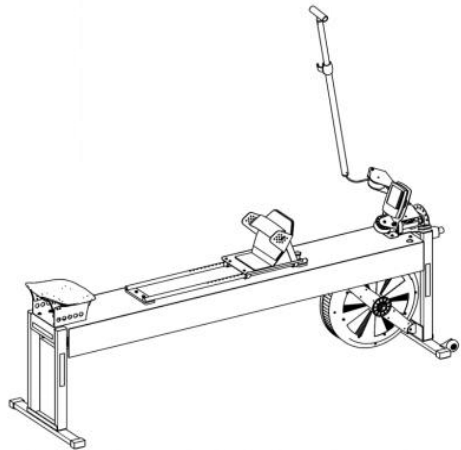
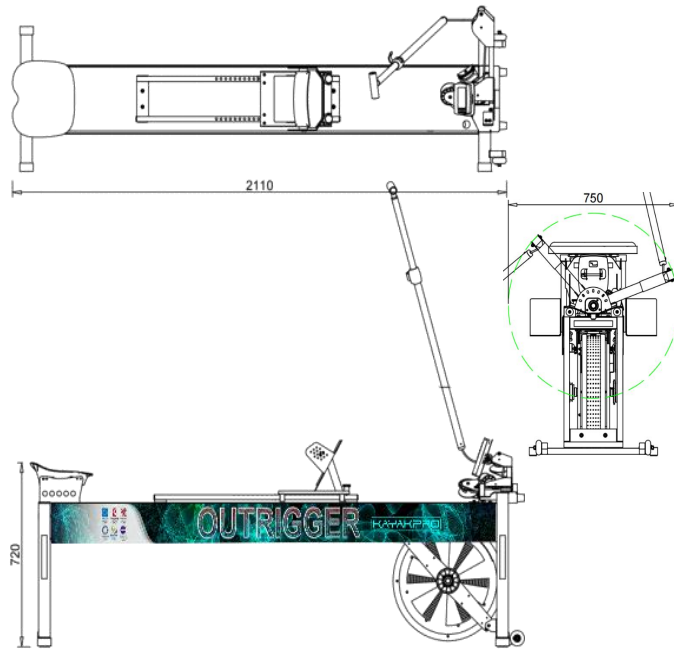
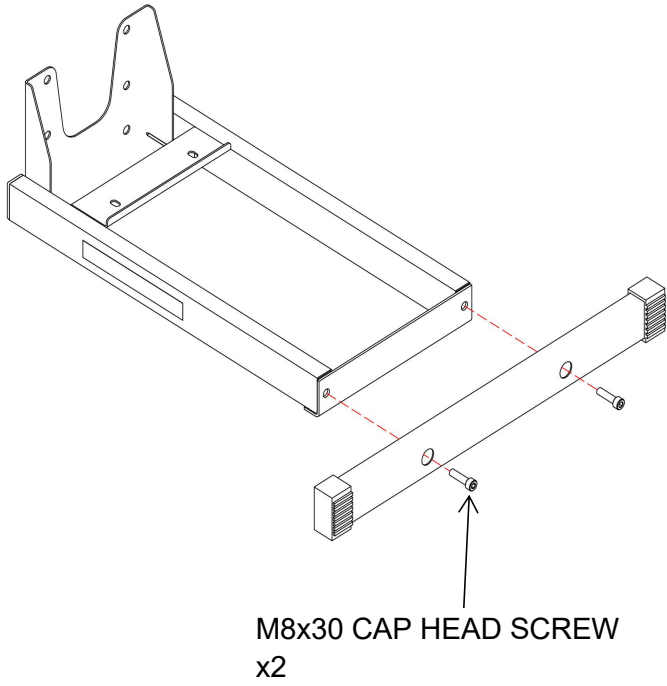
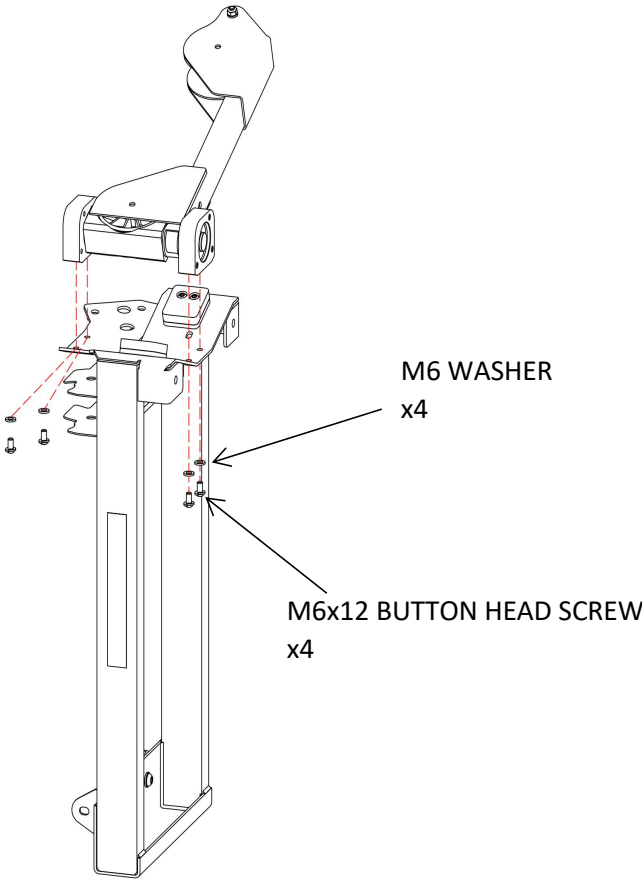
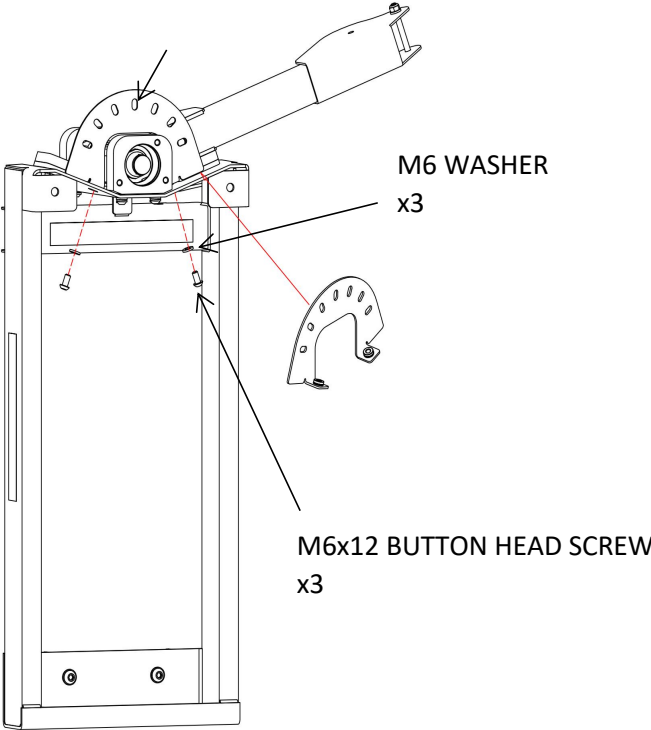
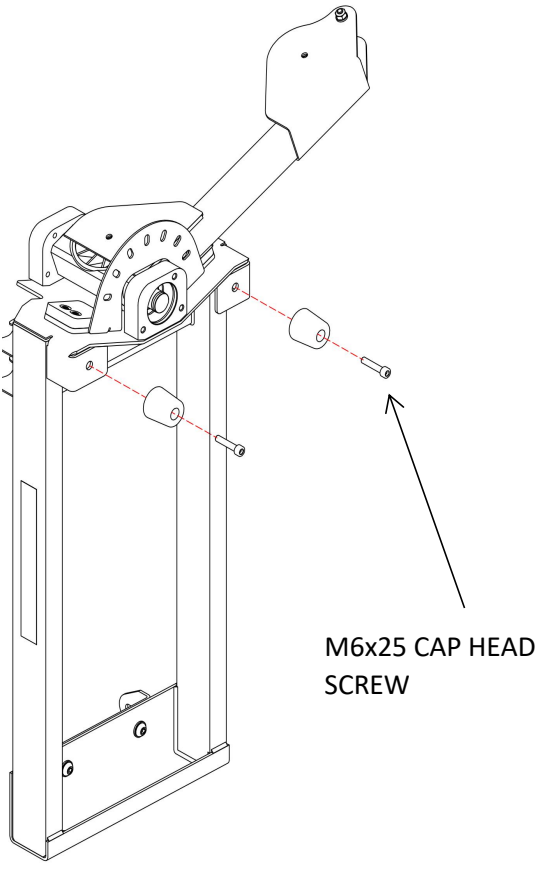
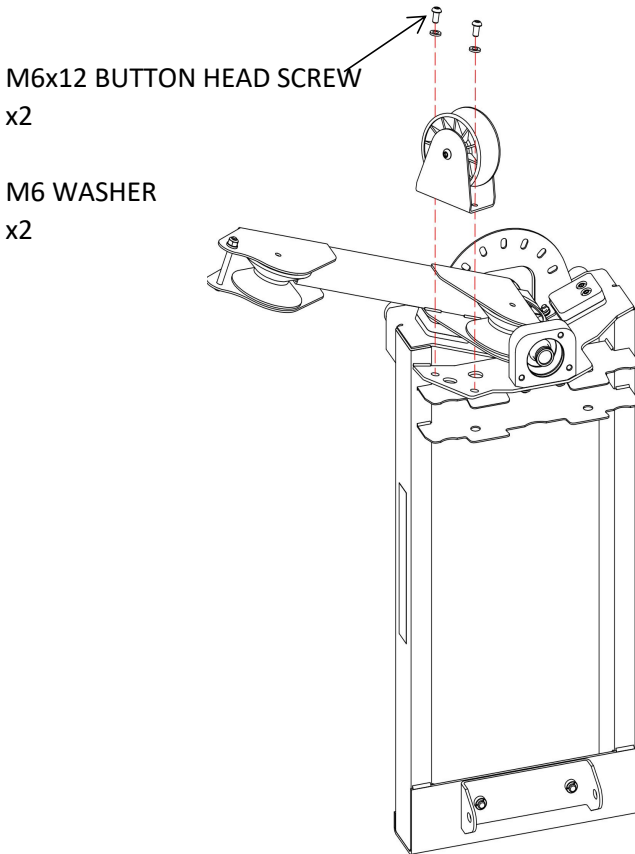
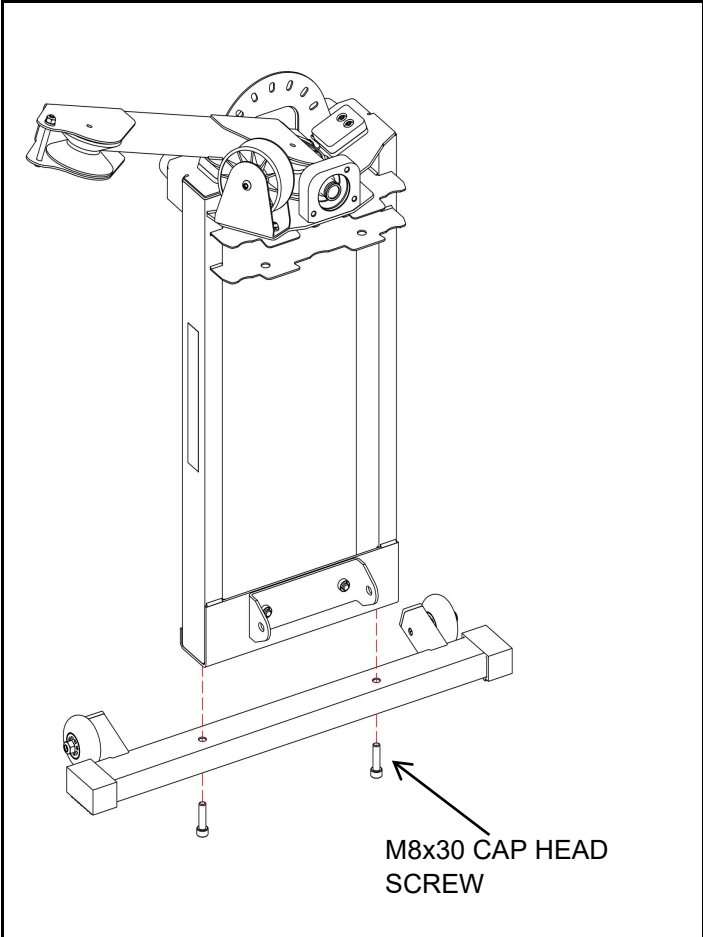
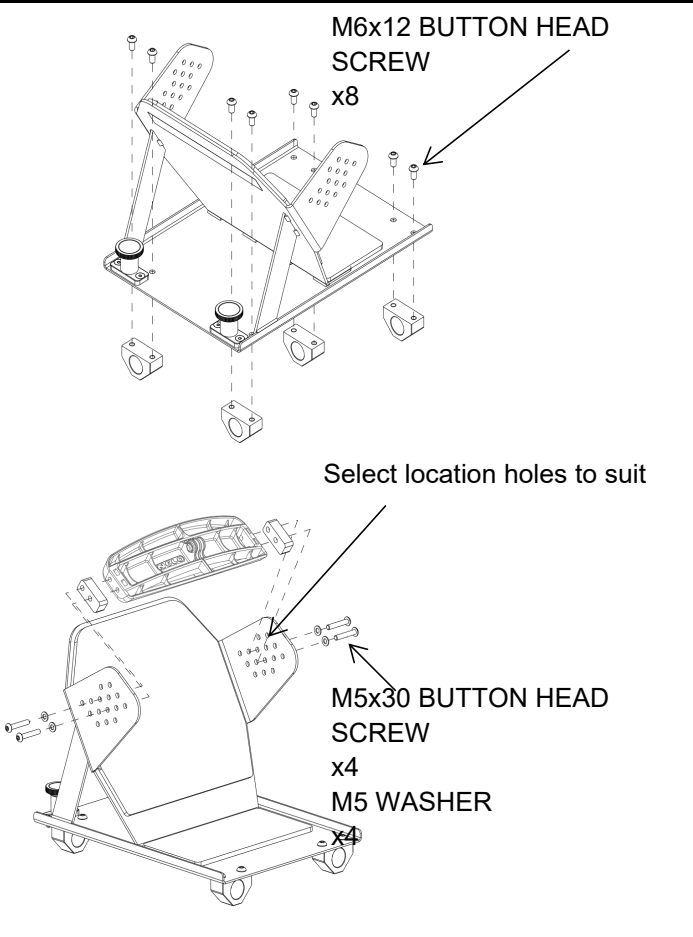


| KAYAKPRO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | USAGE SAFETY PRECAUTIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | GENERAL NOTES                                                                                                                                               | Step 1 Attach Rear Foot to Rear Leg Assembly                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div data-bbox="201 205 676 275"><b>KAYAKPRO®</b></div> <div data-bbox="210 294 688 394"><b>KAYAKPRO® O1X Kayak Ergometer<br/>Assembly Manual<br/>V1.0</b></div> <div data-bbox="231 405 661 825"></div> <div data-bbox="219 854 679 955"></div> <div data-bbox="127 993 780 1035"><div>KP-A-00276 REV 01</div><div>KAYAKPRO® Outrigger Kayak Ergometer</div></div> | <p>Safe operation and use</p> <p>Serious injury can occur if the following precautions are not observed.</p> <ol style="list-style-type: none"><li>1. Always consult your physician prior to undertaking any exercise regimen.</li><li>2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage.<br/>Please note for the KayakPro® O1X Kayak Ergometer, the space requirements are:<br/><br/><b>machine storage:</b><br/><b>2.15m(L) x 0.72m (H) x 0.75m(W), 7'1"(L) x 2'4"(H) x 1'5"(W)</b><br/><b>safe working area:</b><br/><b>3.0m(L) x 1.8m(H) x 1.75m(W), 9'10"(L) x 5'11"(H) x 5' 9"(W)</b></li><li>3. Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.</li><li>4. Contact manufacturer if machine is broken or jammed.</li><li>5. Use machine only as intended.</li><li>6. Do not modify the machine.</li><li>7. Children must not be allowed near this machine</li><li>8. Teenagers must be supervised in the use of this machine</li><li>9. By using the KayakPro® O1X Kayak Ergometer the user accepts all and full responsibility for self.</li></ol> | <div data-bbox="1448 352 2077 961"></div>                                | <div data-bbox="2101 352 2724 993"><p>M8x30 CAP HEAD SCREW<br/>x2</p></div>                               |
| 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                                                                                                                                             |
| <div data-bbox="157 1092 756 1917"><p>M6 WASHER<br/>x4</p><p>M6x12 BUTTON HEAD SCREW<br/>x4</p></div>                                                                                                                                                                                                                                                                                                                                              | <div data-bbox="825 1161 1433 1843"><p>M6 WASHER<br/>x3</p><p>M6x12 BUTTON HEAD SCREW<br/>x3</p></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div data-bbox="1463 1102 1967 1917"><p>M6x25 CAP HEAD SCREW</p></div> | <div data-bbox="2116 1119 2709 1917"><p>M6x12 BUTTON HEAD SCREW<br/>x2</p><p>M6 WASHER<br/>x2</p></div> |

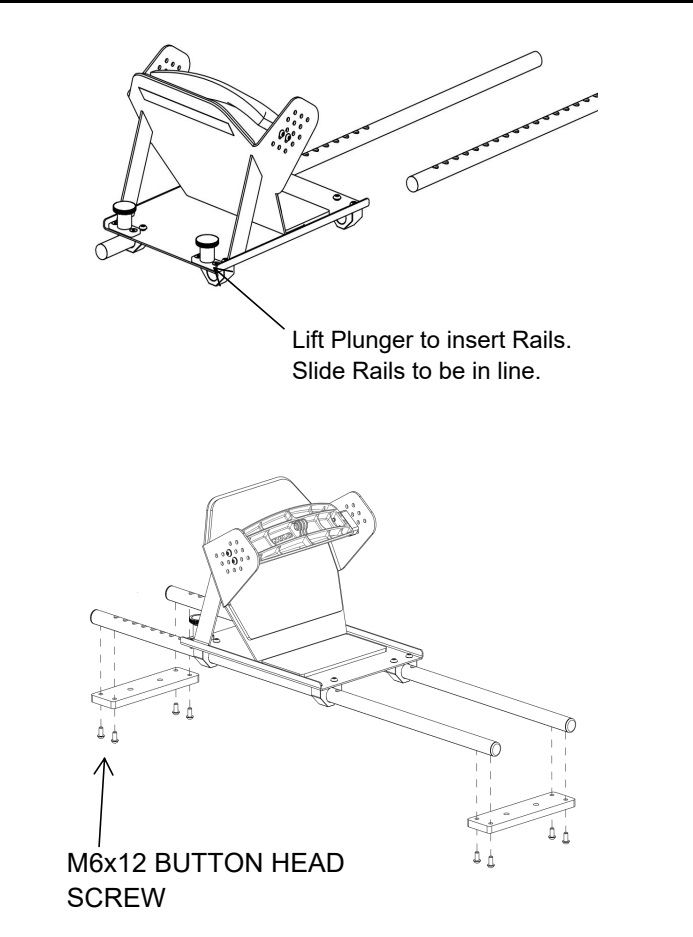
Step 6 Attach Front Foot to Front Leg Assembly



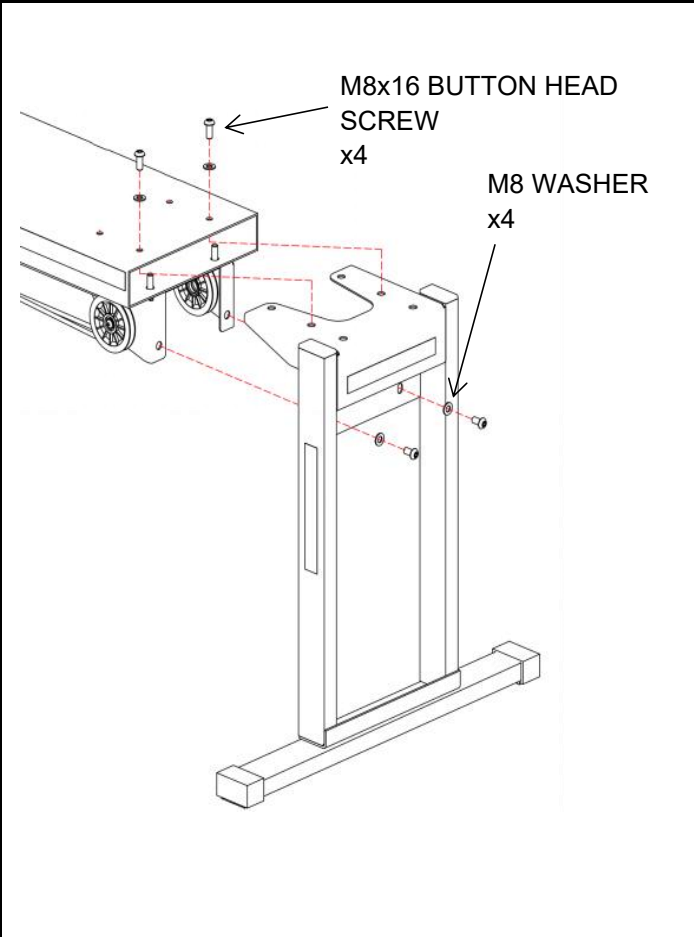
Step 7 Fit Bearing Blocks to Footrest Assembly



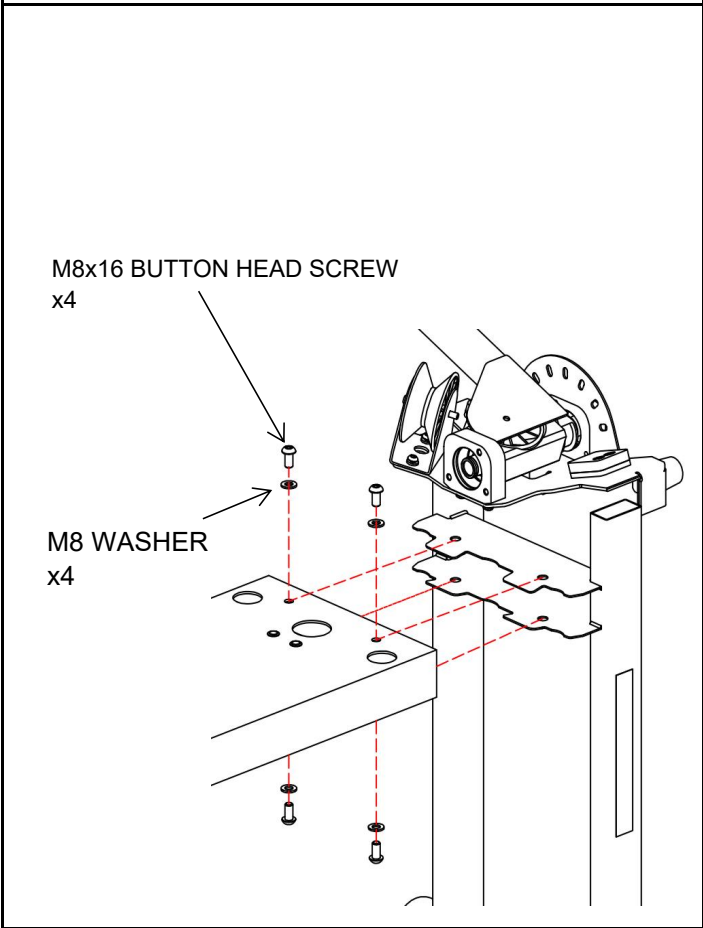
Step 8 Assemble Footrest Rails



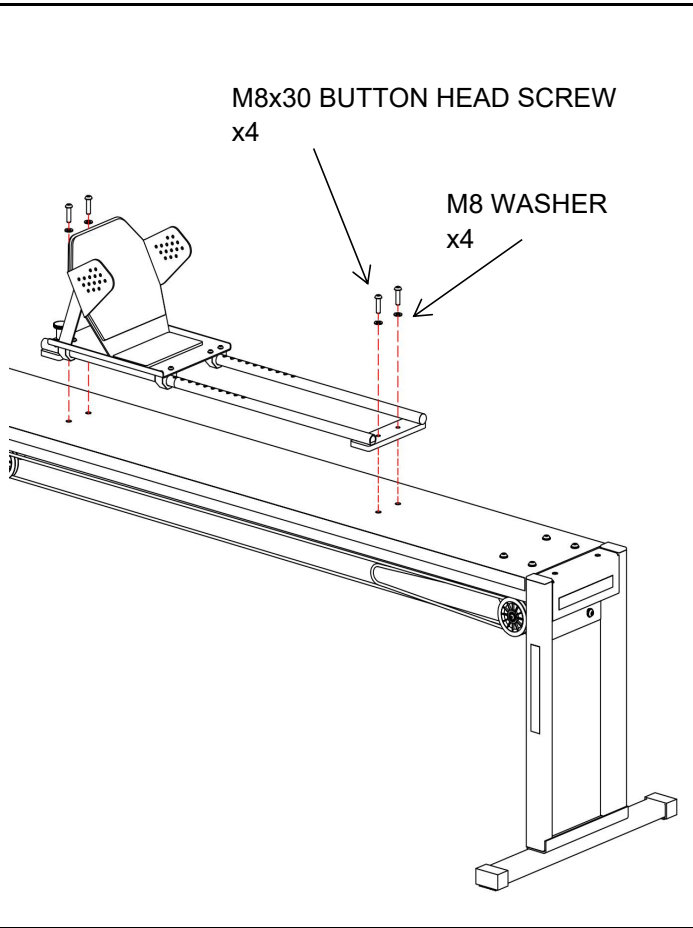
Step 9 Step Description



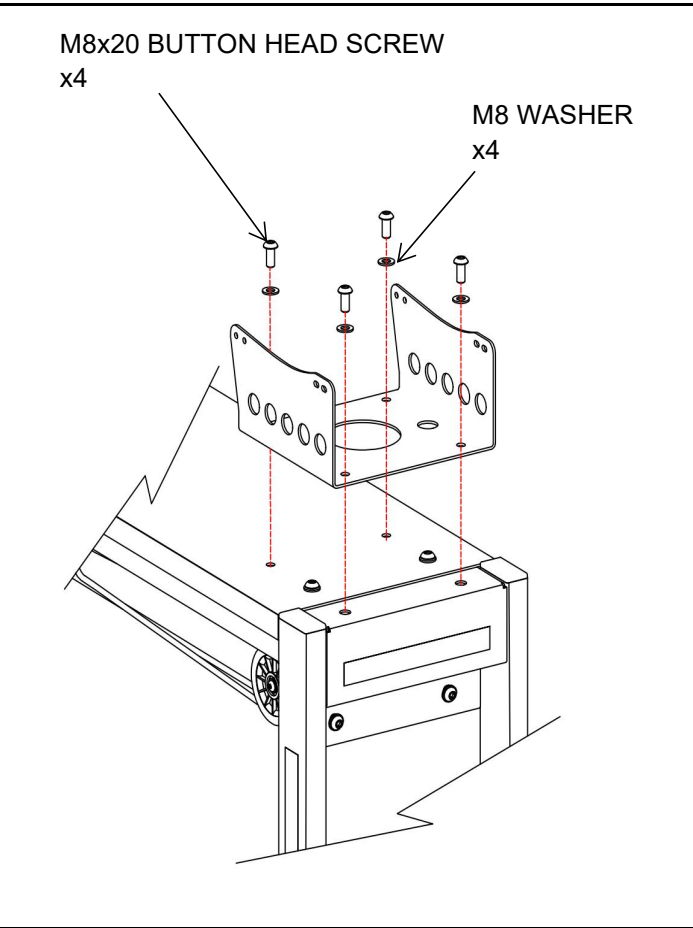
Step 10 Fit Front Leg to Beam



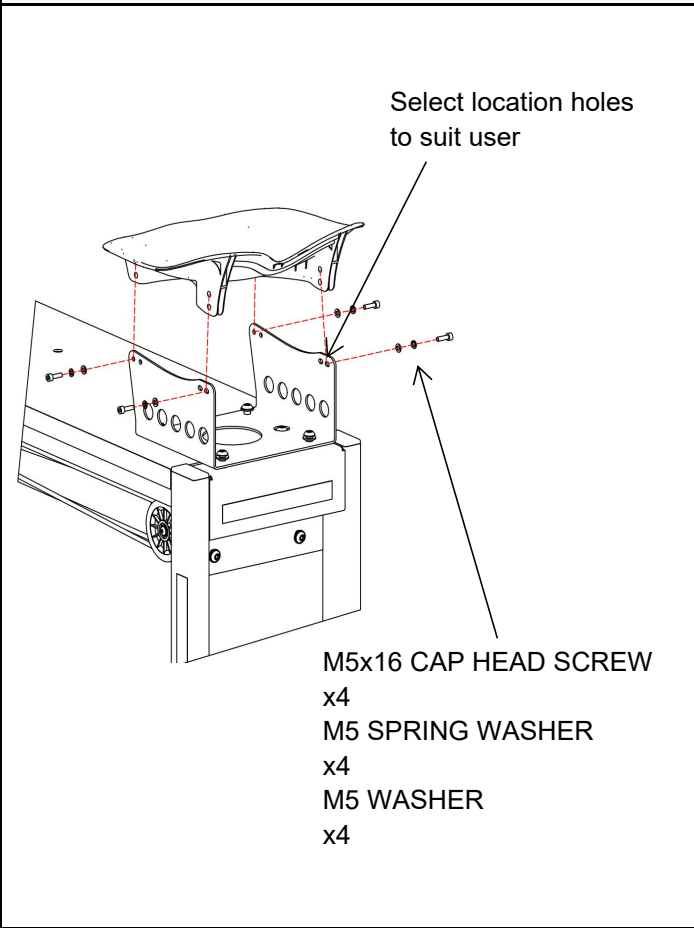
Step 11 Fit Footrest & Rails to Beam Assembly



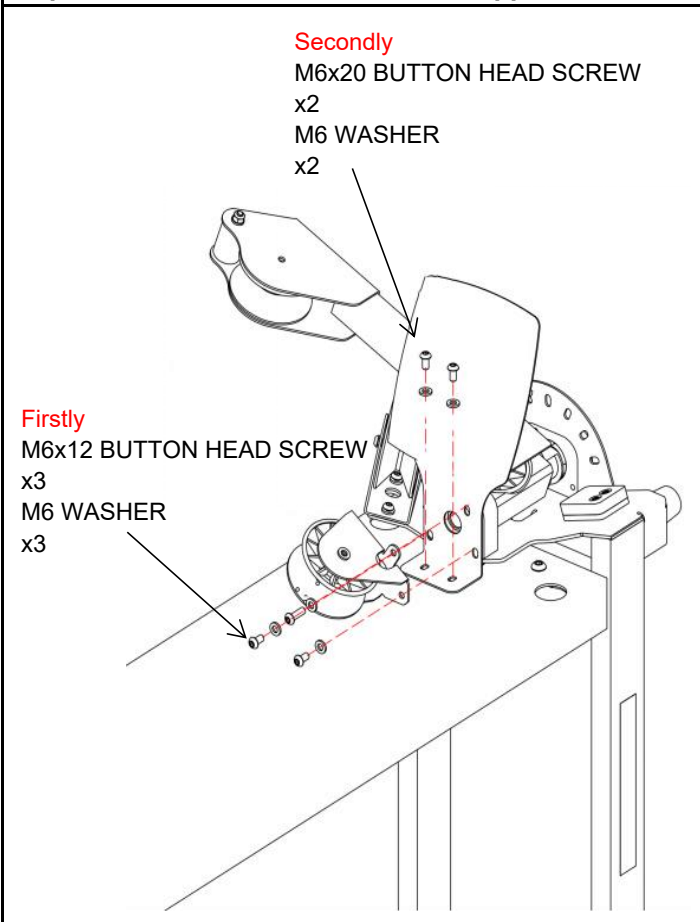
Step 12 Fit Seat System to Beam Assembly



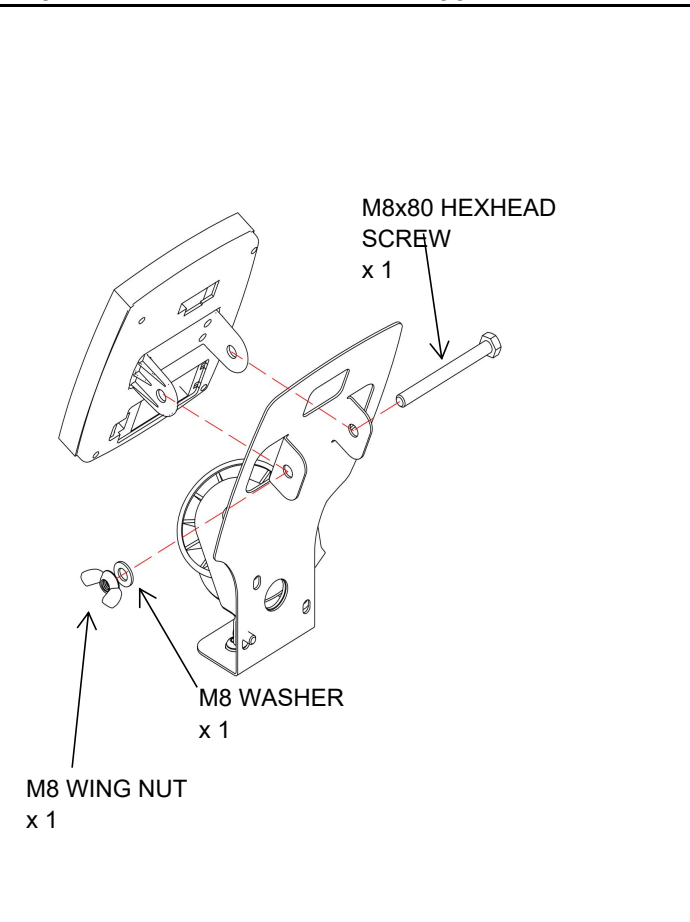
Step 13 Fit Seat & Seat Support



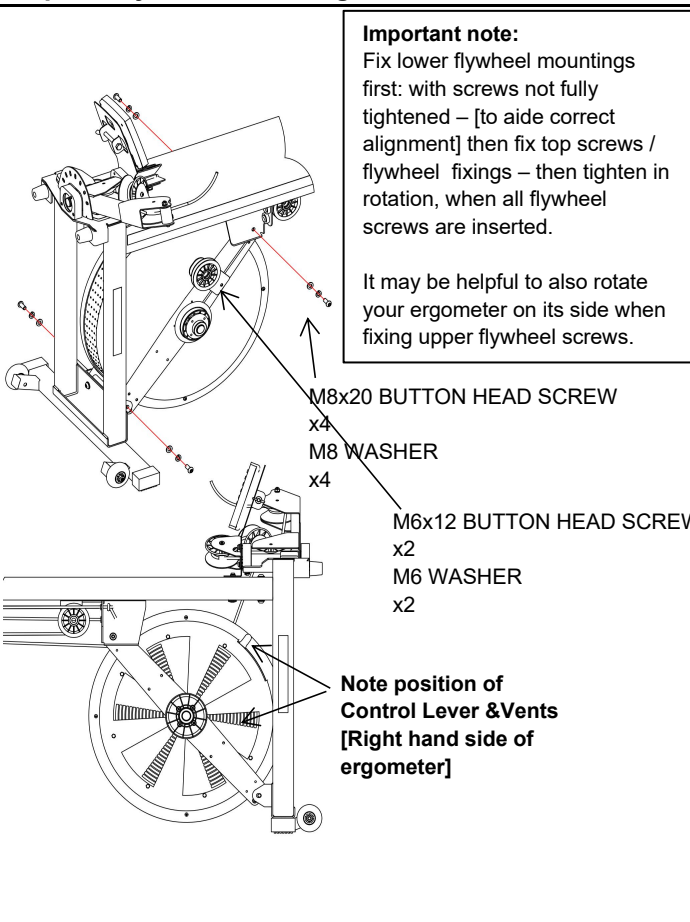
Step 14 Fit Guide Roller & Console Support



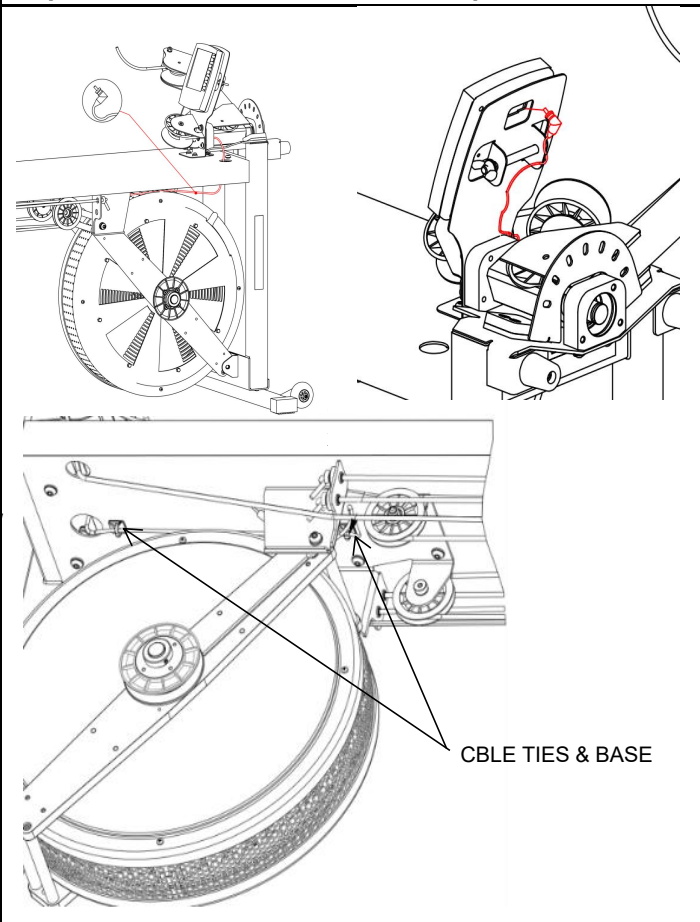
Step 15 Fit Console to Console Support



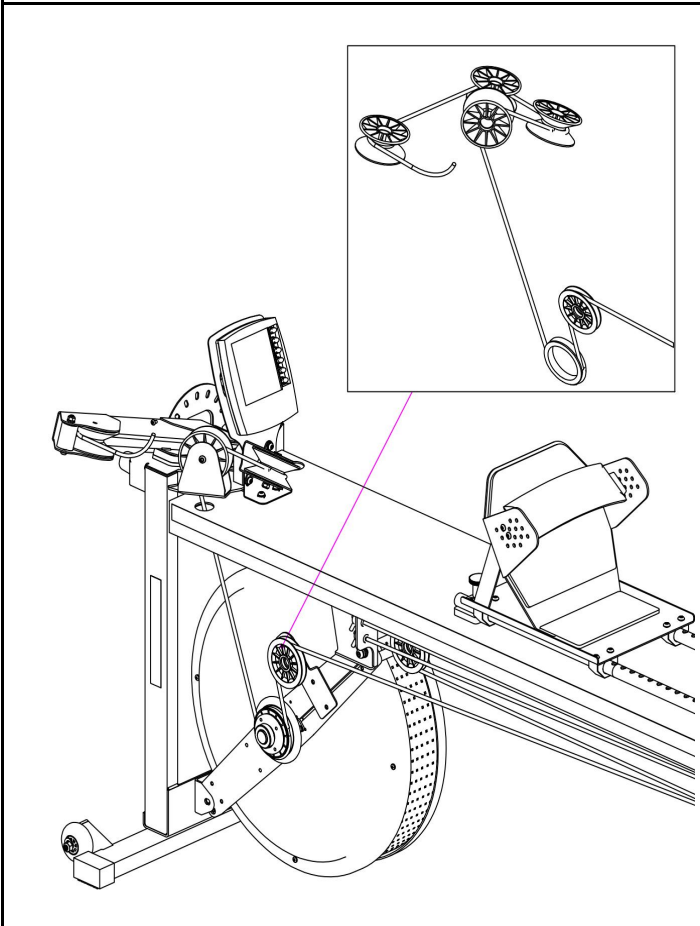
Step 16 Flywheel Mounting



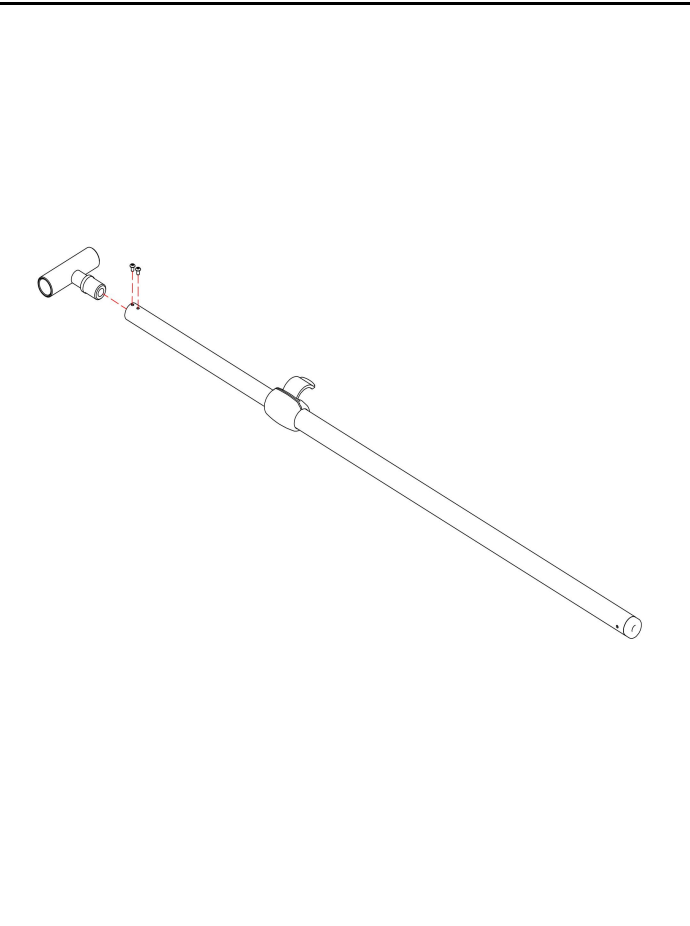
Step 17 Thread, Secure & Connect Speed Sensor Cable



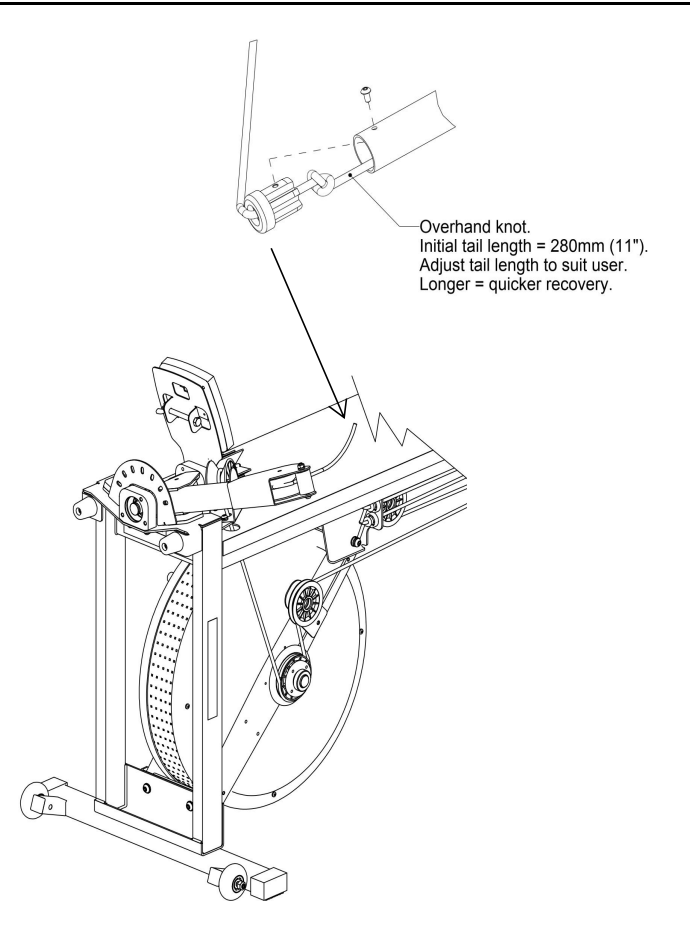
Step 18 Wrap the rope



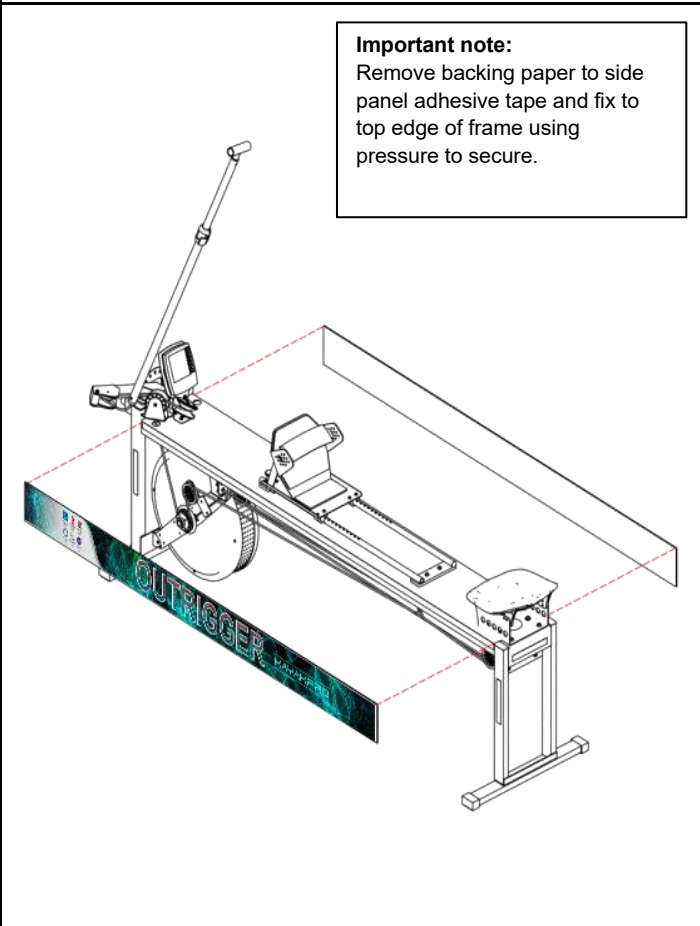
Step 19 Connect T Handle to the Shaft



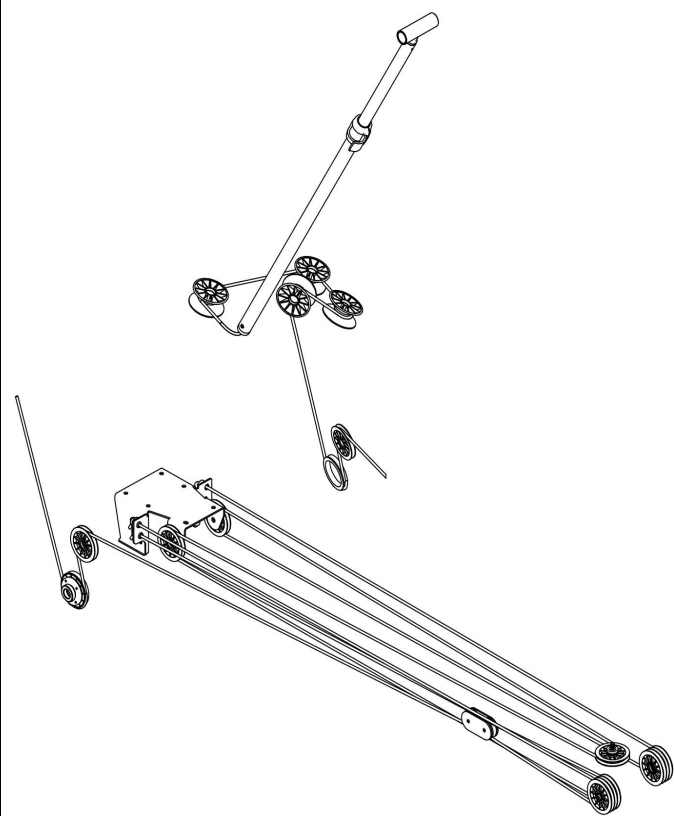
Step 20 Connect Rope to Shaft



Step 21 Connect Rope to Shaft



Rope & Elastic Cord Layouts

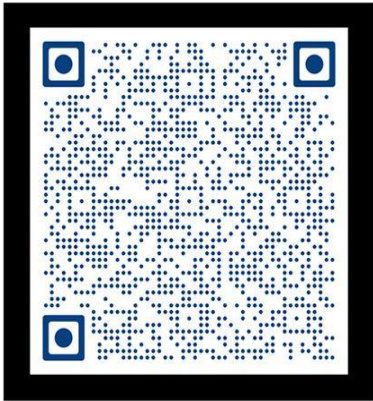


# OUTRIGGER

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