

## SPEEDSTROKE GYM



“Perfect practice makes perfect”

It is essential to replicate sport-specific movement in the off-season to develop the specific physical improvements necessary to enhance performance.

Winter is the time for building core strength, endurance and power. However, cold weather, lack of daylight and uncomfortable on-the-water conditions make it challenging to carry out this training outdoors.

SpeedStroke allows you to paddle right through the winter and is the compliment to on-the-water-training.



**KAYAKPRO**

SpeedStroke was developed to offer an unparalleled replication of Kayaking and canoeing- with the added benefit of computer monitoring. SpeedStroke GYM's paddling action is almost identical to that of real kayaking. There is no jarring on catch, therefore any risk of injury. The Smooth unrestricted action, allows a true "on the water feeling". Adjustable resistance and paddle length ensures the SpeedStroke feels just like your own boat for the duration of the workout.

## UNIQUE FEATURES

Special attention has been paid to details that make a difference:

- Adjustable paddling resistance
- GYM quality finish
- Easy adjust footrest
- Footrest pull bar
- On board computer and performance monitor
- Upgradable virtual software



Athlete:  
Adam Van Koeverden,  
World and Olympic  
Kayak Champion



SpeedStroke's on-board computer displays:

- Distance
- Time
- Pace
- Heart rate
- Stroke rate
- Work done in Cal or KJ



The upgrade software functions of i-race and Virtua-Race brings a whole new dimension to indoor paddling.

**KayakPro i-Race:** Allows you to train with your team mates and friends, and compete in indoor regattas- all on the same programmable course. The i-race indoor competition program is structured in the same format as a race. So will be recognizably familiar and user friendly. Including the available pre- and post race reports.

**KayakPro Virtua-Race:** Allows you to paddle on your own virtual course either on your own, with virtual pace paddlers or with friends located anywhere in the world – through an internet web-racing hub.

"SpeedStroke is the essential complement to top-level training."

**Tim Brabants**

2008 Beijing Olympic K1 1000m

Gold medalist

2008 Beijing Olympic K1 500

Bronze medalist

"Speedstroke is the best way I know to get kayak-specific training when you can't get on the water"

**Adam Van Koeverden**

2008 Beijing Olympic K1 500m

Silver medalist

2004 Athens Olympic K1 500M

Gold Medalist

2004 Athens Olympic K1 1000m

Bronze medalist

"SpeedStroke is an essential part of my winter preparation and is the only ergometer that I can practice nearly perfect kayaking technique. This ergometer is the closest thing to real kayaking I have ever tried."

**Katalin Kovacs**

2008 Beijing Olympic K2 500m

Gold Medalist.

2004 Athens Olympic K2 500m

Gold Medalist



ATHENS 2004™



Beijing 2008™



Official supplier of  
Kayak Ergometers to the  
2004 & 2008  
Olympic Games

**KayakPro USA LLC**

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