

Guide to KayakPro Speedstroke Kayak Ergometer



! SAFETY PRECAUTIONS

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 that SpeedStroke requires a working area of 11' x 5' x 5.5'./ 3m x 2m x 2.1m
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



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China- www.infosports.cn
Outside China www.KayakPro.com

Thank you for choosing our Ergometers. If you have any queries please do not hesitate to contact either of the following:

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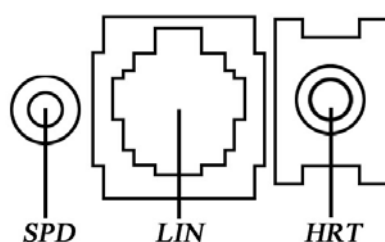
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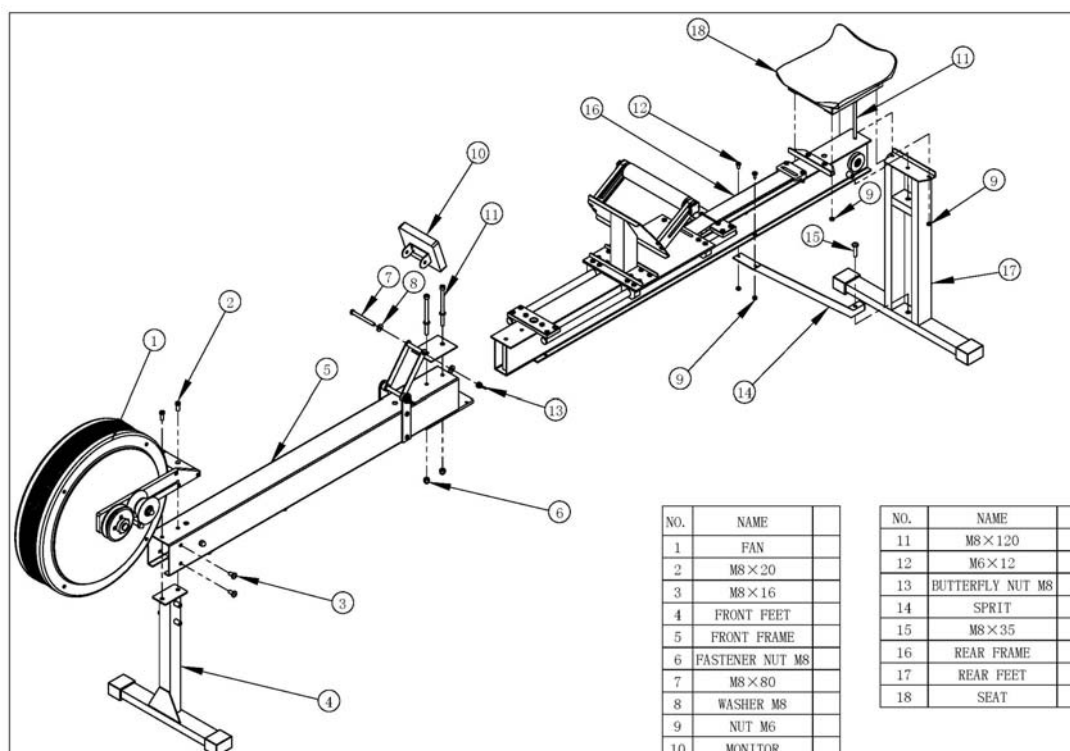
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Before Using

The Monitor uses two AAA size batteries. Make sure that the poles of the battery are correct. Monitor will display 1000m for canoe Ergometers or 500m for kayak Ergometers. Make sure you have the right Monitor. Plug the speed sensor in the SPD jack. Special connect plug is need to display Heart Rate and connect with PC.



Frame assembly: (Also see in the end of manual.)



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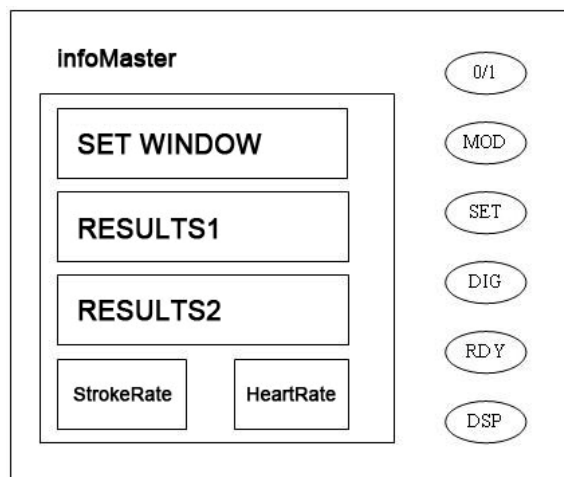
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Monitor on-board computer Display:

There are five display windows on the screen. They are SET, RESULTS1, RESULTS2, SR and HR as follows:



Key Functions

[①] Switch On the on-board monitor.

[MOD] Toggle between Time and Distance mode.

Time mode: 1s~999m59s;

Distance mode: 1~99999m.

[SET] Select required digital for set up. Moving from right to left.

[DIG] Select the desired value.

[RDY] Accept the settings. Auto-start upon action. Press to restart after one race.

[DSP] Change the display items.

Results/500m→Power→Calorie.

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Precautions

- ◆ Replace the battery when LCD is weak.
- ◆ Do not leave the monitor exposed to direct sunlight.
- ◆ Do not disassemble the monitor.
- ◆ Avoid contact with gasoline, degreasers or other chemical cleaners as they may damage the monitor.
- ◆ In case of assistance please do not hesitate to contact:

info@infosports.cn or Sales@Kayakpro.com



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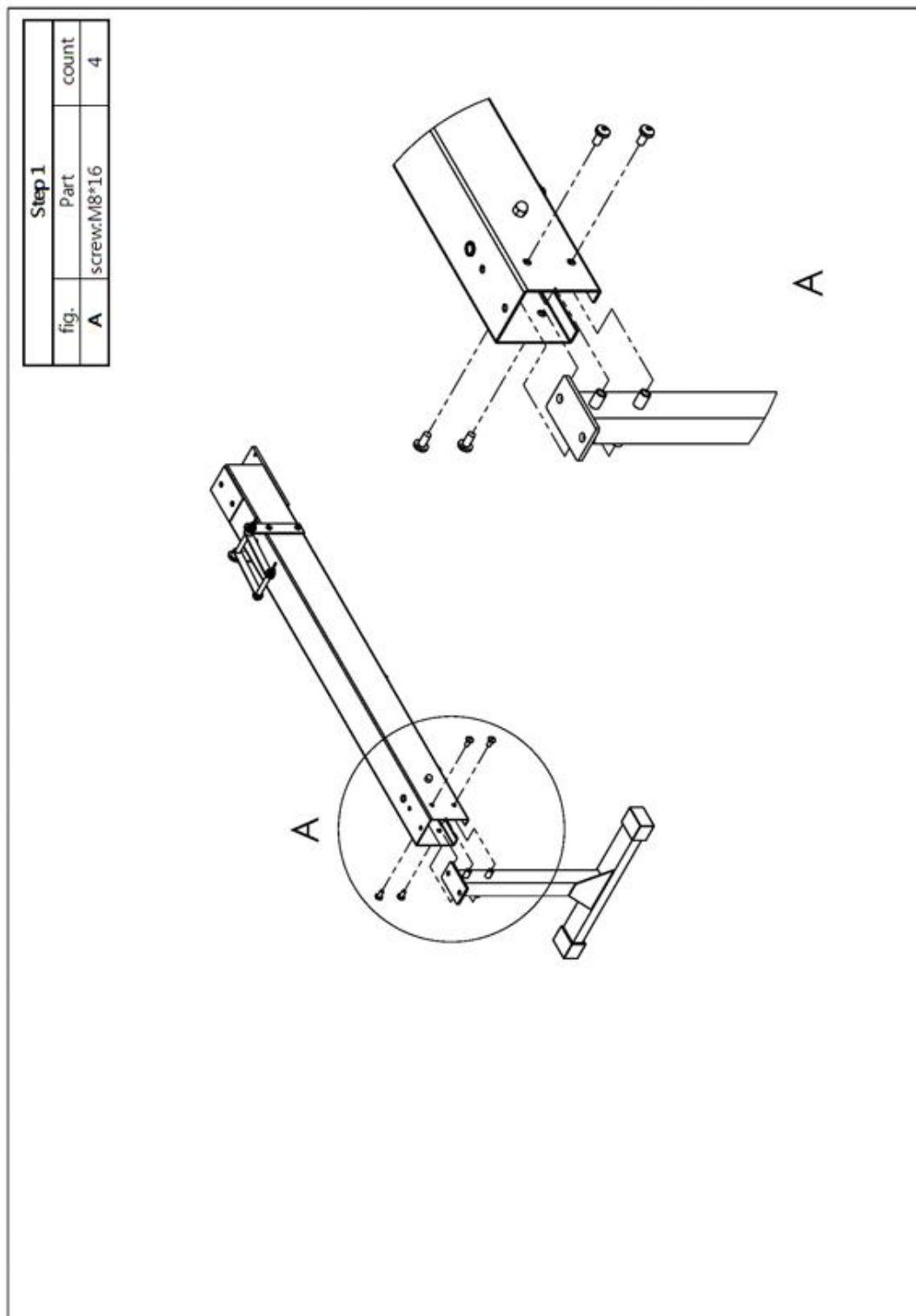
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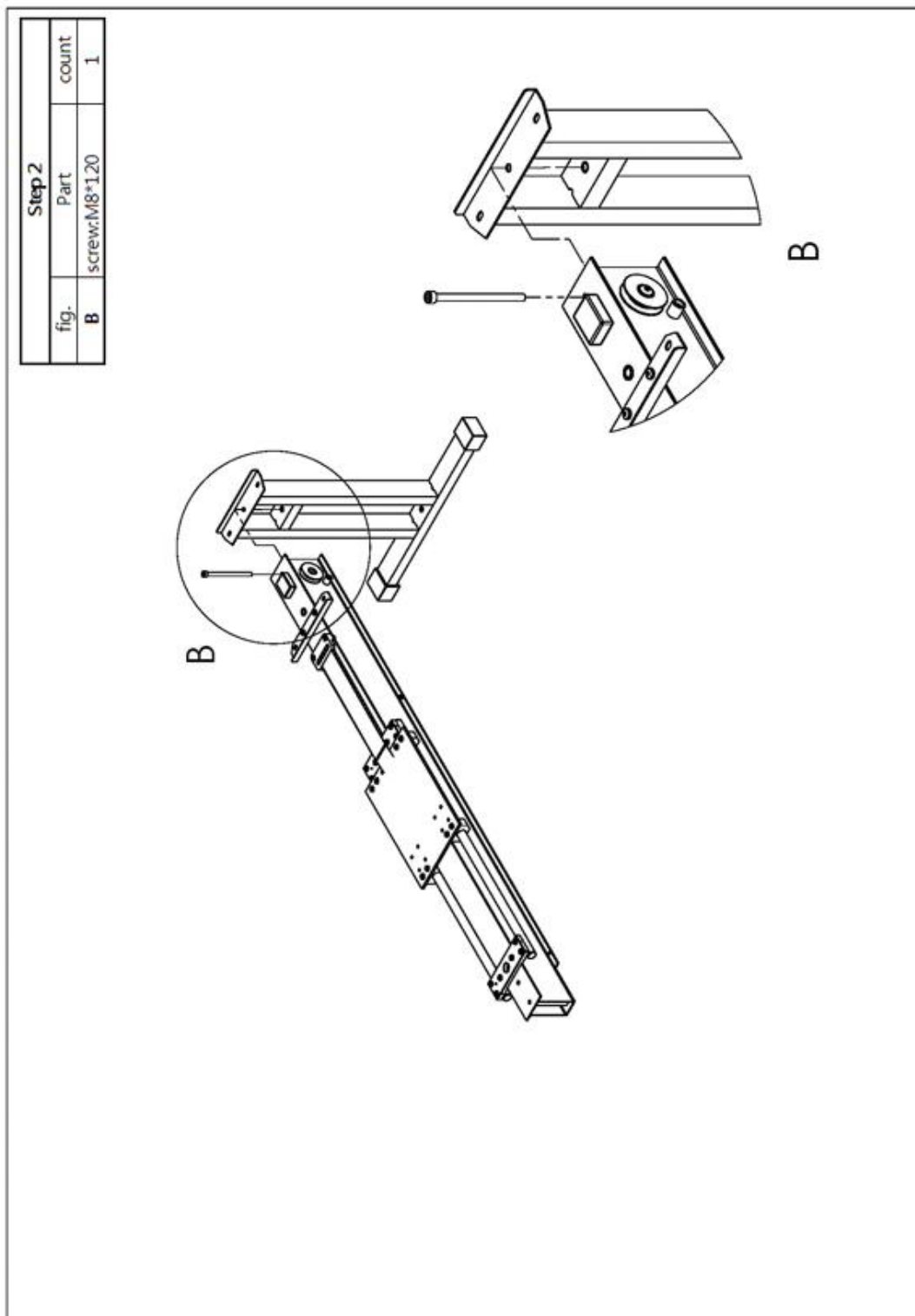
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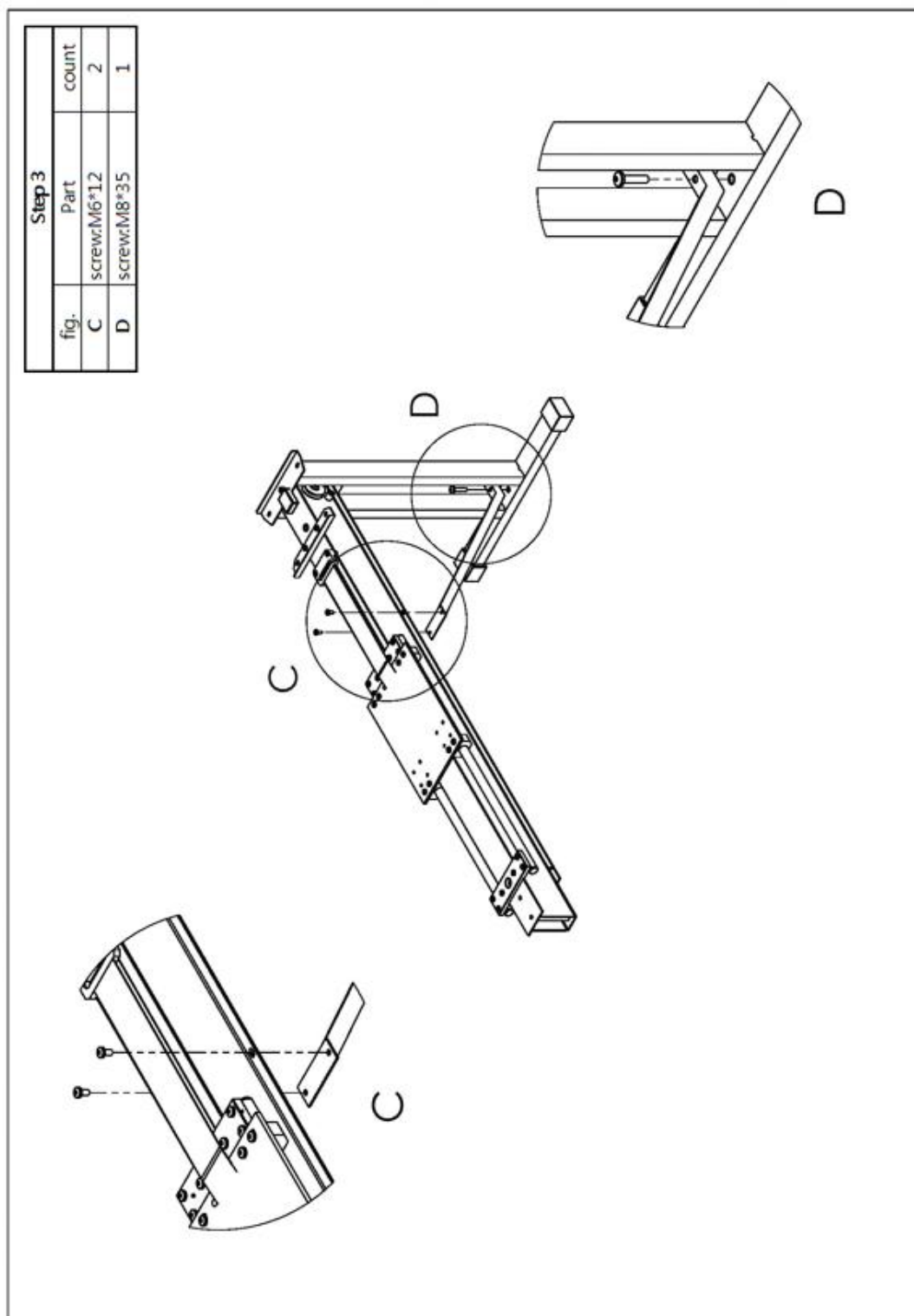
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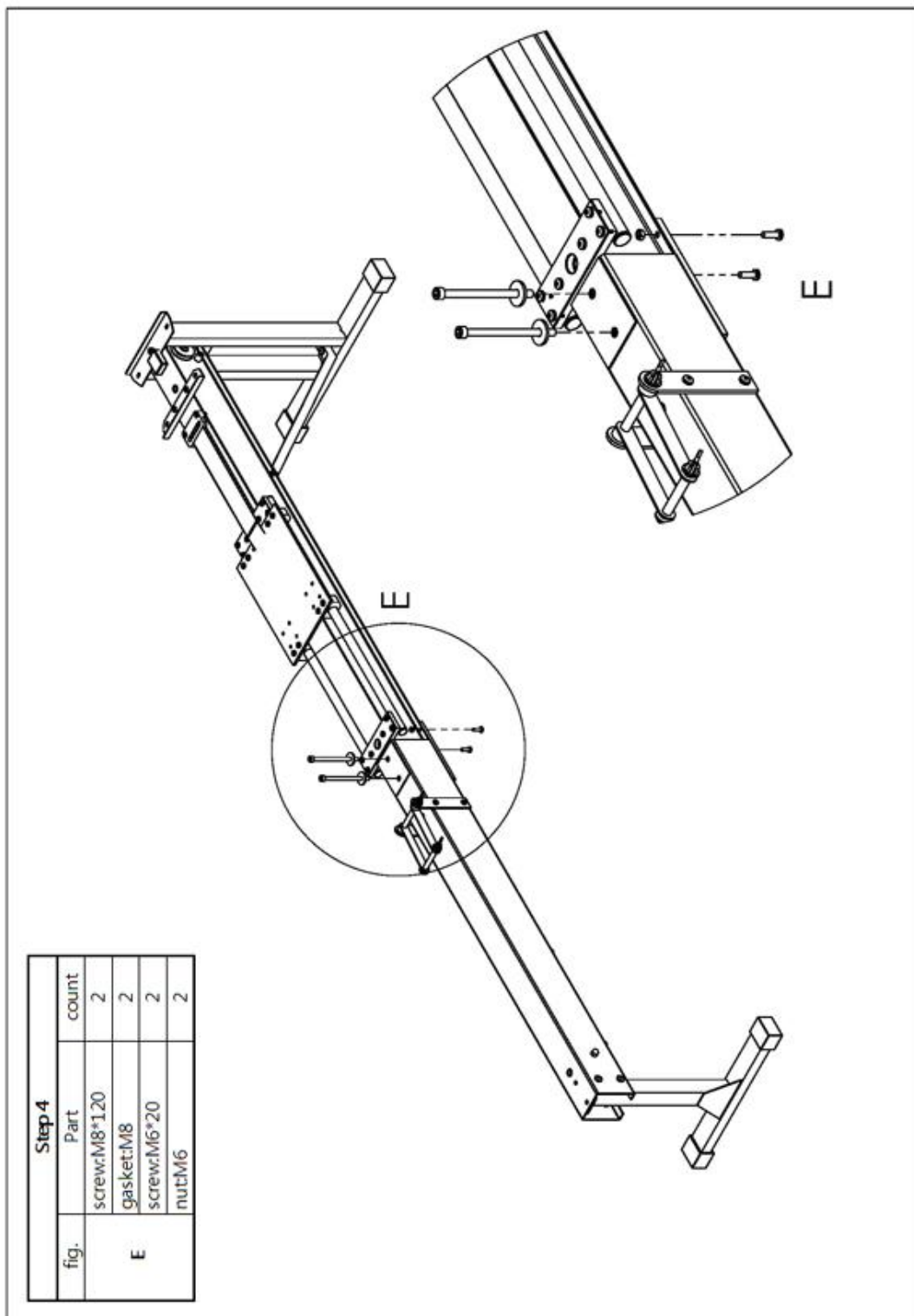
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Step 4		
fig.	Part	count
E	screw:M8*120	2
	gasket:M8	2
	screw:M6*20	2
	nutM6	2

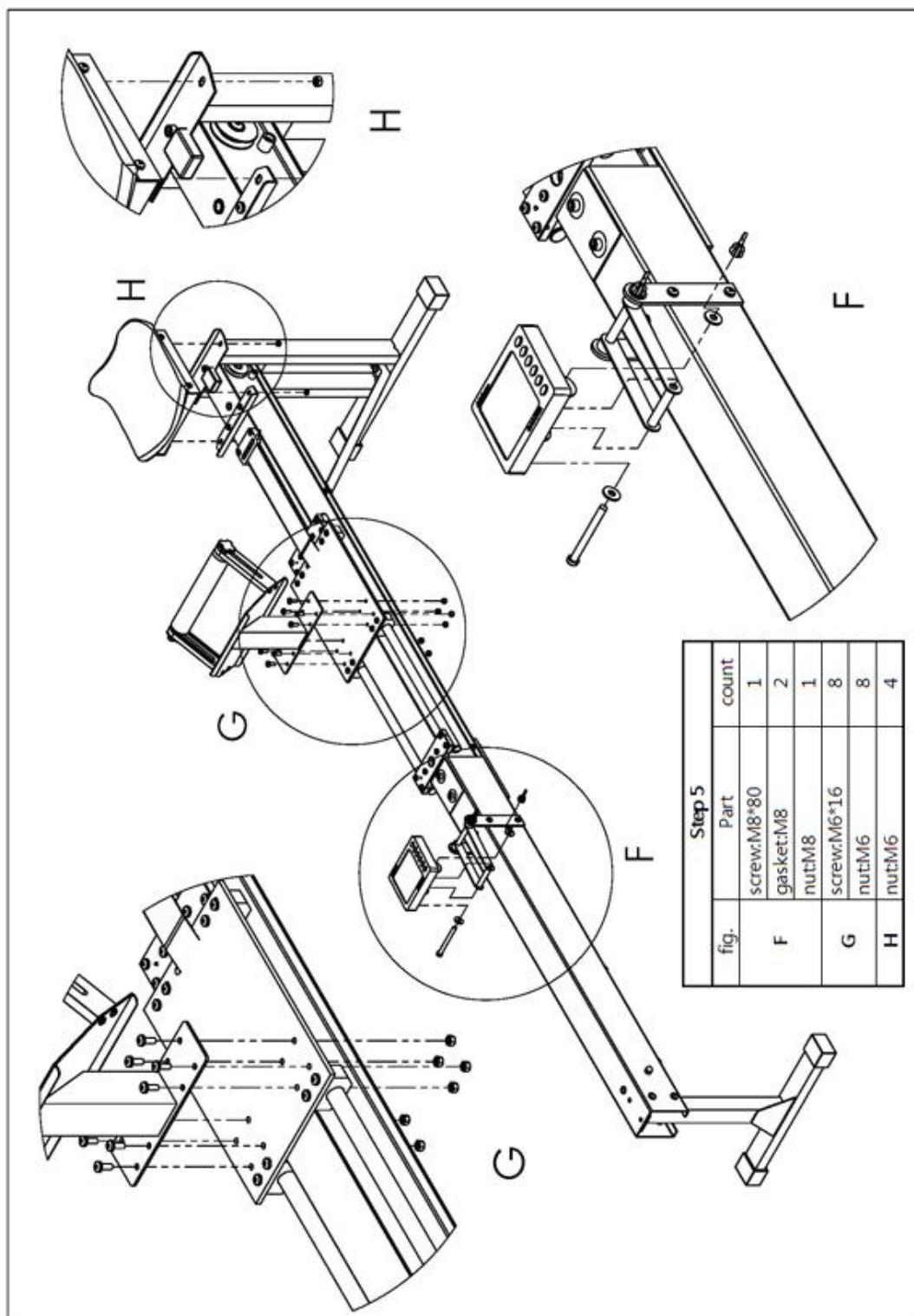
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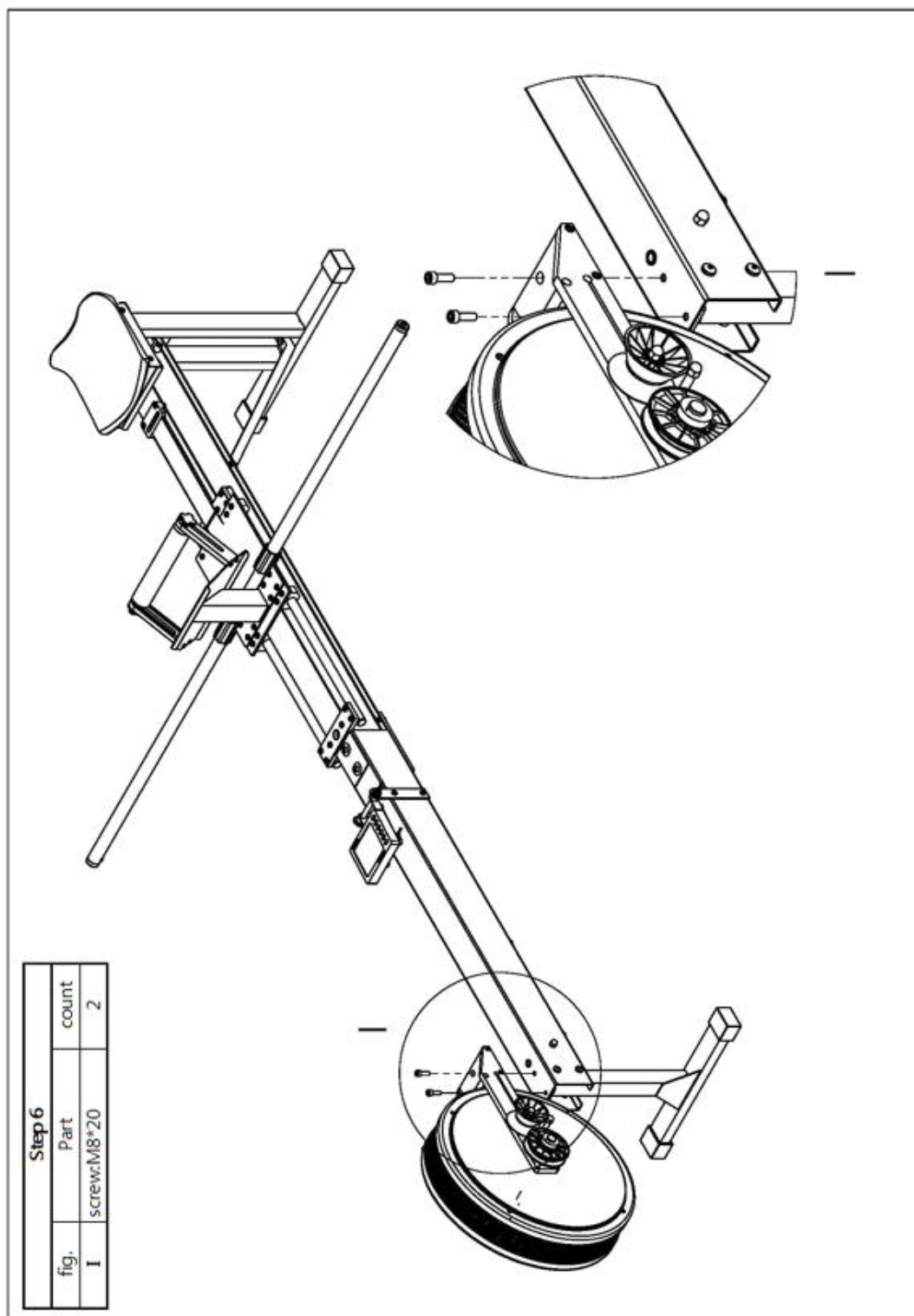
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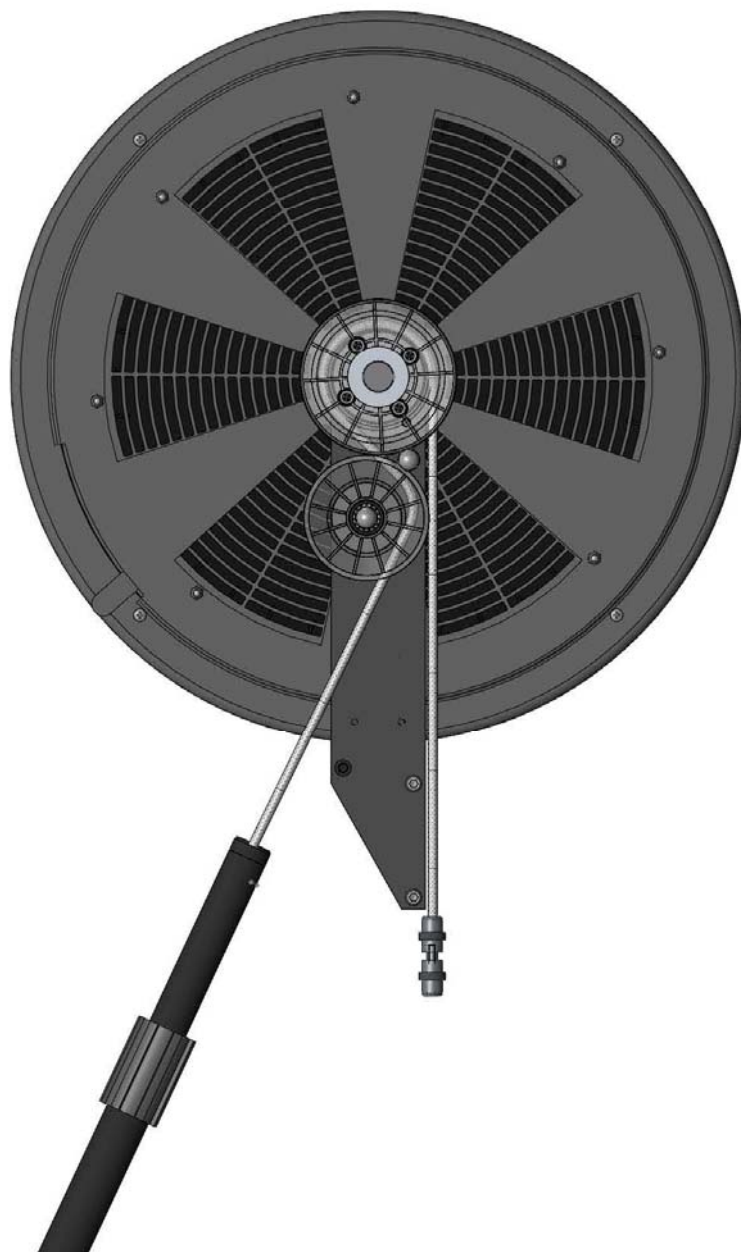
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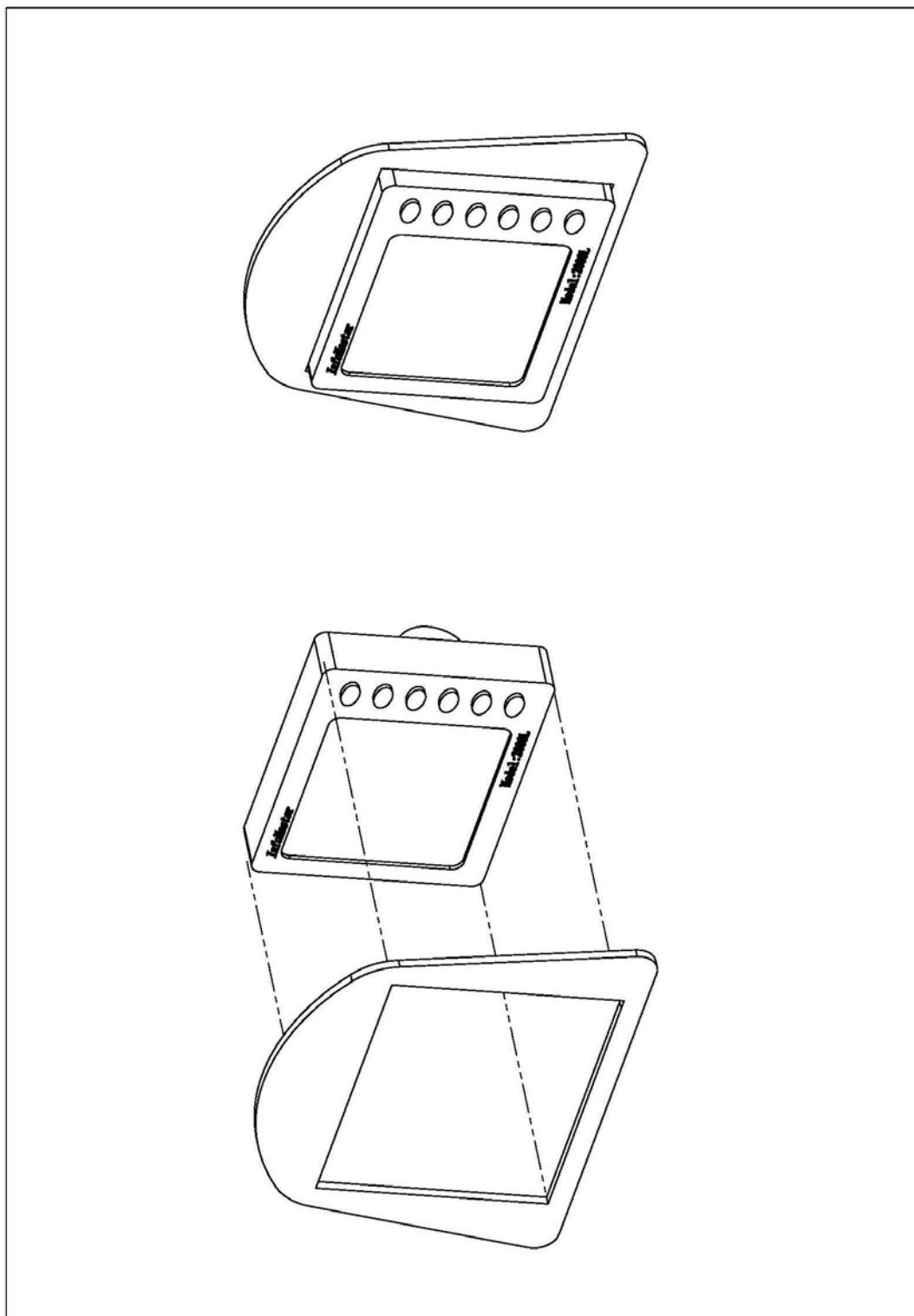
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