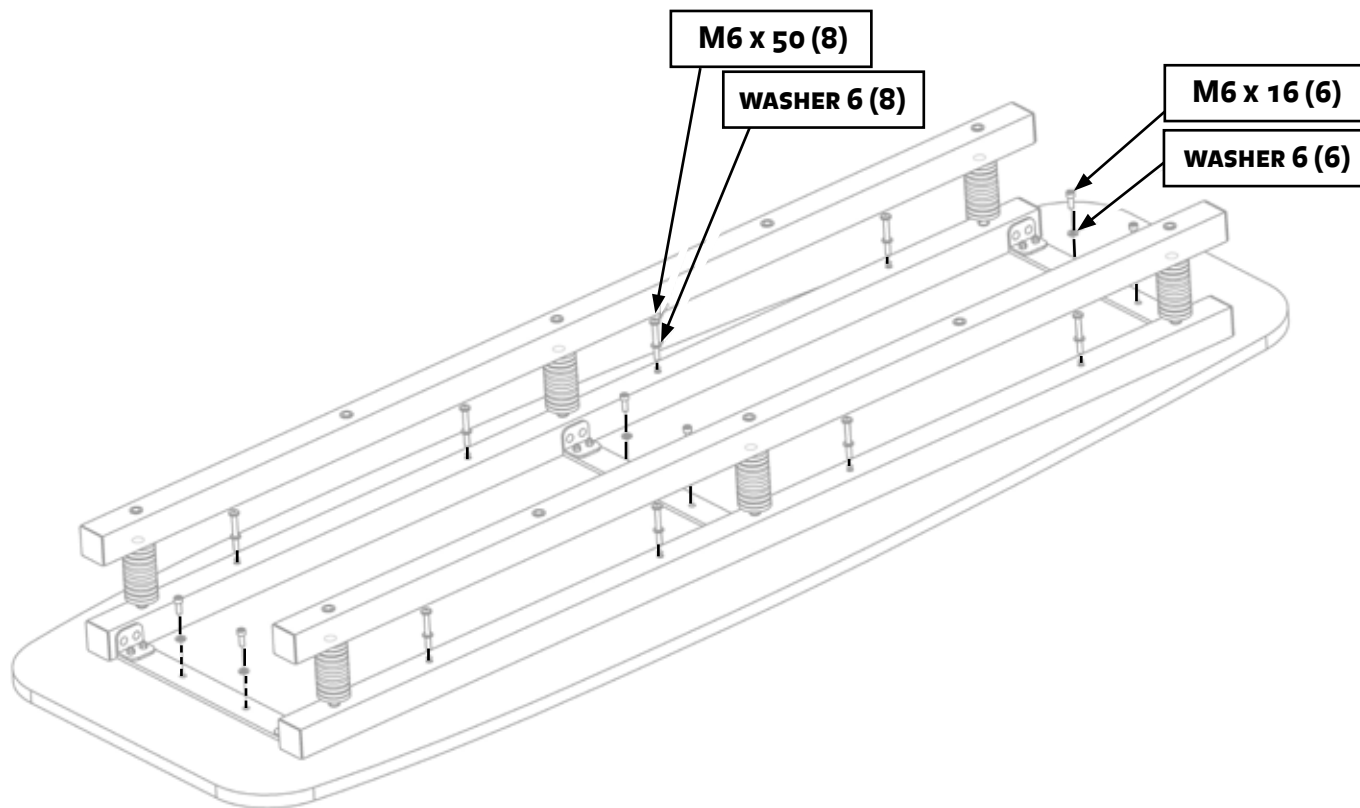
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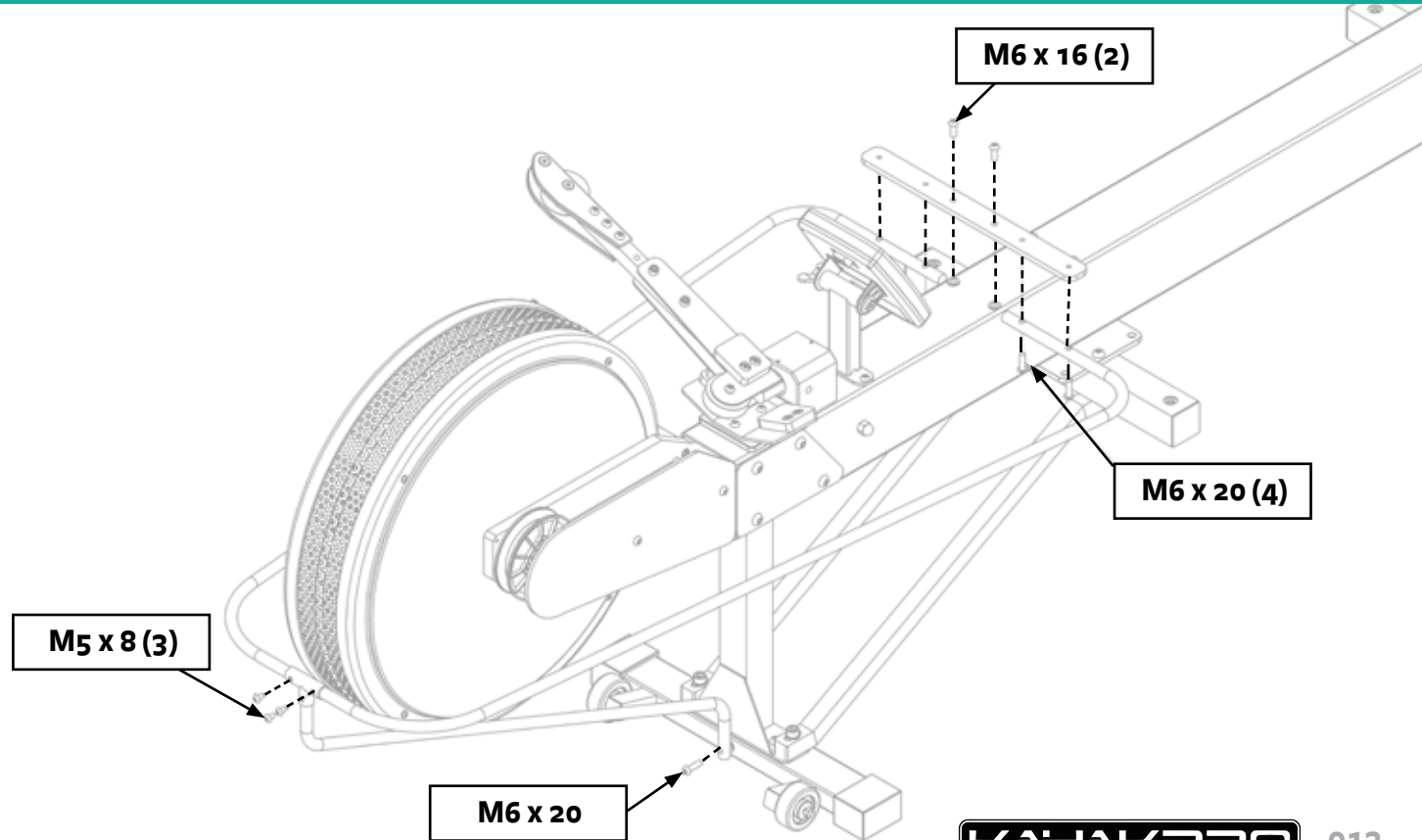
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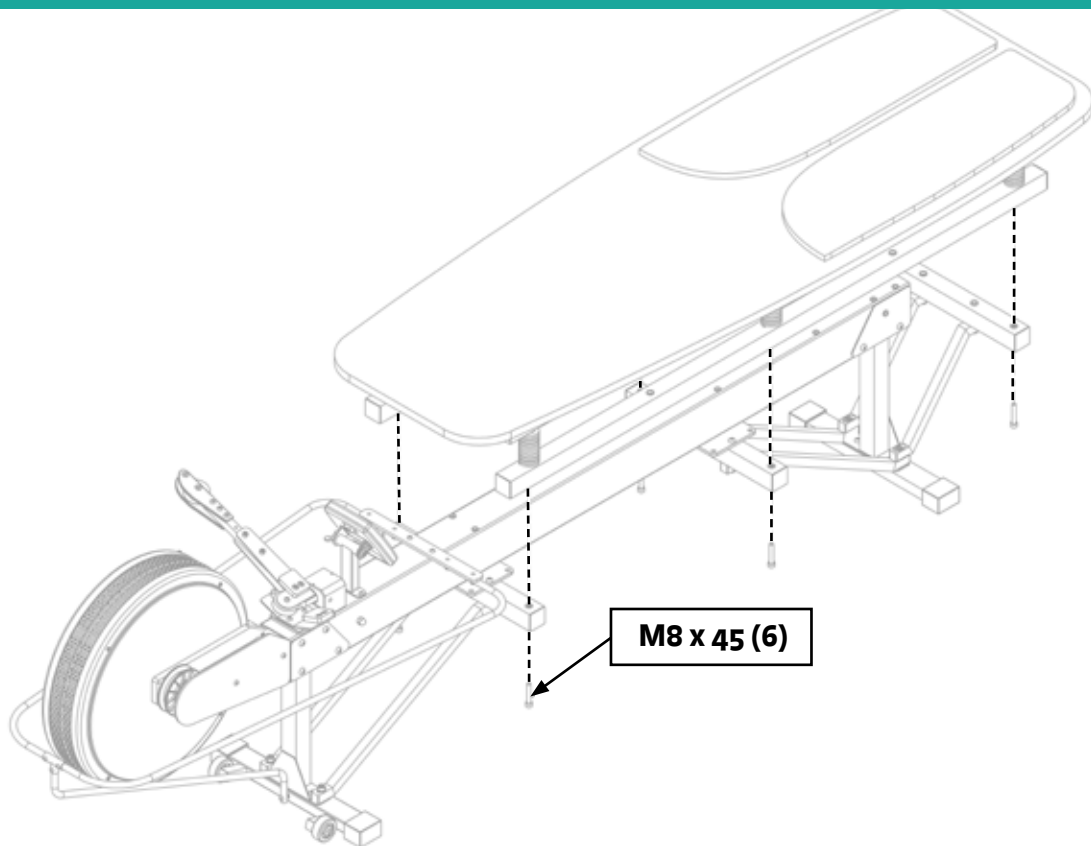
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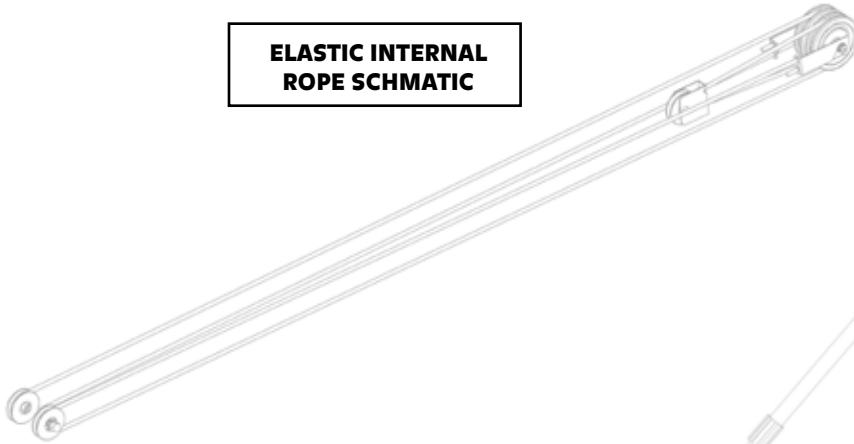
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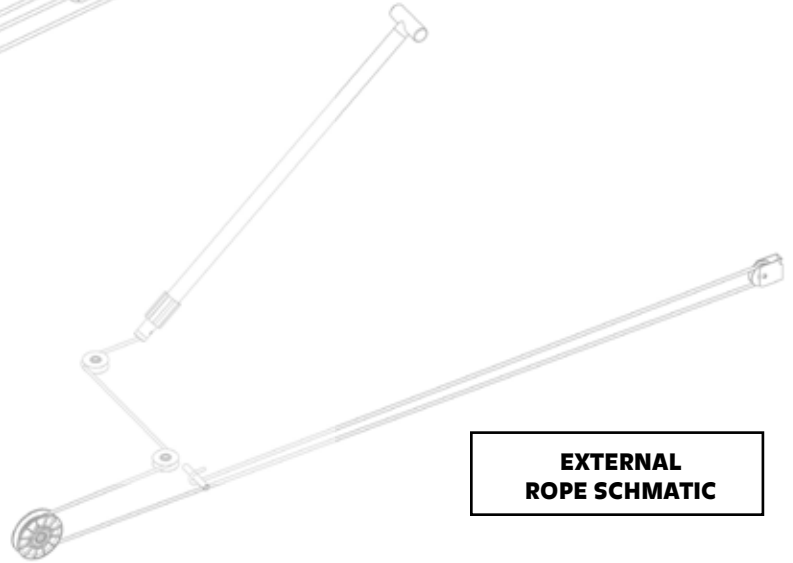
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STEP 16 SUP ERGO ASSEMBLY

**ELASTIC INTERNAL
ROPE SCHEMATIC**

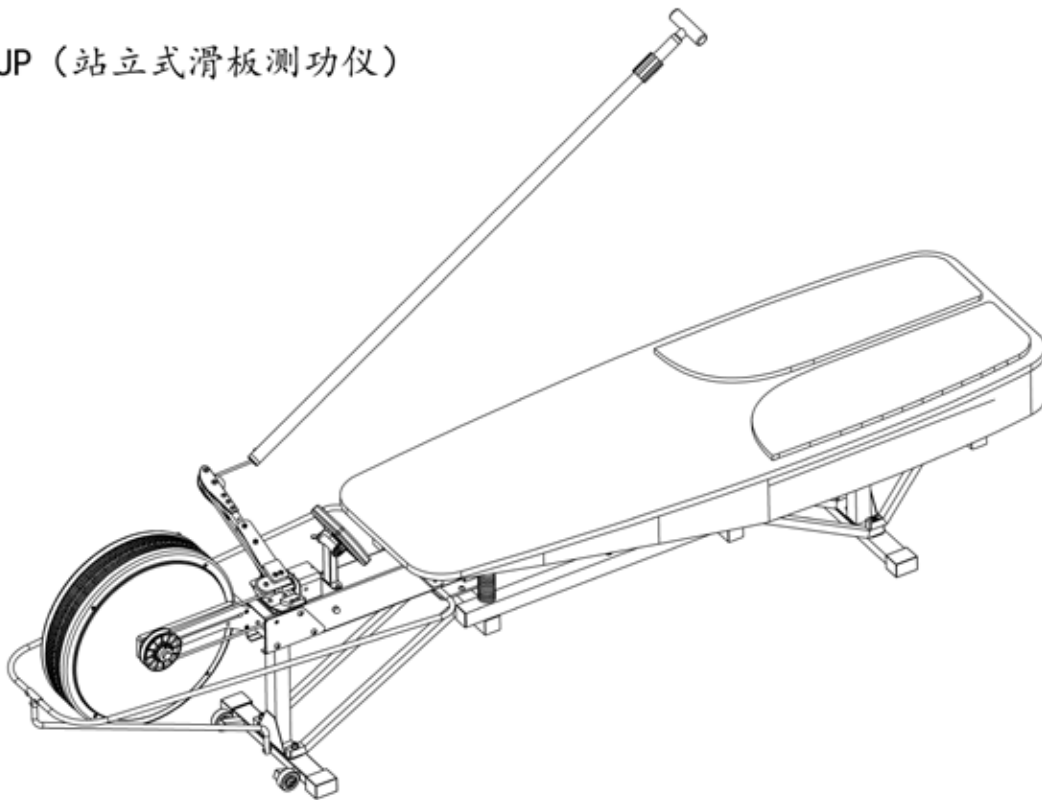


**EXTERNAL
ROPE SCHEMATIC**



COMPLETED SUP ERGO ASSEMBLY

SUP (站立式滑板测功仪)



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For a full list of international dealers go to:
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Official suppliers of kayak ergometers to the
2004 Athens & 2008 Beijing Olympic games.

