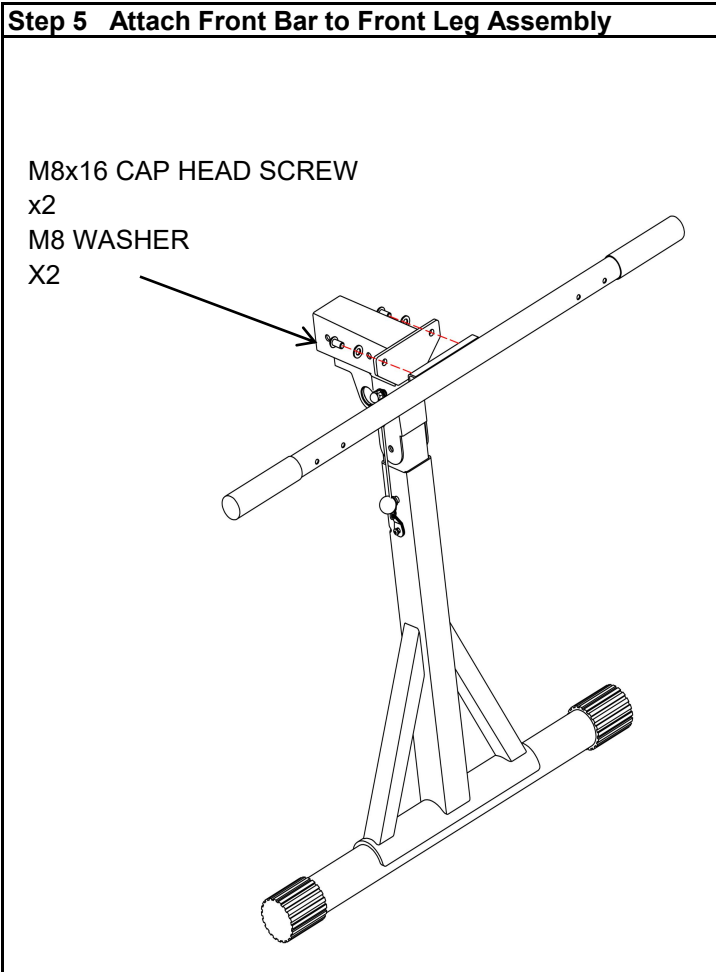
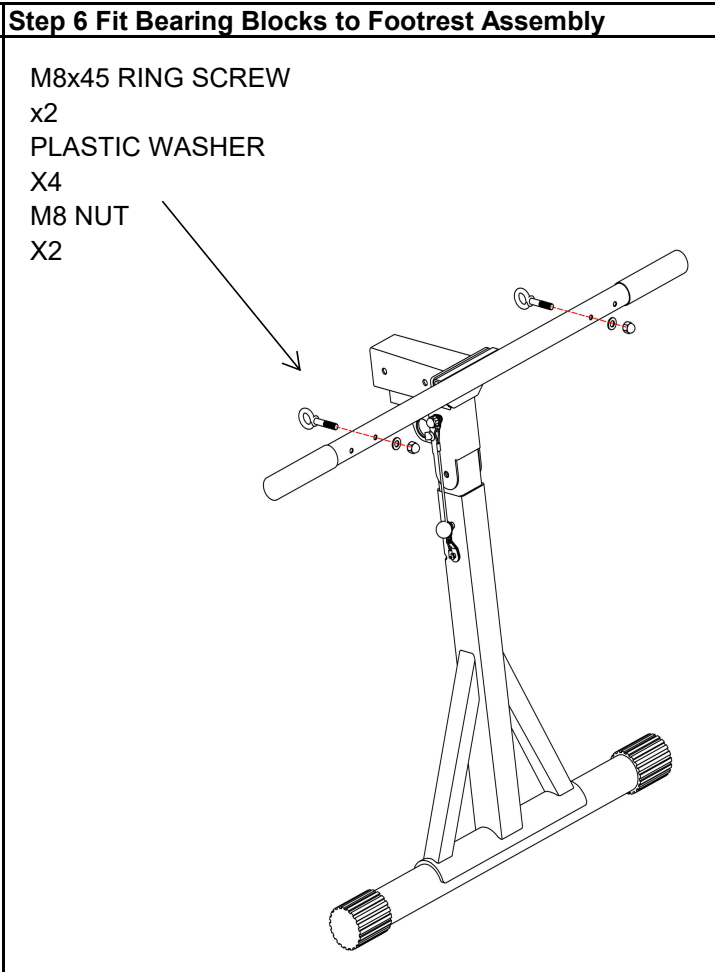
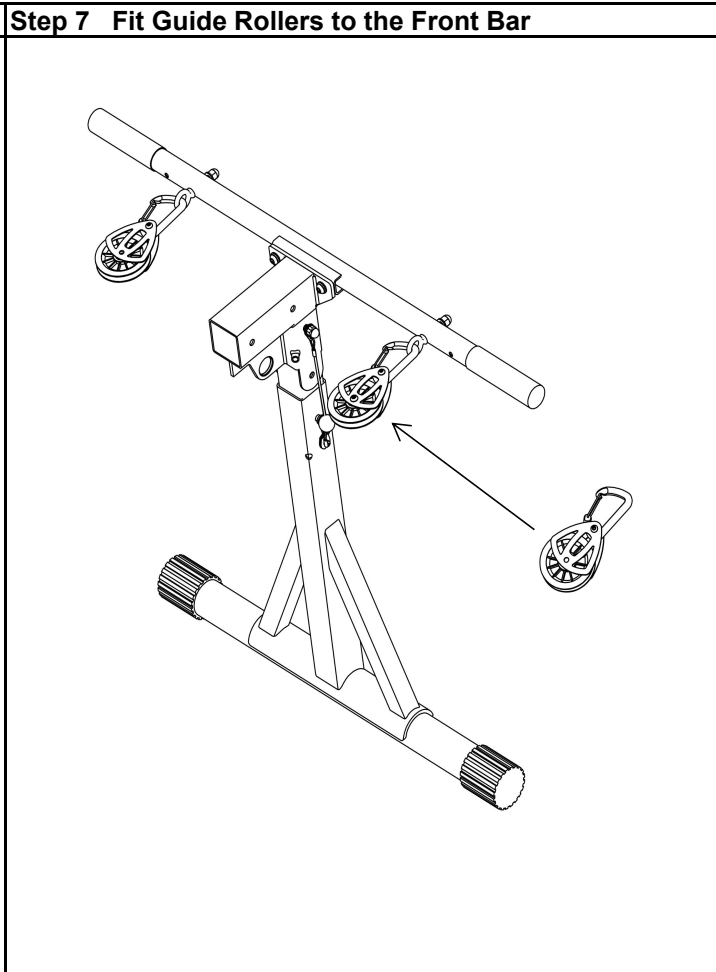
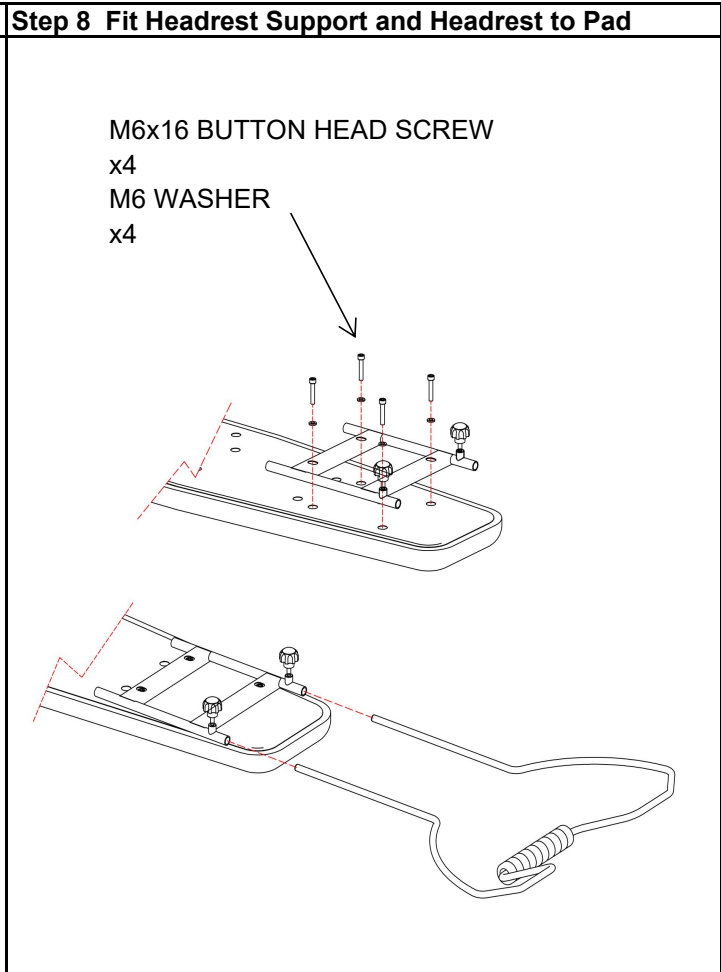
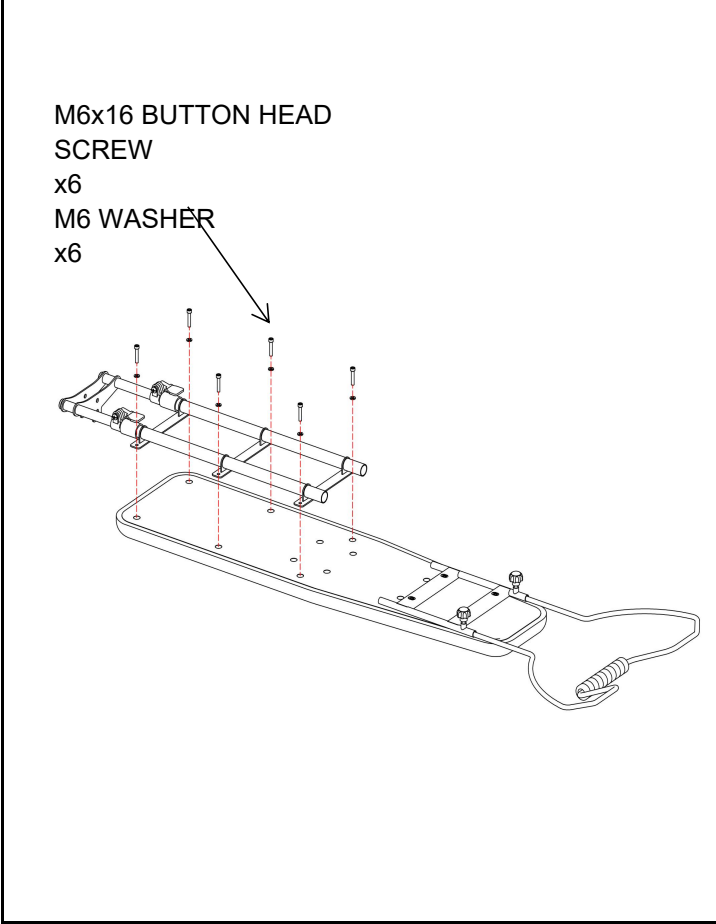
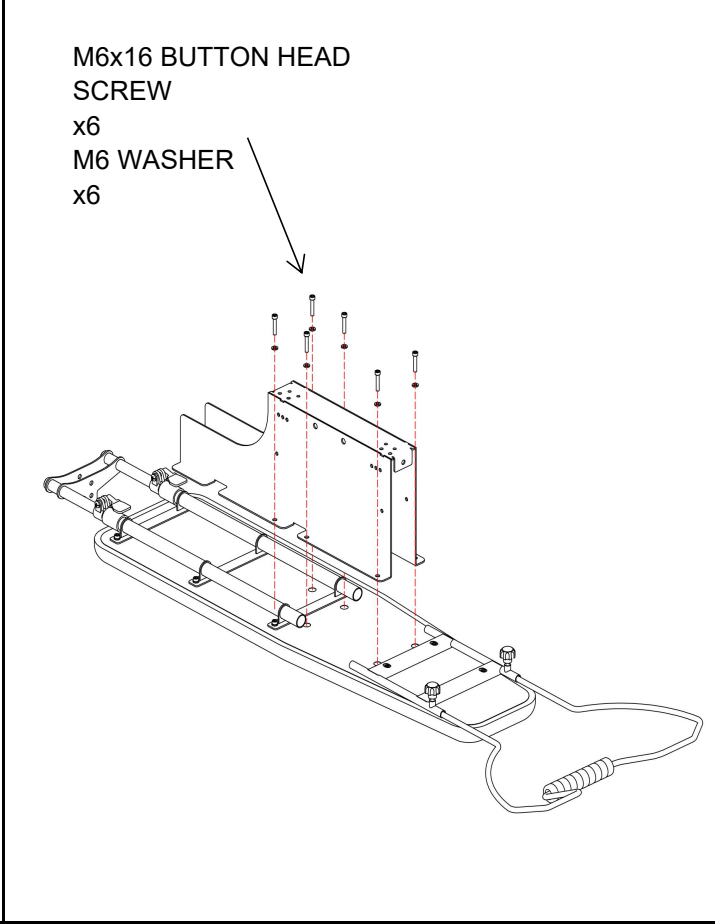
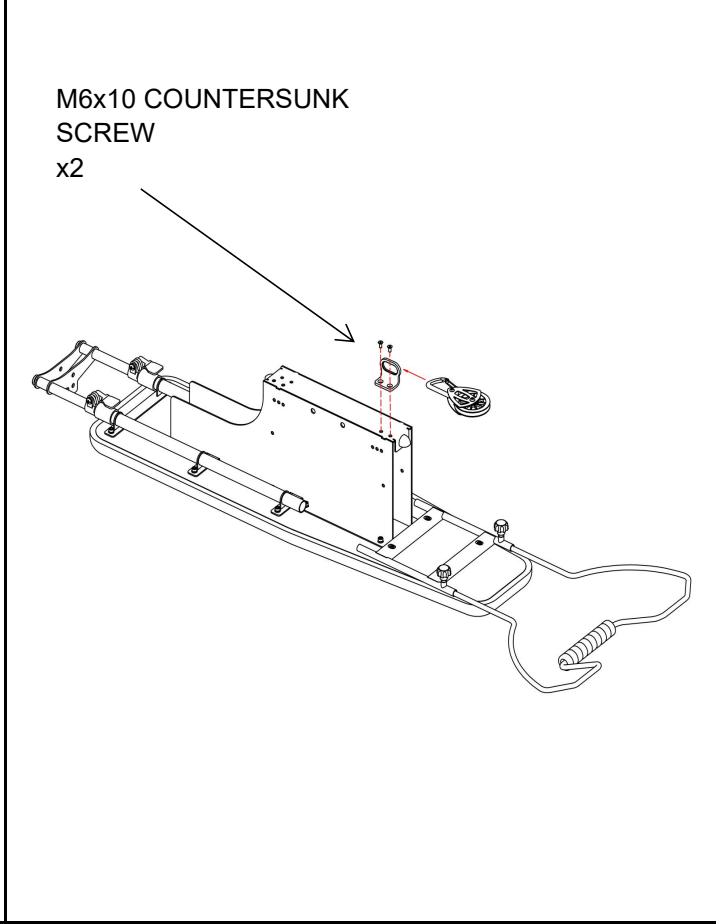
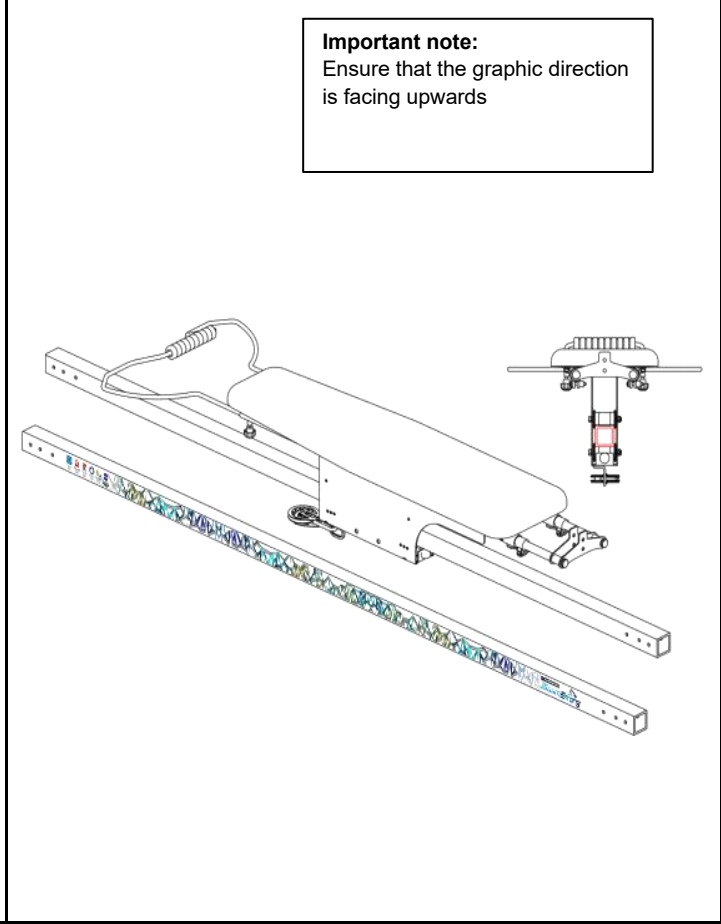
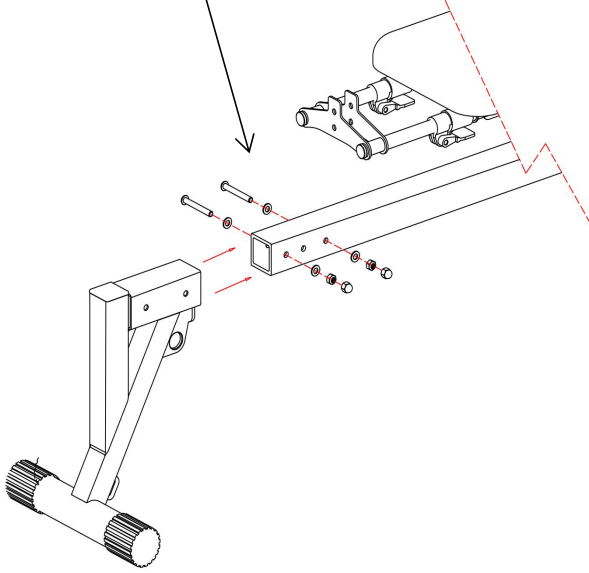
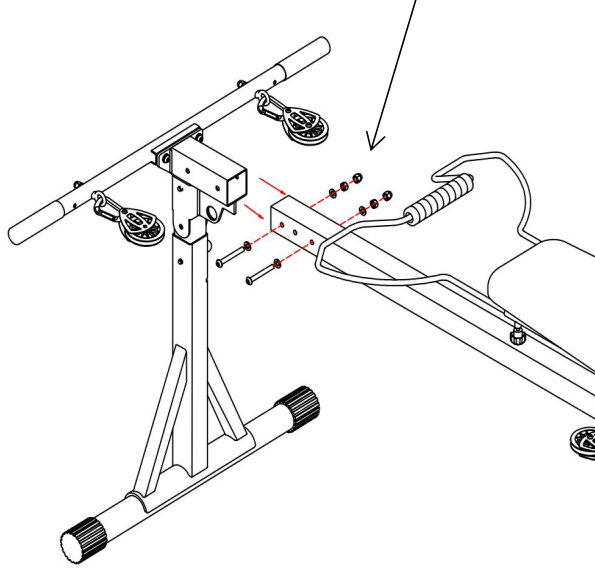
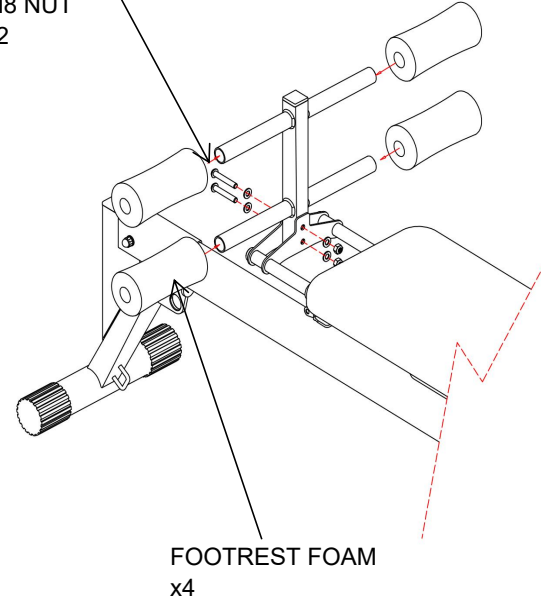
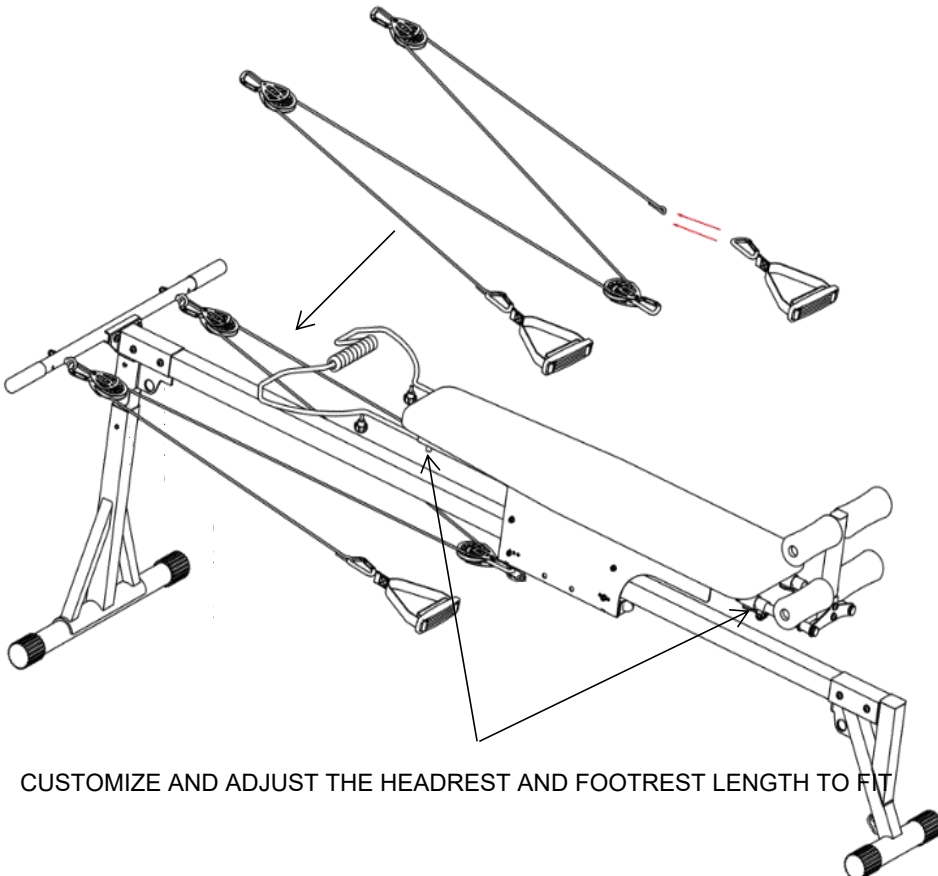
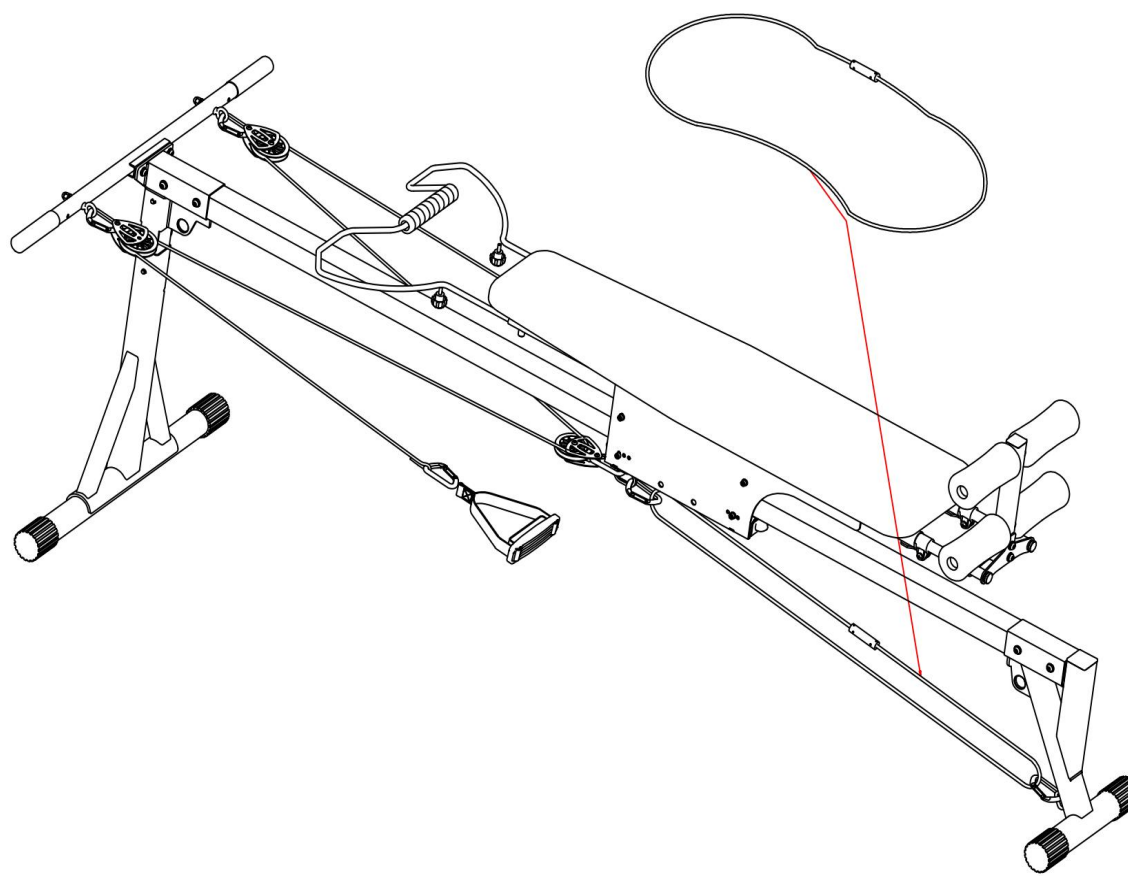
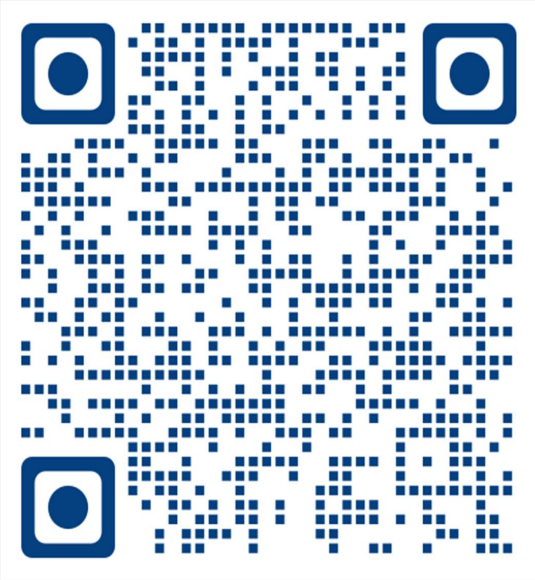


KAYAKPRO	USAGE SAFETY PRECAUTIONS	GENERAL NOTES	SAFE WORKING AREA
KAYAKPRO® SWS Kayak Ergometer Assembly Manual V1.0 KP-A-00100 REV 01 KAYAKPRO ® Swim Strong Kayak Ergometer	Safe operation and use Serious injury can occur if the following precautions are not observed. 1. Always consult your physician prior to undertaking any exercise regimen. 2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage. Please note for the KayakPro® SWS Kayak Ergometer, the space requirements are: machine storage: 2.8m(L) x 0.85m (H) x 0.85m(W), 9'9" (L) x 2'9" (H) x 2'9" (W) safe working area: 3.5m(L) x 2.5m(H) x 1.5m(W), 11'6" (L) x 8'3" (H) x 5' 9" (W) 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 KayakPro® SWS Kayak Ergometer the user accepts all and full responsibility for self.	Tools required: 4mm Hex Allen Key 5mm Hex Allen Key 6mm Hex Allen Key Side Cutters (for Cable Tie)	
Step 1 Attach Front Foot to Front Leg Assembly	Step 2 Attach Pin to Front Leg Assembly	Step 3 Attach Adjustable Tube to Front Leg Assembly	Step 4 Connect Front Leg Connector
M8x65 BUTTON HEAD SCREW x3	M6x10 CAP HEAD SCREW x1 M6 WASHER x3	Important note: The direction of the hole is from the same hometown as the pin, otherwise it cannot be used later.	M8x80 BUTTON HEAD SCREW x1 M8 WASHER x2 M8 Nut x1

Step 5 Attach Front Bar to Front Leg Assembly M8x16 CAP HEAD SCREW x2 M8 WASHER X2 	Step 6 Fit Bearing Blocks to Footrest Assembly M8x45 RING SCREW x2 PLASTIC WASHER X4 M8 NUT X2 	Step 7 Fit Guide Rollers to the Front Bar 	Step 8 Fit Headrest Support and Headrest to Pad M6x16 BUTTON HEAD SCREW x4 M6 WASHER x4 
Step 9 Fit Footrest to Pad M6x16 BUTTON HEAD SCREW x6 M6 WASHER x6 	Step 10 Fit Pad Support to Pad M6x16 BUTTON HEAD SCREW x6 M6 WASHER x6 	Step 11 Fit Guide Roller to Pad Support M6x10 COUNTERSUNK SCREW x2 	Step 12 Fit Pad System to Bar Important note: Ensure that the graphic direction is facing upwards 

Step 13 Fit Rear Leg to Bar M8x65 CAP HEAD SCREW x2 M8 WASHER x4 M8 NUT x2 	Step 14 Fit Front Leg to Bar M8x65 CAP HEAD SCREW x2 M8 WASHER x4 M8 NUT x2 	Step 15 Fit Footrest to Footrest Support M8x50 HEXHEAD SCREW x 2 M8 WASHER x4 M8 NUT x2 FOOTREST FOAM x4 	
Step 16 Wrap the Rope and Handles  CUSTOMIZE AND ADJUST THE HEADREST AND FOOTREST LENGTH TO FIT	If Necessary, You Can Add the Resistance Bungee to Achieve Greater Resistance 		

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