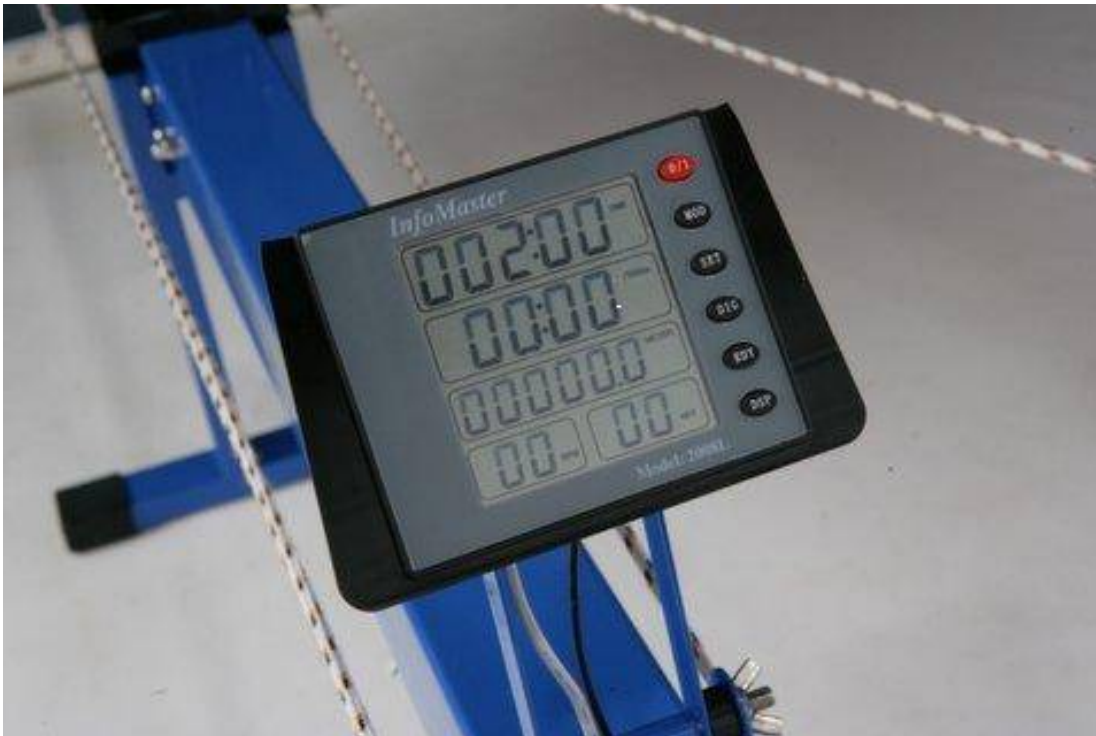


SPEEDSTROKE GYM - Kayak

SPEEDSTROKE GYM - Canoe

KAYAKPRO *Shanghai InfoSports Co., Ltd.*

ON-BOARD CONSOLE INSTRUCTIONS:



OVERVIEW

The on-board console provides real time feedback to your performance on SpeedStroke. You have several options that control the information the console displays. These directions describe the different displays and the buttons that control them. In addition, we'll cover how to connect the on-board console and install batteries.

INSTALLING BATTERIES IN THE ON-BOARD CONSOLE

The console takes "AAA" batteries. Make sure they are positioned in the right direction! The positive tip on both should point "down."

HOW TO CONNECT THE ON-BOARD CONSOLE

The SpeedStroke comes with several electronic connectors. This is what they do and how they should be connected:

The "Phone Jack" (or Lin Plug) -so named because they look like the plug that goes from your phone into the wall socket:



There are two of these, one coming from the middle of the SpeedStroke frame and the other from the front- (Flywheel end). These provide access to a PC computer and serve exactly the same function – you only connect one at a time. In order to connect the console to your PC computer (necessary to upload the software that "drives" the console), connect one of the phone jacks (and Lin Cable) to the small square "black box". (Or Lin Box) On the other end, the Lin box connects to the USB cord/ cable that connects to your computer.

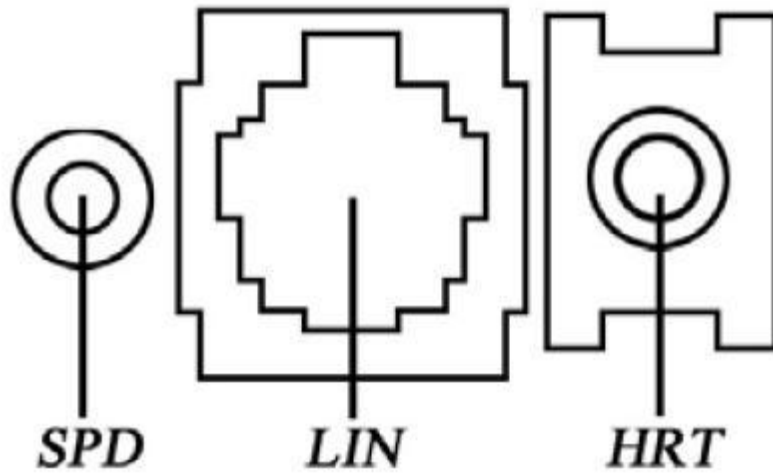
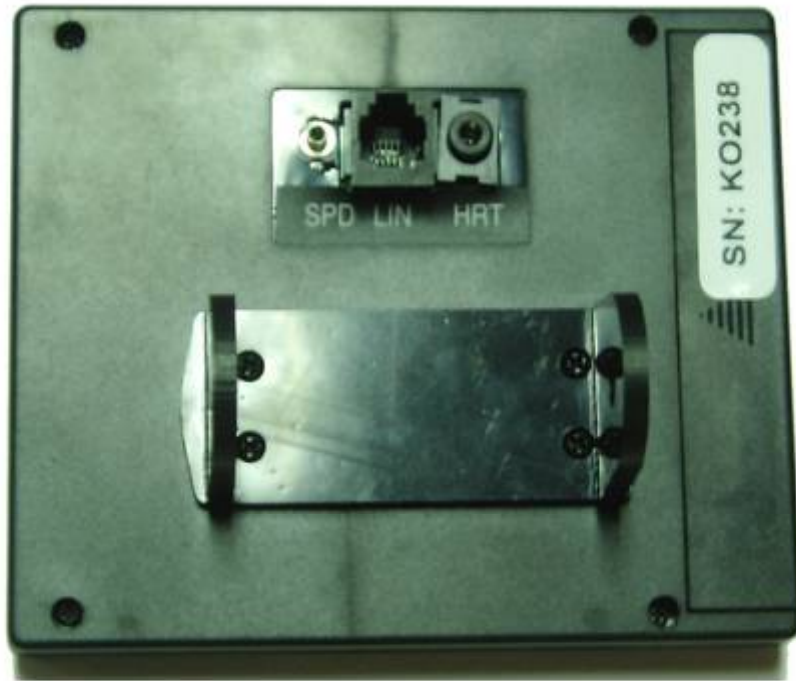
The 1/8 inch "male" plug and the 1/8 inch "female" jack that come from the front of the SpeedStroke.

These simply plug into each other. Secure extra wire with the white "ties" provided. When connected, these monitor your effort, rate and distance paddled.

The very small "male" plug coming from the middle of the frame:

This plugs into the back of the on-board console, the jack marked "SPD." It connects the on-board console to the speed sensor in the flywheel.





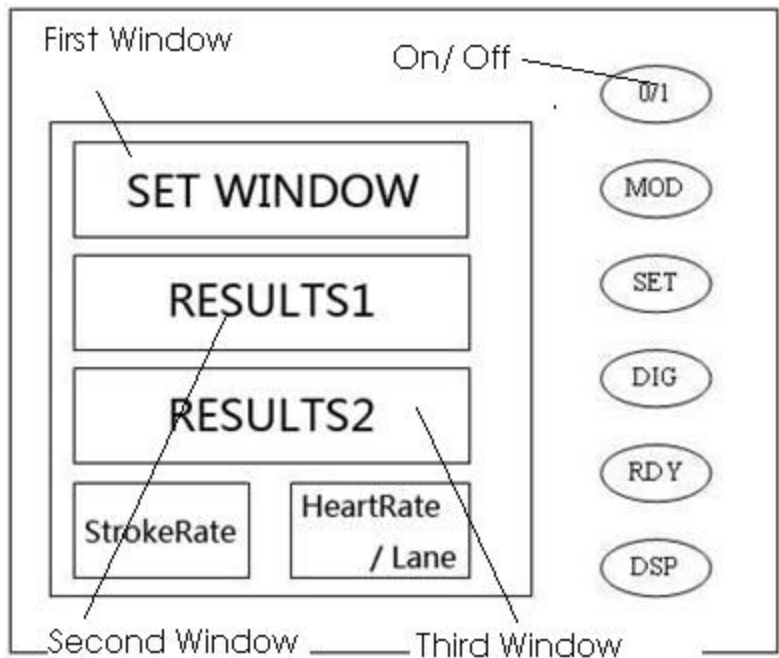
The 1/8 inch "male plug coming from the middle of the frame:
This is the plug from the heart rate monitor sensor. It plugs into the back of the on-board console, in the 1/8" jack marked "HRT." (PLEASE NOTE: In order to function, you

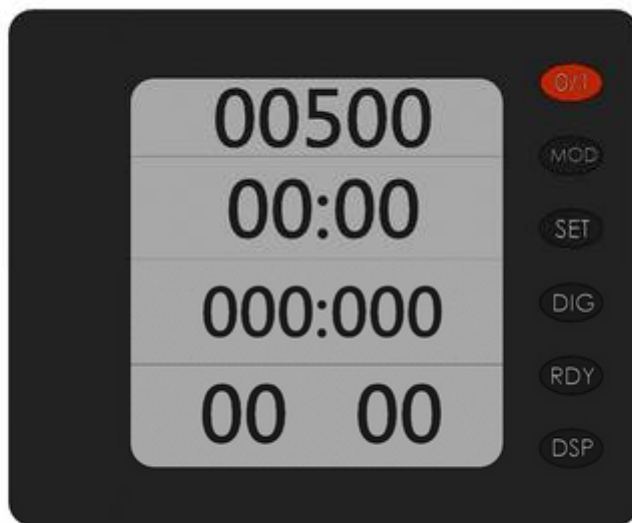
must wear a KayakPro Heart rate chest belt transmitter or alternatively a Polar Heart Rate transmitter – Please note – only Polar Un-coded models will function.

HRT CABLE Ø3.5mm



Graphic representation of Console Face/ Front





EXPLAINING THE ONBOARD CONSOLE DISPLAY (See graphic image above).

There are five “windows” on the on-board console display, many of which change according to the option selected.

To Turn On the Display:

Press the red “0/1” button on the top. This is also the “off” button.

Once You Turn on the Display:

The top uppermost display window flashes. Depending on the setting the last time the system was used, it will either be set to “Meter” or “Time.” Hitting the “MOD” (Mode) button toggles back and forth between these two settings. If you want to calibrate or measure your workout according to distance, select “Meter.” If you want to calibrate or measure it according to time, select “Time.”

Setting the “Meter/Time” Window (the “first” window on the top):

Depending on whether you want “Time” or “Meters,” something in this window will be flashing. -If you want to change the setting (i.e., either more or less time or distance), hit the “SET” button.

This changes the digit position on the display. To set the digit, hit the “Dig” button. This increases the setting by one digit per push (like a digital watch). Set “Time” or “Meter” as you wish. When you’re done, hit the “RDY” button to lock in your “Time/Meter” setting.

PLEASE NOTE: Your setting for Time/Meter in this window will affect what appears in the third window from the top. If you select “Time” for the top window, “Meter” will automatically be displayed in the third window. Conversely, if you select “Meter” in the top window, “Time” will be displayed in the third, once you press the “RDY” button.

The “RDY” (Ready) Button:

This prepares the on-board console for operation during your workout. When you start paddling, the console starts running automatically. If you've selected "Meter" in the top window, and you stop paddling, the console display will pause. However, if you have selected "Time," the clock continues running, even if you've stopped paddling. After the "Rdy" button has been pushed, you can still change certain console settings. These are controlled through the "DSP" (Display) button. This affects the second "window" from the top. See below.

The "500m/Watts/Kcals" Window (the "second" window from the top):

This window is immediately below the "Time/Meter" window. It "toggles" between three settings.

- The first (500m) provides a sense of your pace on a 500 meter course.
- The second setting (Watts) shows average of watts generated per stroke.
- The third setting (Kcals) provides a indication of the number of calories burned per hour at your pace.

The Bottom Left Display Window:

Your heart rate will be displayed here. In order for the heart rate to be monitored, you must have plugged the 1/8" male jack coming from the middle of the frame into the "HRT" jack on the back of the console. You must also wear a KayakPro Heart rate chest belt transmitter or a Polar Heart Rate transmitter – Please note – only Polar Un-coded models will function.

The Bottom Right Display Window:

This displays your lane selection (required when using the I-race or e-monitor software), To change the lane, turn the console on. BEFORE hitting the "RDY" button, press "DSP." The lane selection will flash. To set it, press "SET" to go up or "DIG" to go down. When your lane is displayed, hit the "RDY" button. In order to use either i-race or E- Monitor software you will be required to input an entry between 1 and 9.



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