

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: For either SpeedStroke or MultiStroke, 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 SpeedStroke GYM or Mutlistroke Egrometers the user accepts all and full responsibility for self.

3 STAGE MAINTENANCE PROGRAM**ON SITE.**

1. Ensure rope end inserts are tight 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.
2. Ensure all other bolts are tight and in place- special notice must given to the Guide roller axle, the fixing pin in front of the Guide roller and the 2 structural Bolts that hold the Flywheel arrangement.
3. Console batteries to be replaced approx. every 3 weeks.

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. Shaft to be checked for straightness and wear, tear and abrasion to hand grips. Shaft adjusters to be checked to ensure they are working effectively. Check to ensure shaft is not extended beyond the "maximum" markings.
4. Console to be checked to ensure the digital readouts are all functioning correctly.
5. 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.

CONTACT US.

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