



# SUP ERGO TO O1-M ASSEMBLY

**INSTRUCTION MANUAL :** How to convert your KayakPro SUP Ergometer to the KayakPro Outrigger O1-M 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 Egrometer the user accepts all and full responsibility for self.



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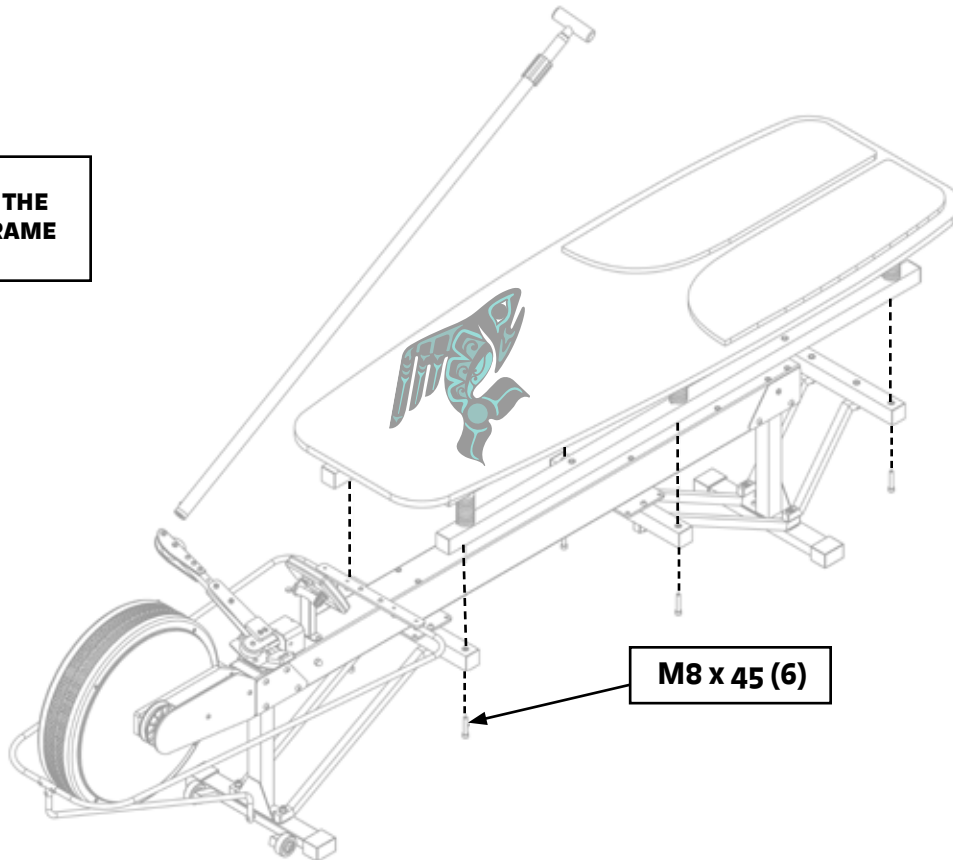
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OFFICIAL SUPPLIER OF KAYAK  
ERGOMETERS TO THE 2004  
ATHENS AND 2008 BEIJING  
OLYMPIC GAMES

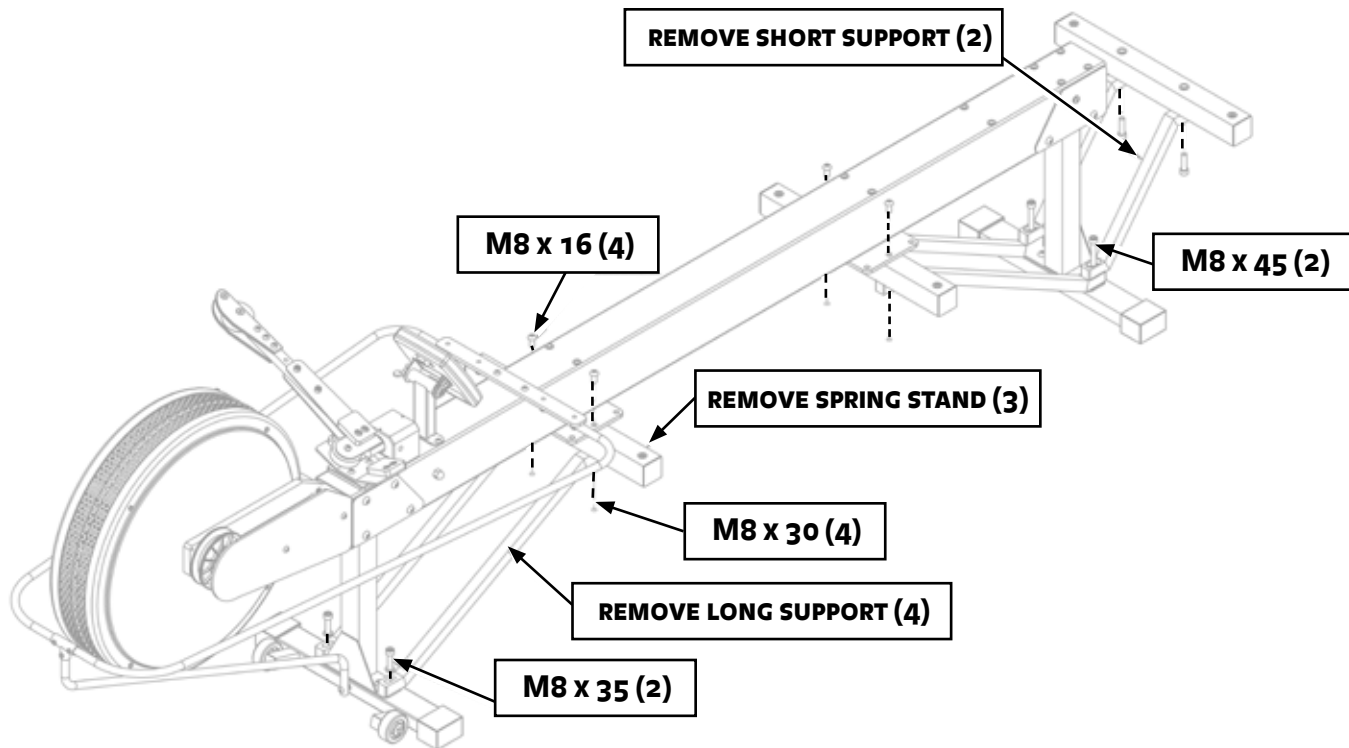
# STEP 1 SUP TO O1 -M ASSEMBLY

**REMOVE THE  
BOARD FRAME**

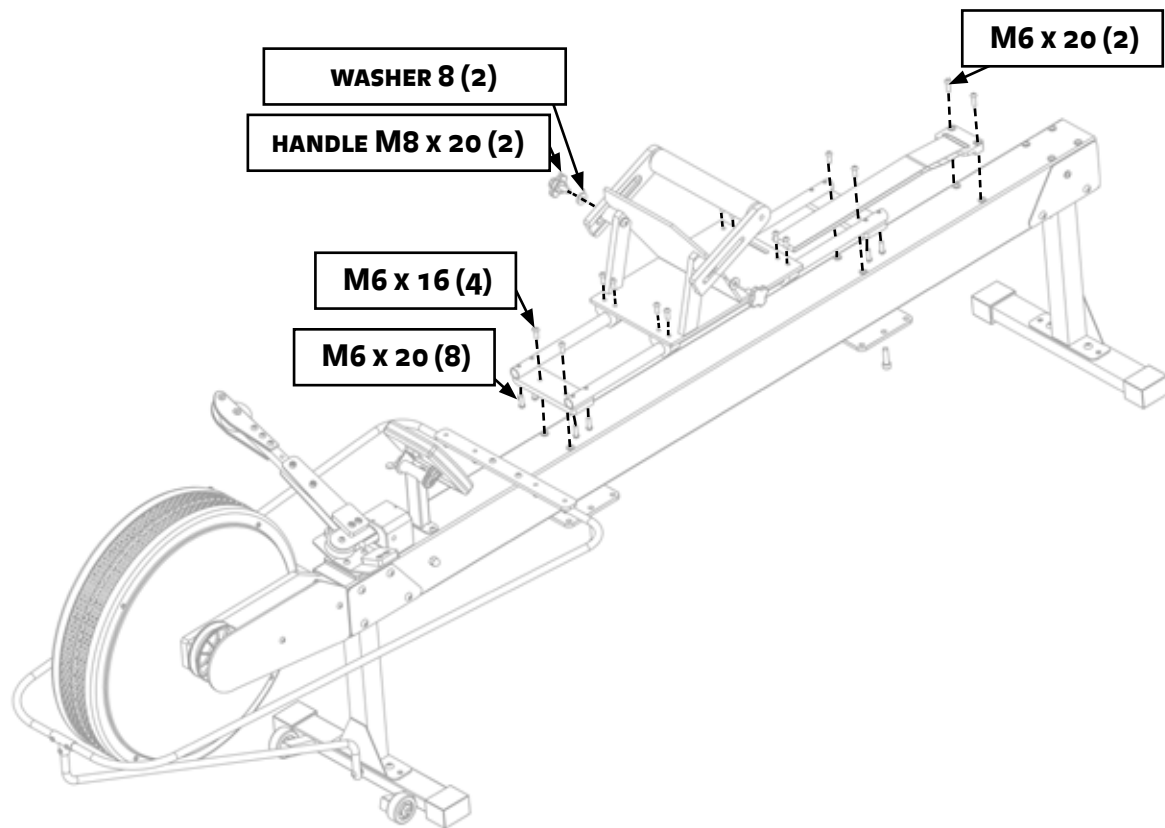


**M8 x 45 (6)**

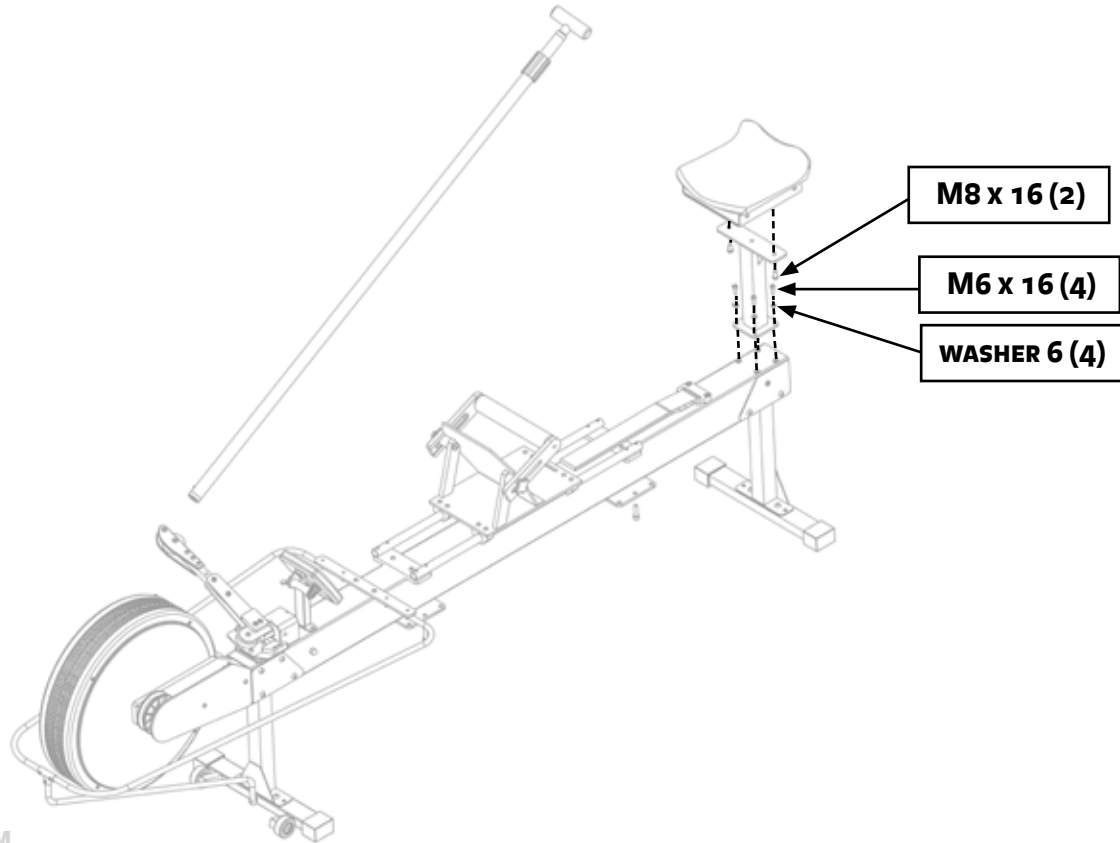
# STEP 2 SUP TO O1 -M ASSEMBLY



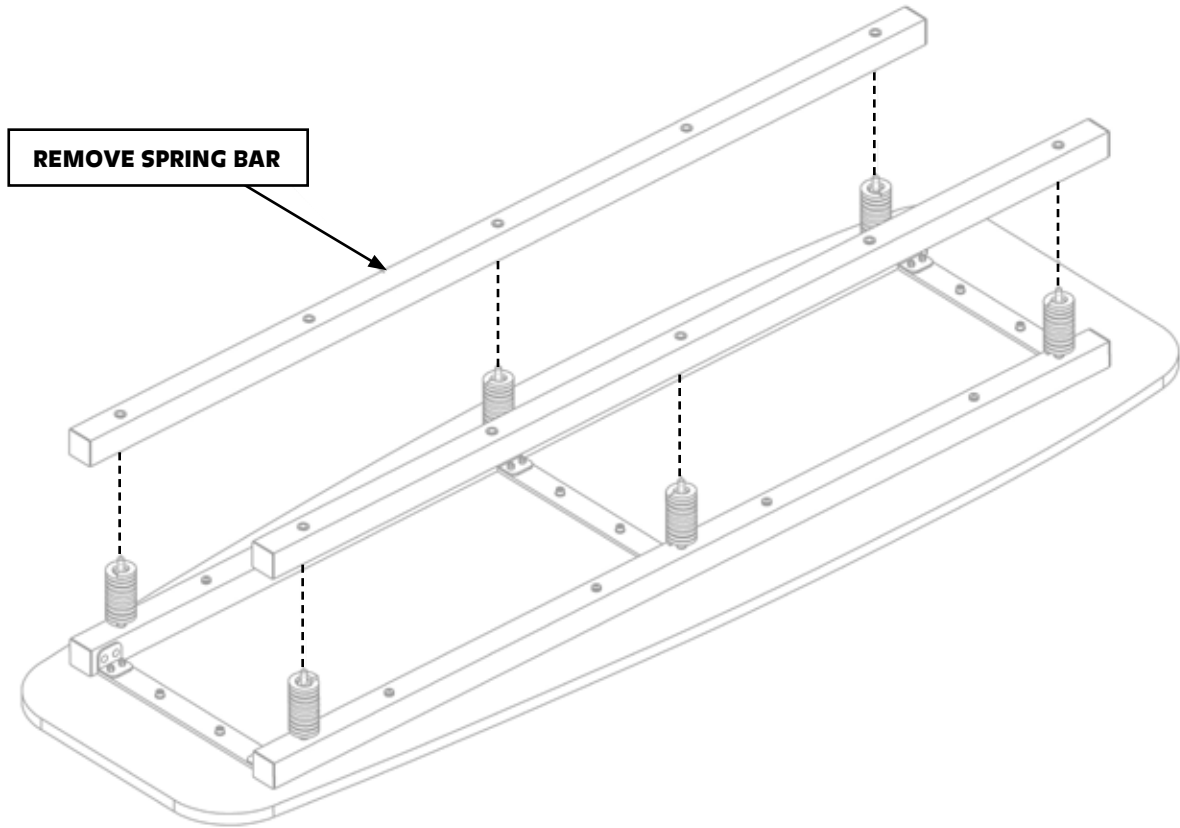
# STEP 3 SUP TO O1 - M ASSEMBLY



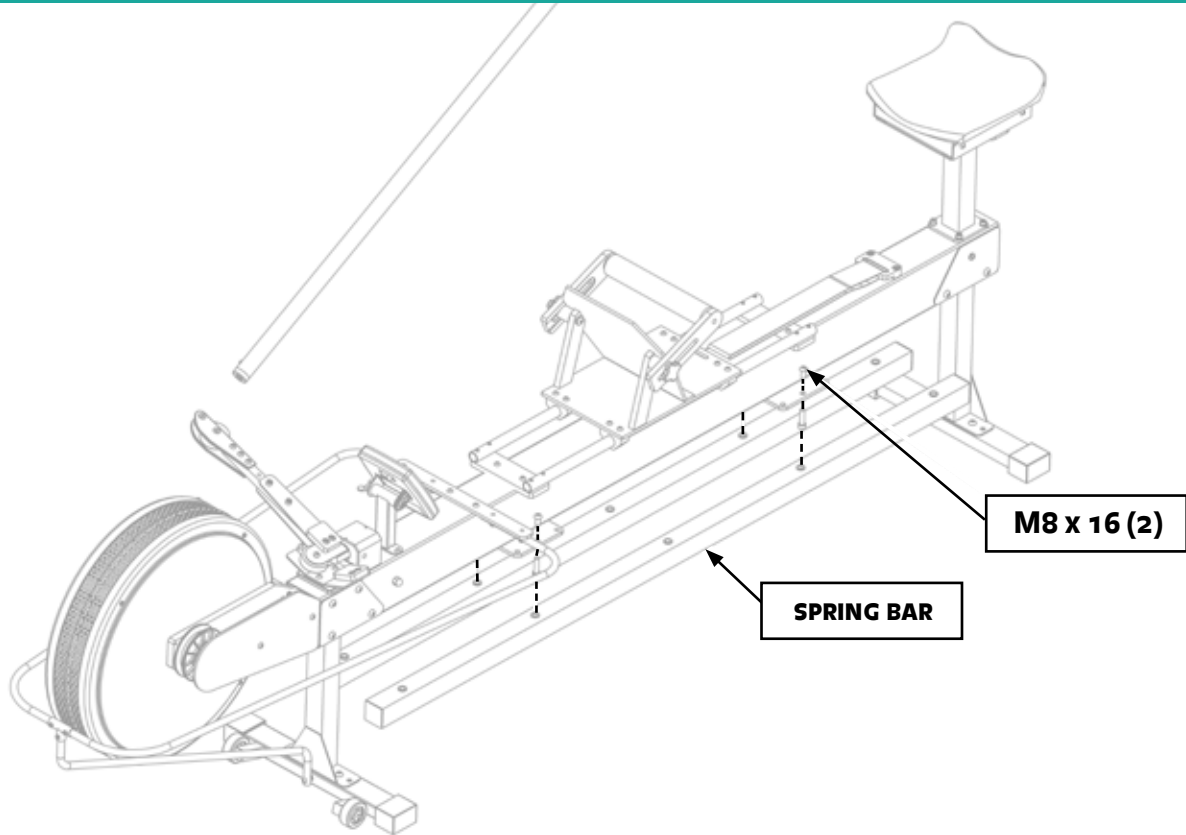
# STEP 4 SUP TO O1 - M ASSEMBLY



# STEP 5 SUP TO O1 -M ASSEMBLY

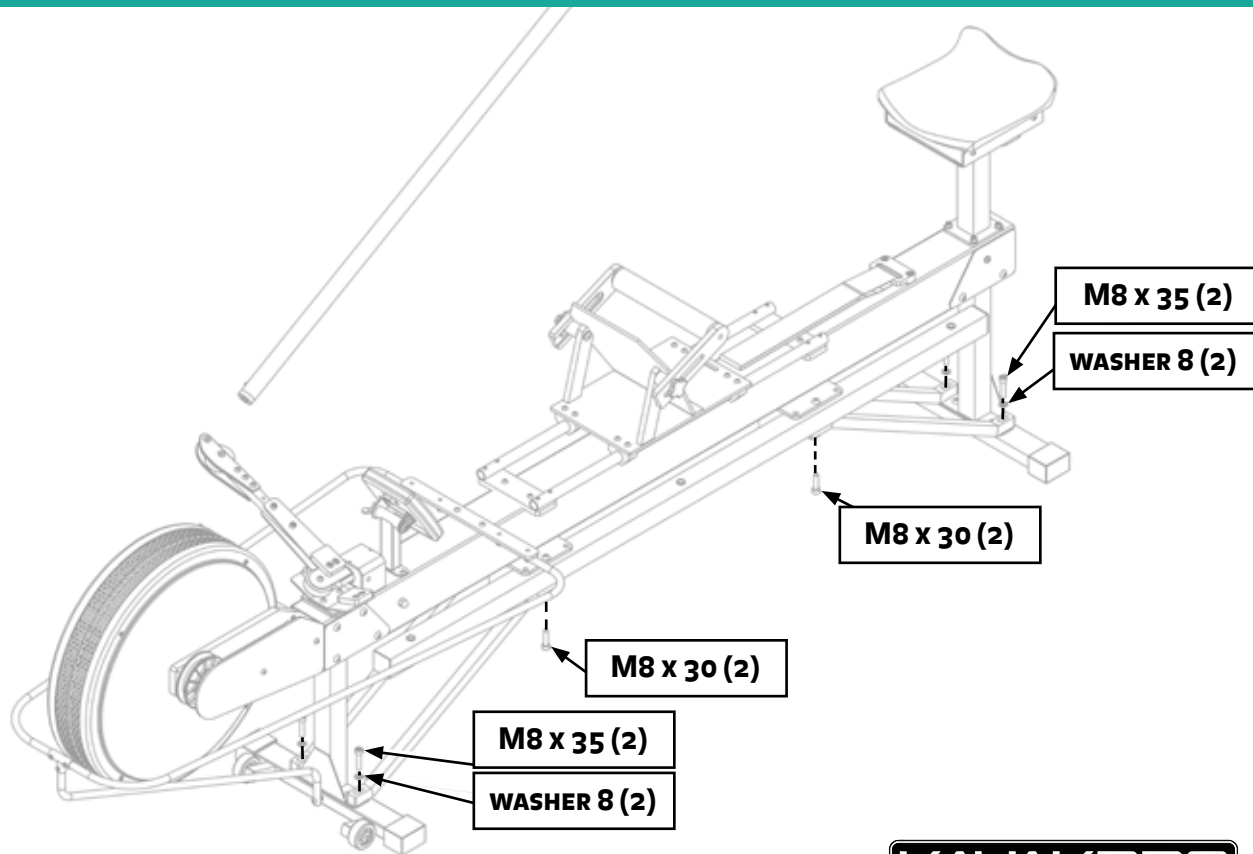


# STEP 6 SUP TO O1 -M ASSEMBLY



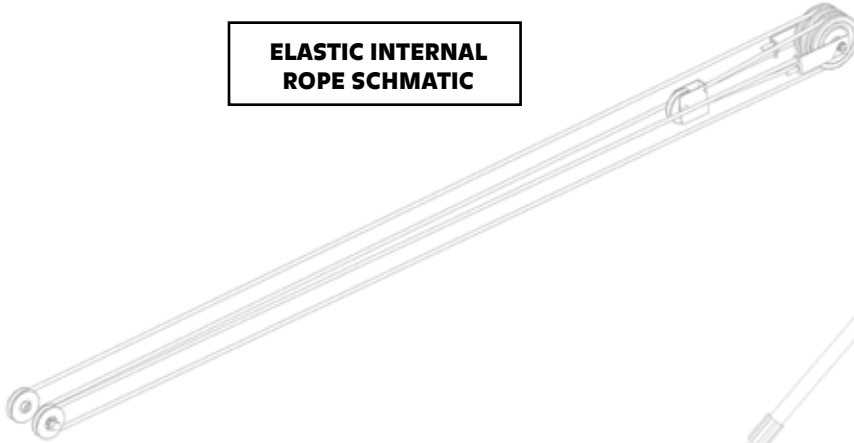


# STEP 7 SUP TO O1 - M ASSEMBLY

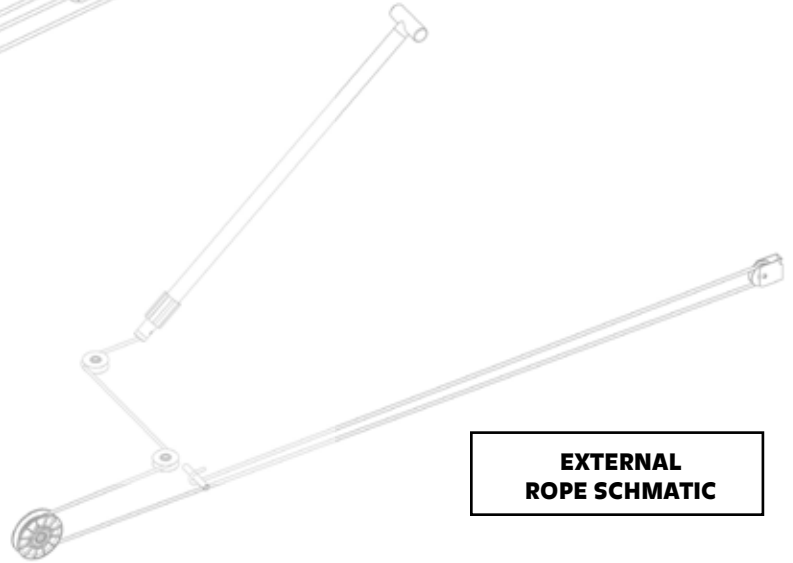


# STEP 8 SUP TO O1 -M ASSEMBLY

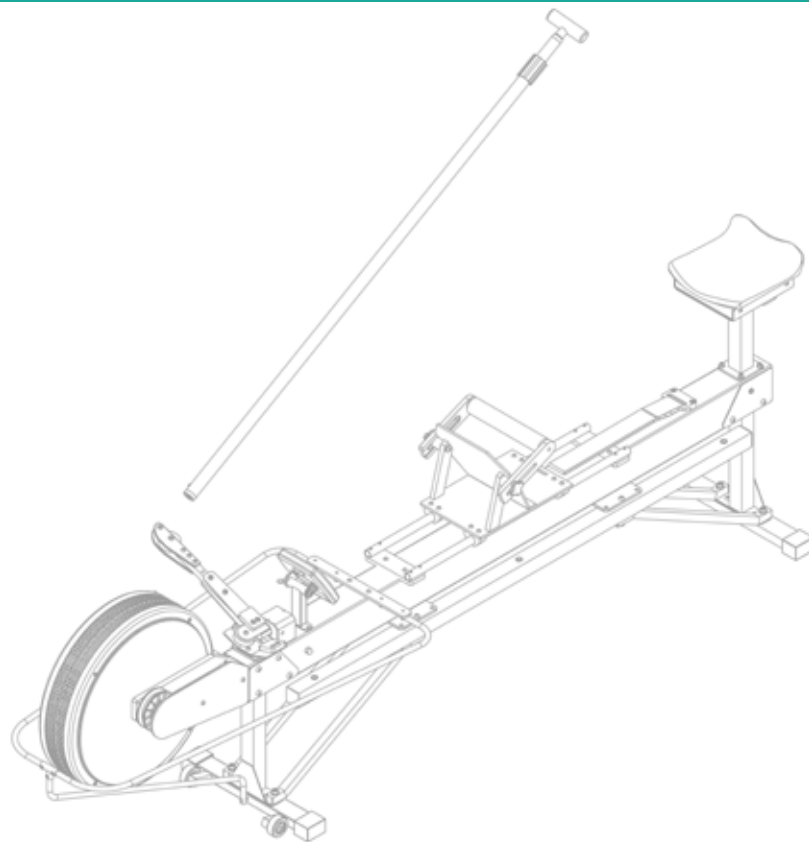
**ELASTIC INTERNAL  
ROPE SCHEMATIC**



**EXTERNAL  
ROPE SCHEMATIC**



# COMPLETED SUP TO 01 - M ASSEMBLY



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For a full list of international dealers go to:  
[www.kayakpro.com/sup/dealers](http://www.kayakpro.com/sup/dealers)



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Official suppliers of kayak ergometers to the  
2004 Athens & 2008 Beijing Olympic games.

