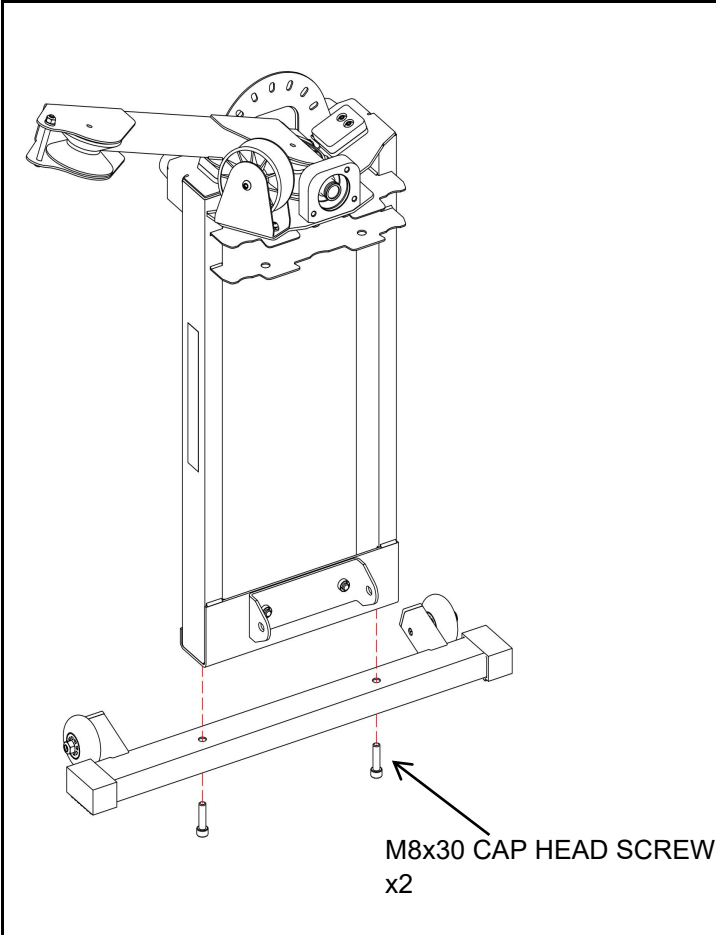
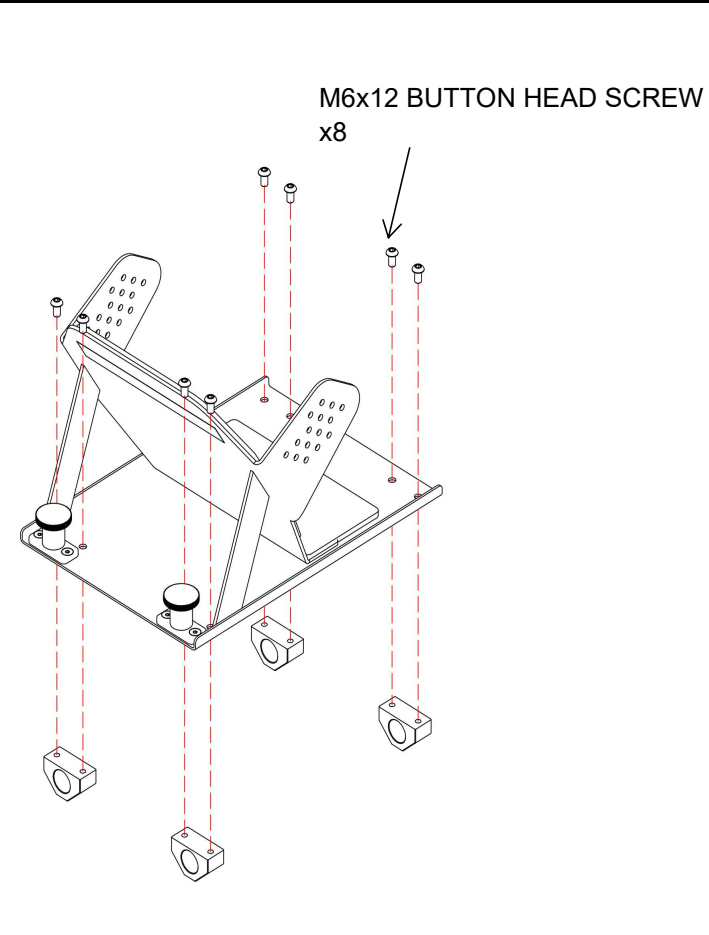


	USAGE SAFETY PRECAUTIONS	GENERAL NOTES	Step 1 Attach Rear Foot to Rear Leg Assembly
KAYAKPRO® D1X Kayak Ergometer Assembly Manual V1.0 KP-A-00276 REV 01 KAYAKPRO® Dragon Boat Kayak Ergometer	Safe operation and use Serious injury can occur if the following precautions are not observed. 1. Always consult 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® D1X Kayak Ergometer, the space requirements are: machine storage: 2.15m(L) x 0.9m (H) x 0.6m(W), 7'1"(L) x 2'11"(H) x 1'11"(W) safe working area: 3.0m(L) x 1.8m(H) x 1.75m(W), 9'10"(L) x 5'11"(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® D1X 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)	M8x30 CAP HEAD SCREW x2
Step 2 Attach Paddle to Front Leg Assembly	Step 3 Attach Angle piece to Front Leg Assembly	Step 4 Attach Foot Assemblies to Front Leg Assembly	Step 5 Attach Guide Roller to Front Leg Assembly
M6 WASHER x4 M6x12 BUTTON HEAD SCREW x4	M6 WASHER x3 M6x12 BUTTON HEAD SCREW x3	M6x25 CAP HEAD SCREW	M6x12 BUTTON HEAD SCREW x2 M6 WASHER x2

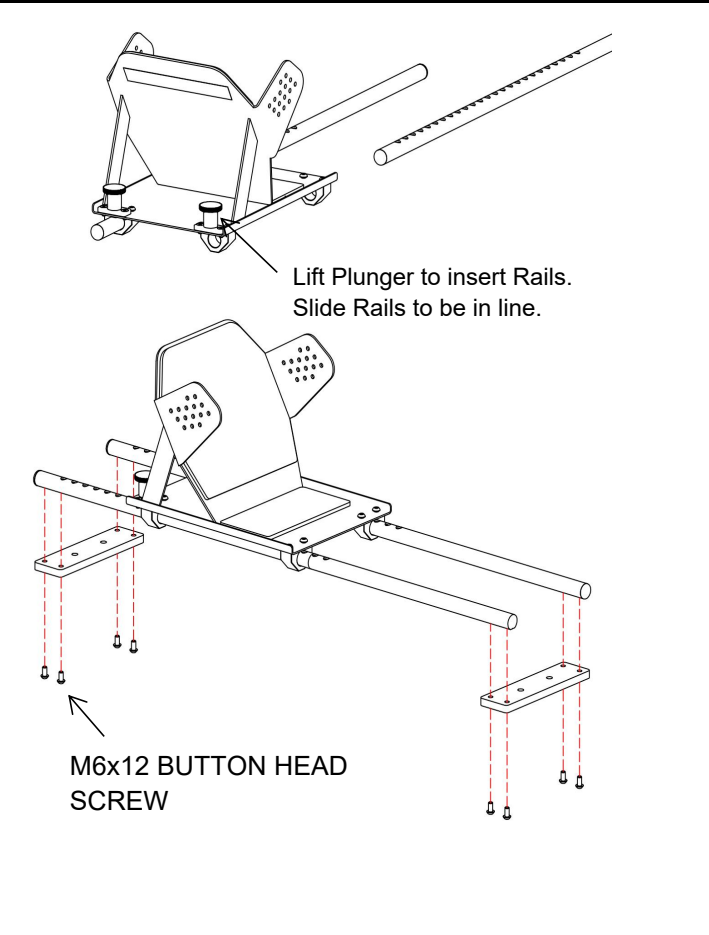
Step 6 Attach Front Foot to Front Leg Assembly



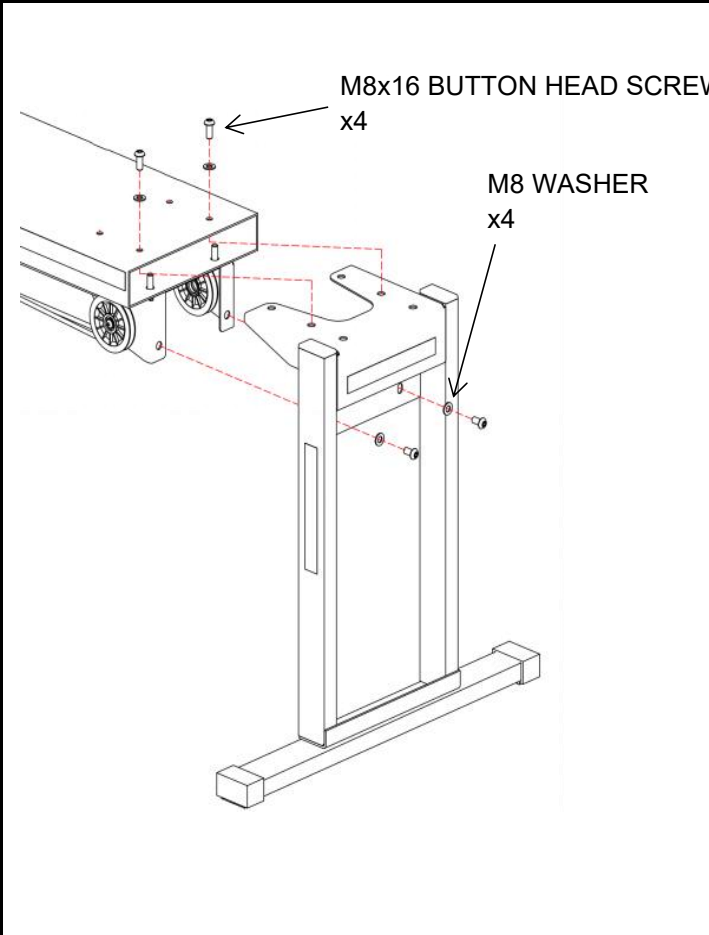
Step 7 Fit Bearing Blocks to Footrest Assembly



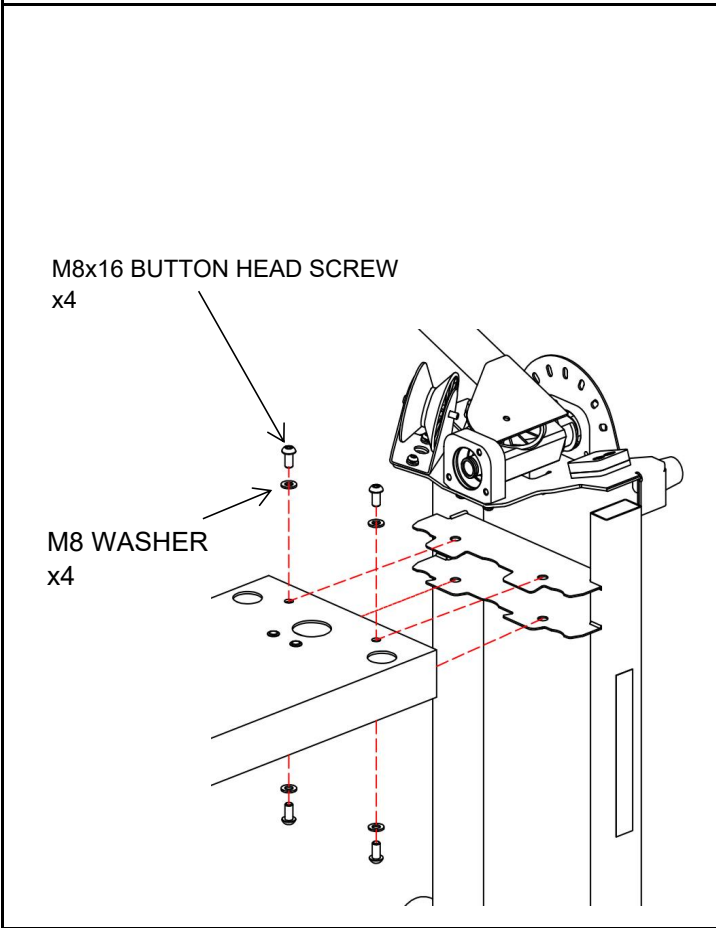
Step 8 Assemble Footrest Rails



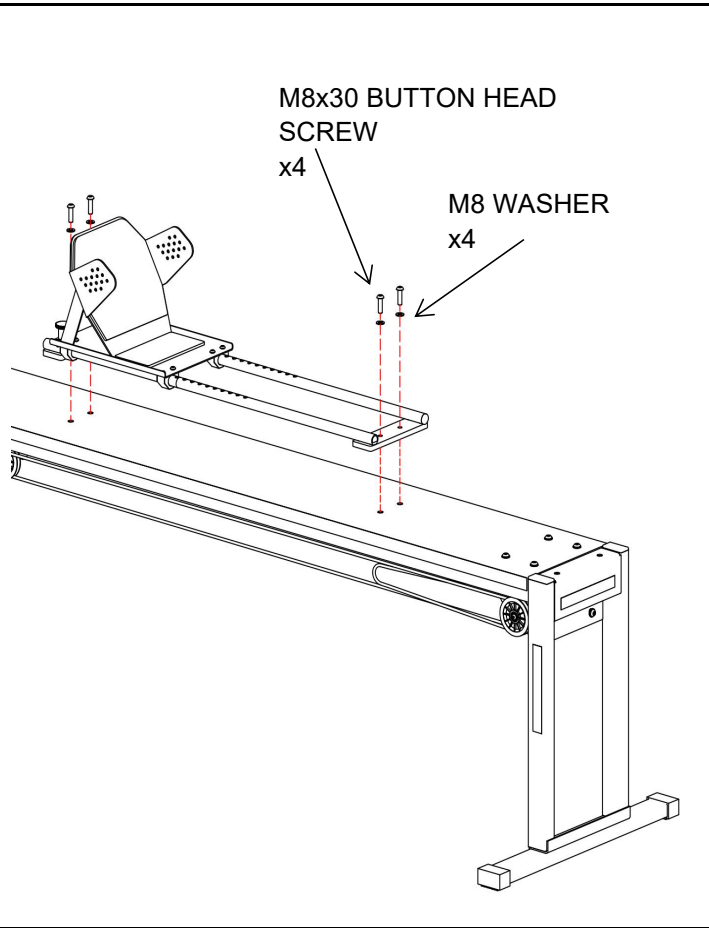
Step 9 Step Description



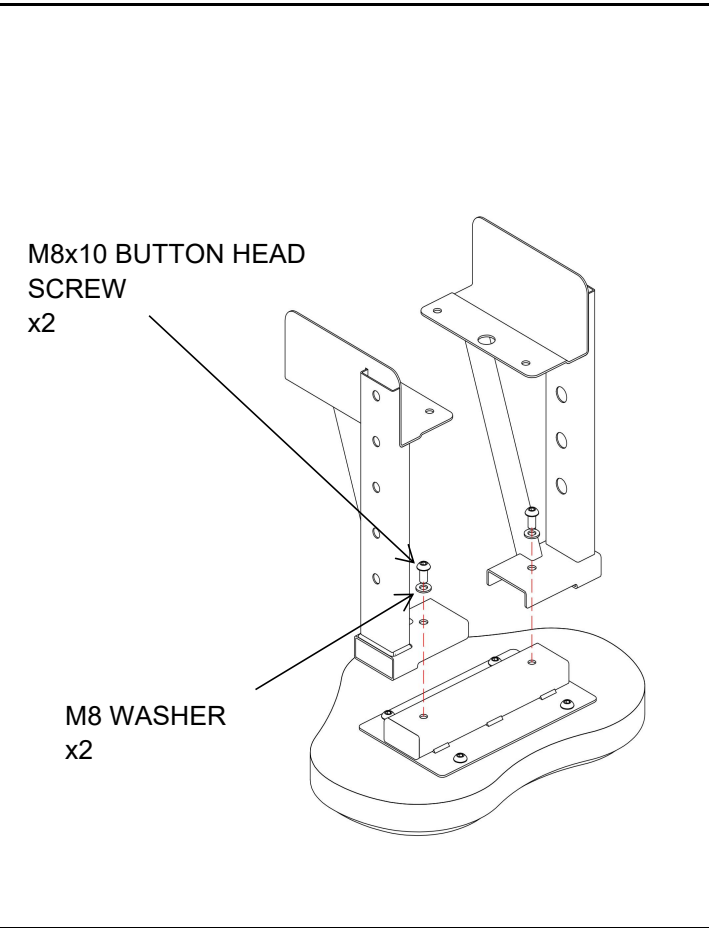
Step 10 Fit Front Leg to Beam



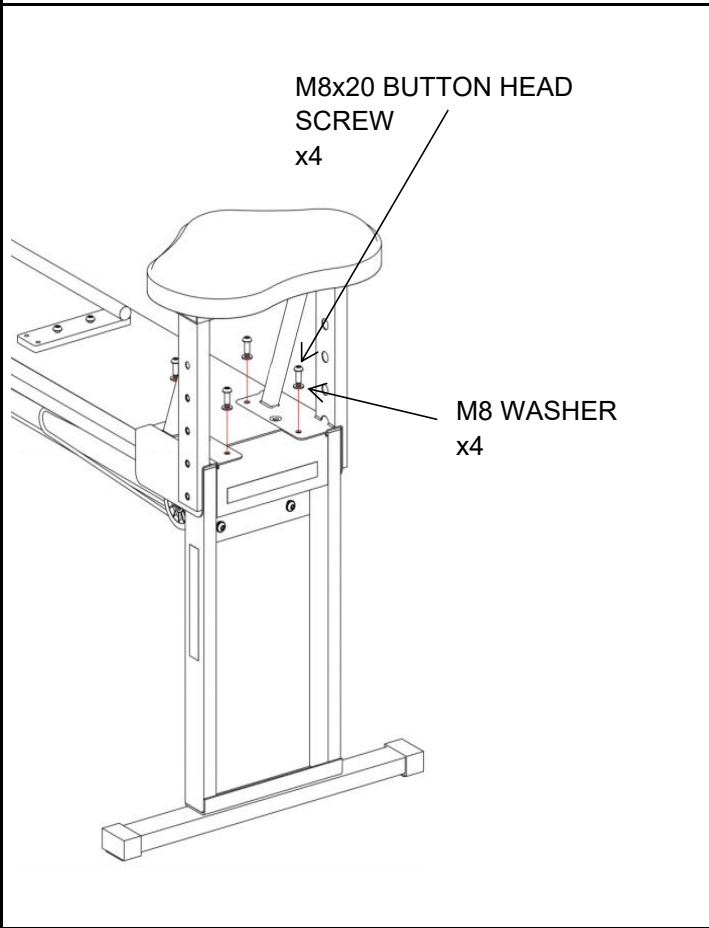
Step 11 Fit Footrest & Rails to Beam Assembly

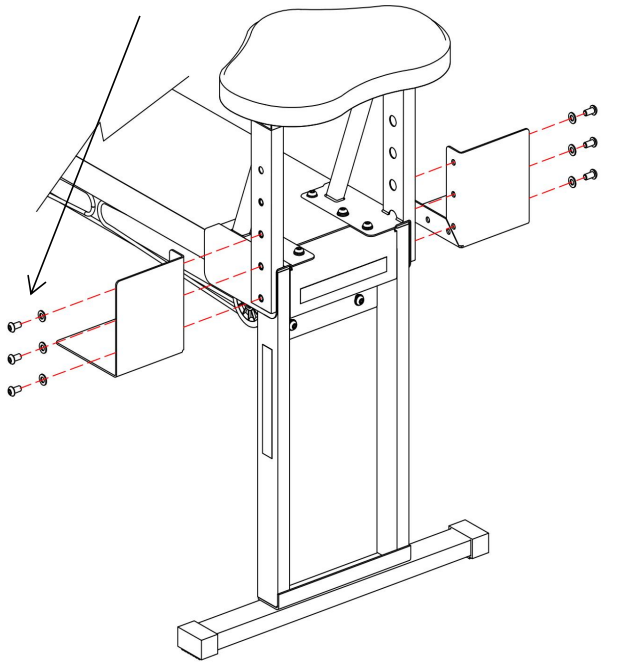
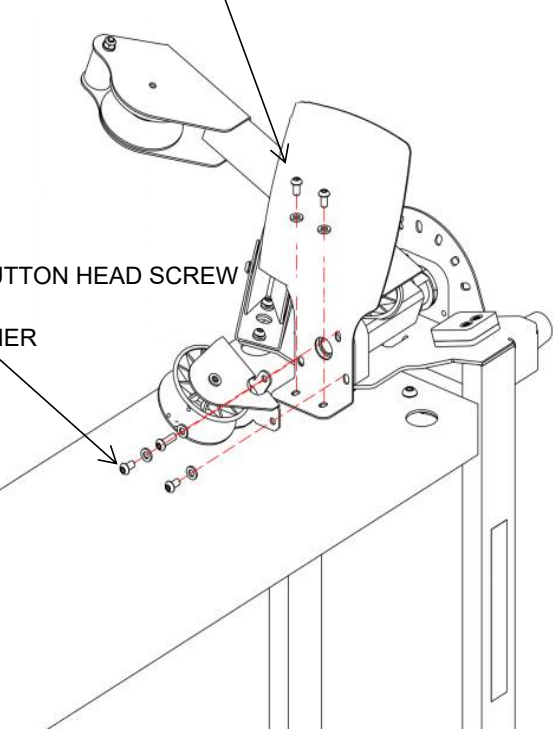
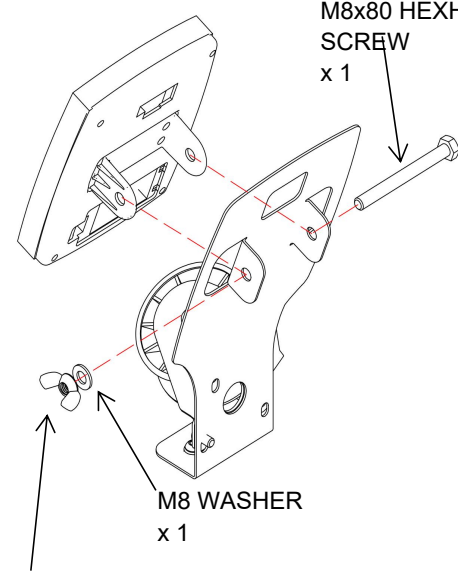
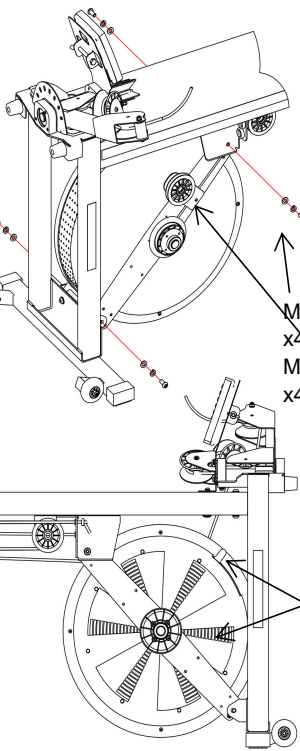
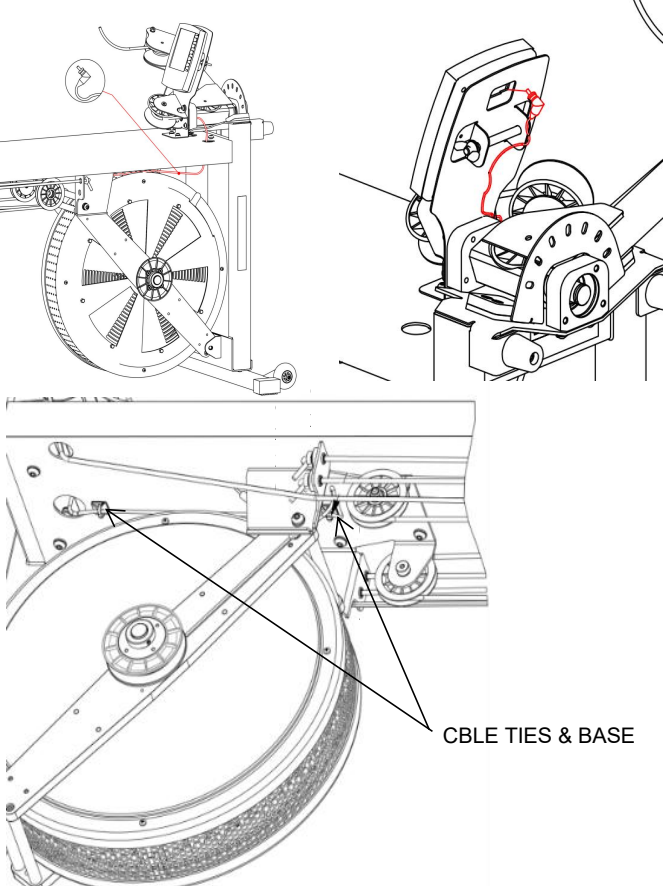
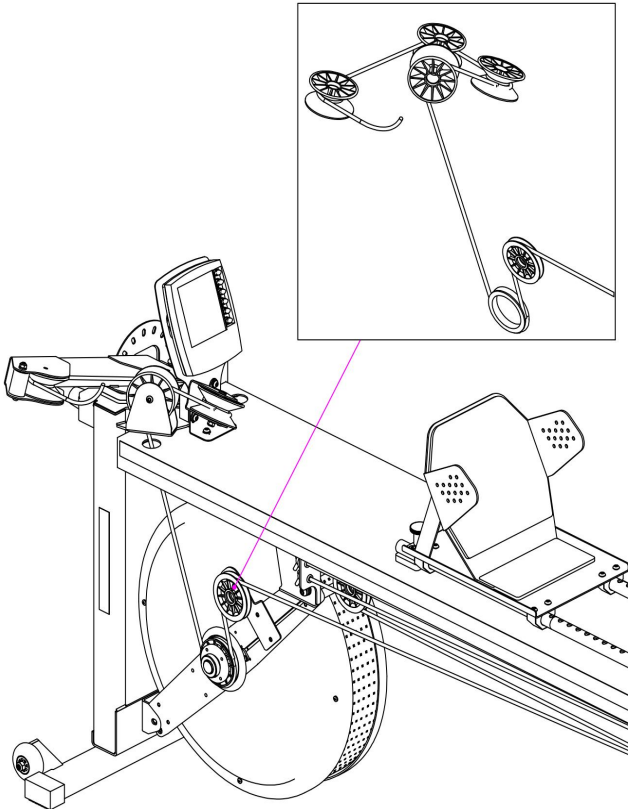
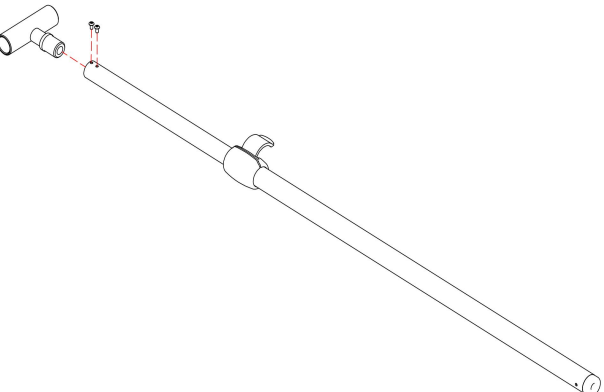
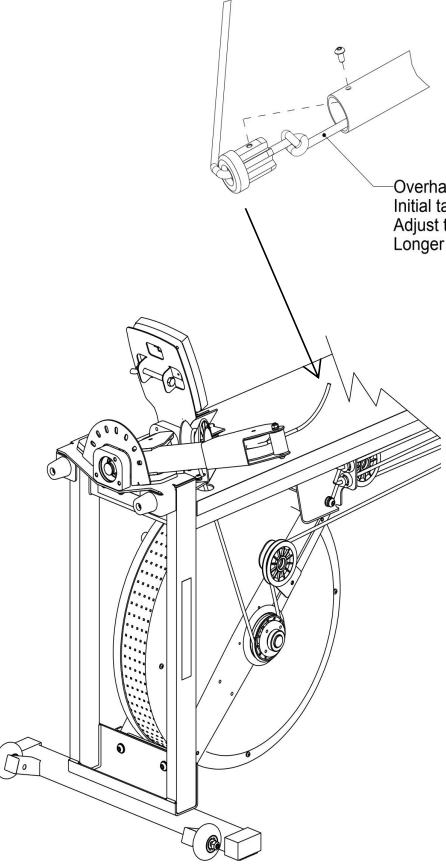


Step 12 Fit Seat & Seat Support



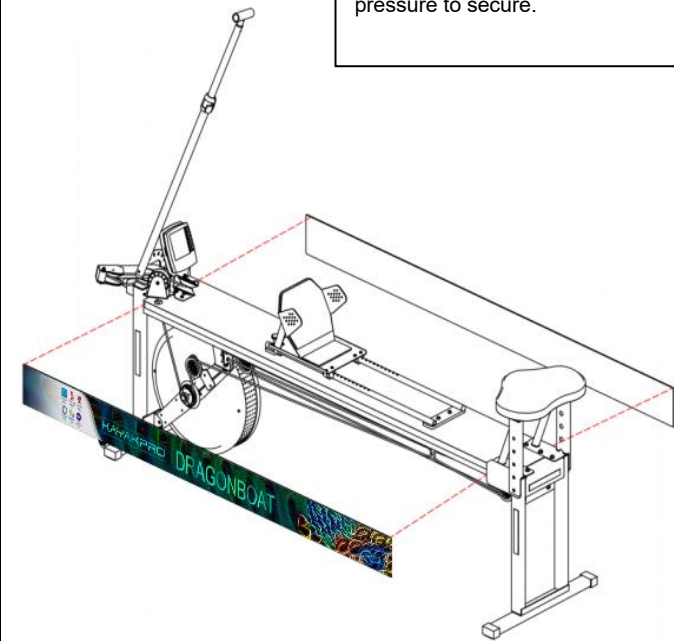
Step 13 Fit Seat System to Beam Assembly



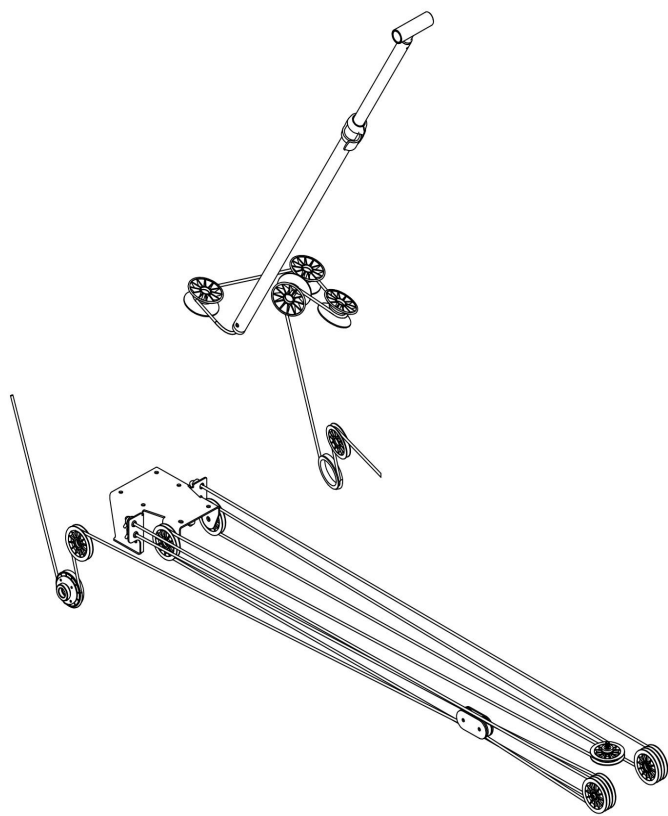
Step 14 Fit Rear Footrest to Rear Leg M8x10 BUTTON HEAD SCREW x6 M8 WASHER x6 	Step 15 Fit Guide Roller & Console Support Secondly M6x20 BUTTON HEAD SCREW x2 M6 WASHER x2 Firstly M6x12 BUTTON HEAD SCREW x3 M6 WASHER x3 	Step 16 Fit Console to Console Support M8x80 HEXHEAD SCREW x 1 M8 WING NUT x 1 M8 WASHER x 1 	Step 17 Flywheel Mounting Important note: Fix lower flywheel mountings first: with screws not fully tightened – [to aide correct alignment] then fix top screws / flywheel fixings – then tighten in rotation, when all flywheel screws are inserted. It may be helpful to also rotate your ergometer on its side when fixing upper flywheel screws. M8x20 BUTTON HEAD SCREW x4 M8 WASHER x4 M6x12 BUTTON HEAD SCREW x2 M6 WASHER x2 Note position of Control Lever & Vents [Right hand side of ergometer] 
Step 18 Connect the Data Cable to Console  CBLE TIES & BASE	Step 19 Wrap the rope 	Step 20 Connect T Handle to the Shaft 	Step 21 Connect Rope to Shaft Overhand knot. Initial tail length = 280mm (11"). Adjust tail length to suit user. Longer = quicker recovery. 

Step 22 Paste the Side Panels

Important note:
Remove backing paper to side panel adhesive tape and fix to top edge of frame using pressure to secure.



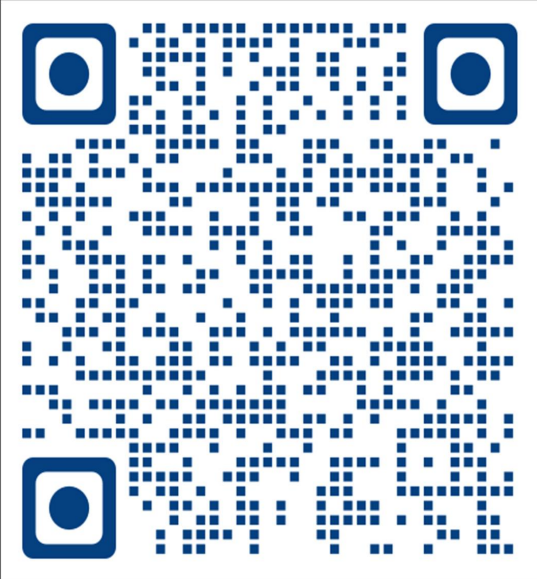
Rope & Elastic Cord Layouts



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