



# O1-M ASSEMBLY

**INSTRUCTION MANUAL** : How to put together your new KayakPro O1-M MultiStroke Ergometer.

**KAYAKPRO**

# SAFETY PRECAUTIONS

## 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. A medical exam is advised.
2. Keep head, limbs, fingers and hair clear of all moving parts and flywheel cage.  
**PLEASE NOTE** - MultiStroke requires a working area of:  
TOTAL WIDTH: 150 cm (60")  
TOTAL HEIGHT: 215 cm (84")  
TOTAL LENGTH + SPACE BEHIND FOR PADDLE  
SHAFT RECOVERY: 255 cm (100")
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 MultiStroke Ergometers the user accepts all and full responsibility for self.

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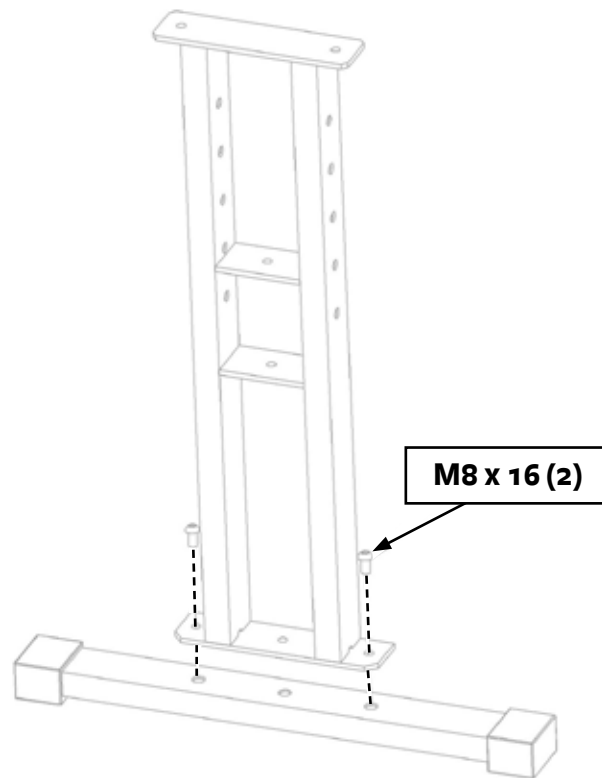
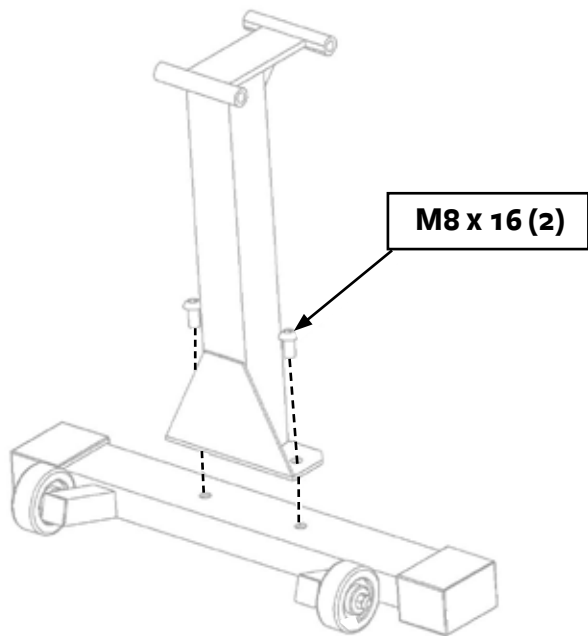
### KAYAKPRO O1-M ERGOMETER

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ON-BOARD CONSOLE.....	<b>SEE SEPERATE MANUAL</b>

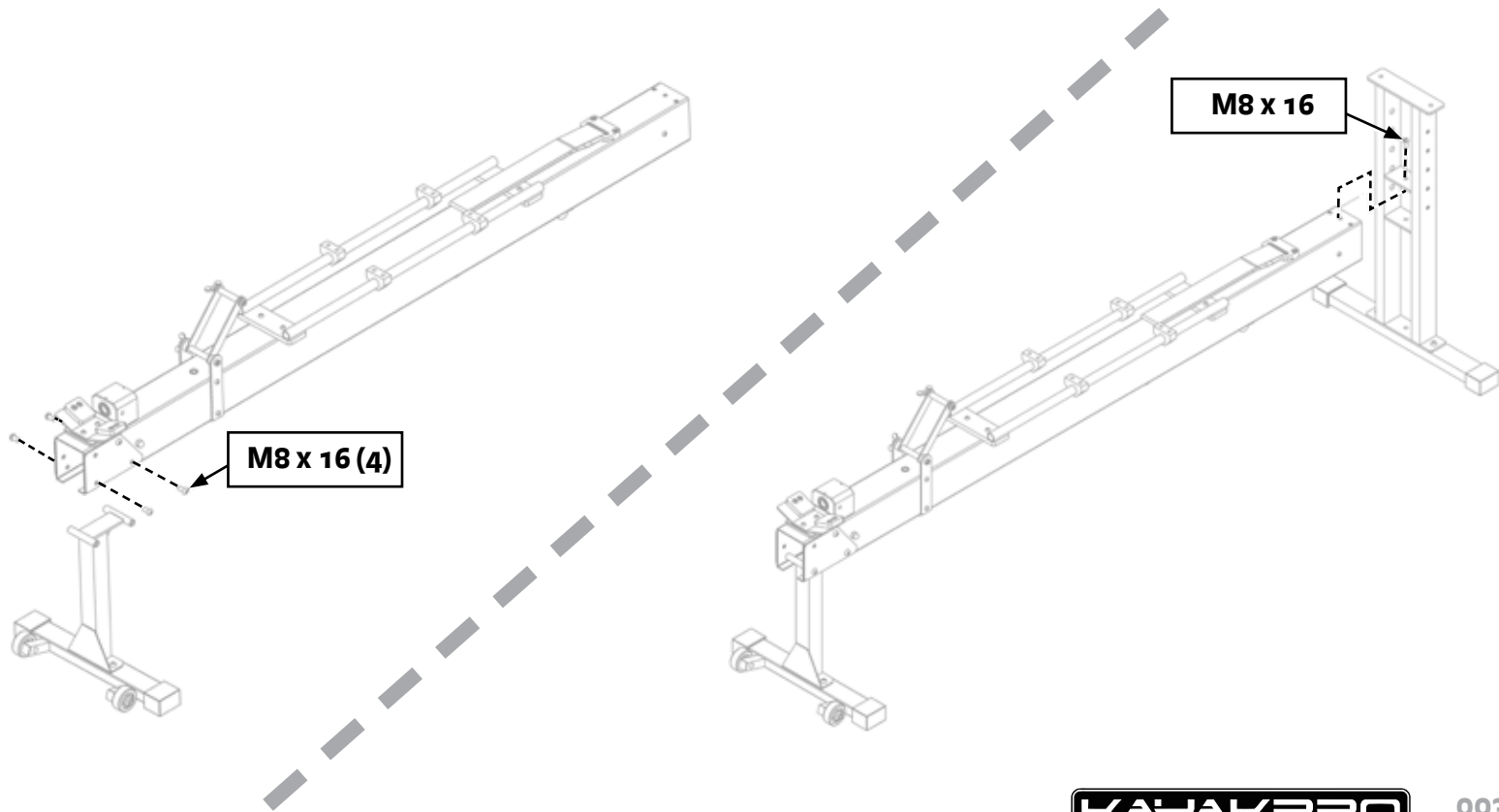


OFFICIAL SUPPLIER OF  
KAYAK ERGOMETERS TO  
THE 2004 ATHENS & 2008  
BEIJING OLYMPIC GAMES

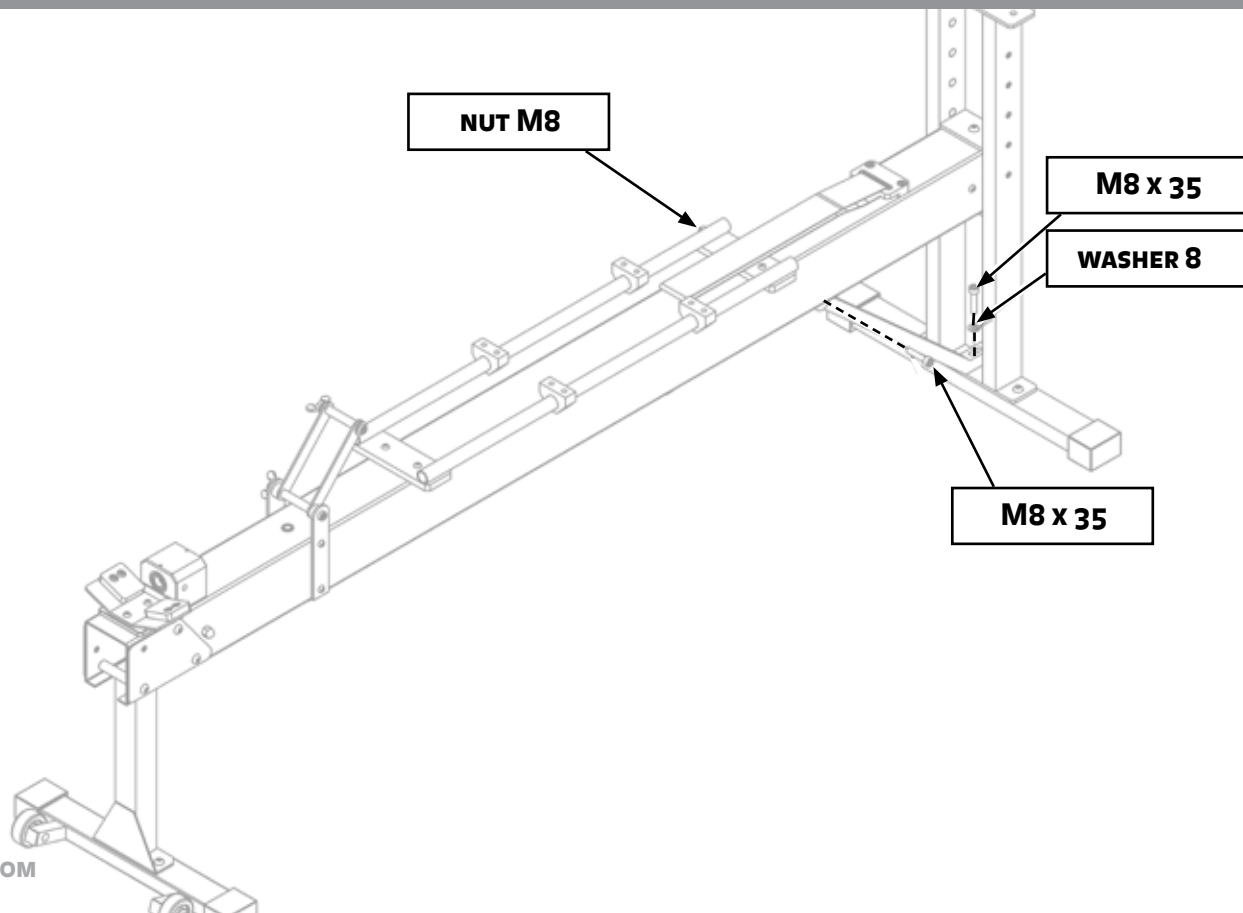
# STEP 1 & 2 O1-M ASSEMBLY



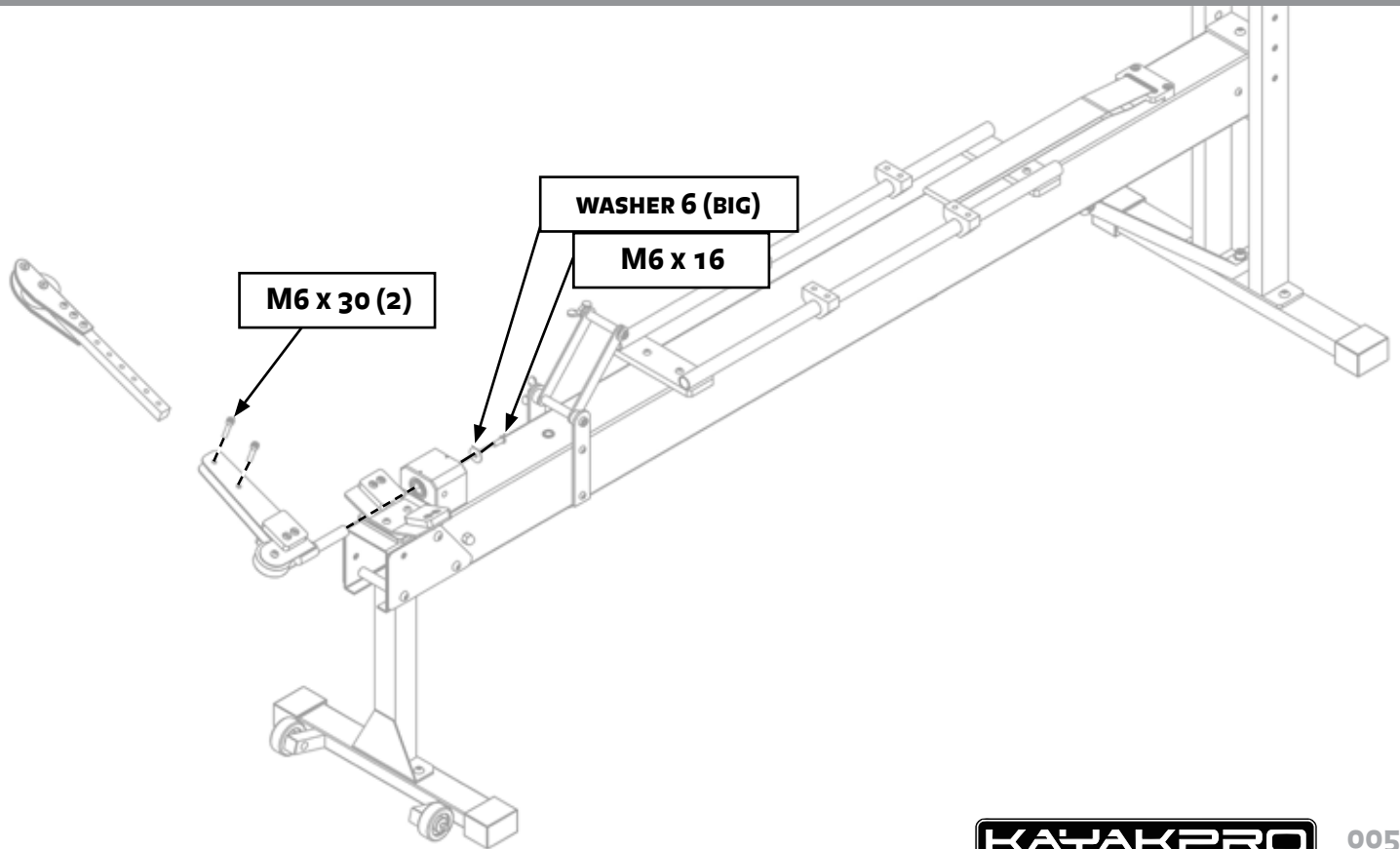
# STEP 3 & 4 O1-M ASSEMBLY



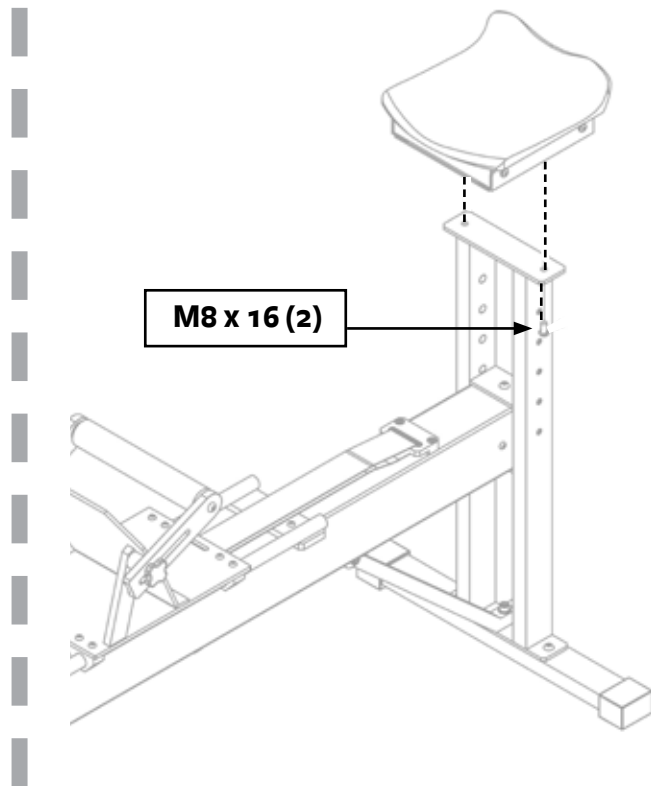
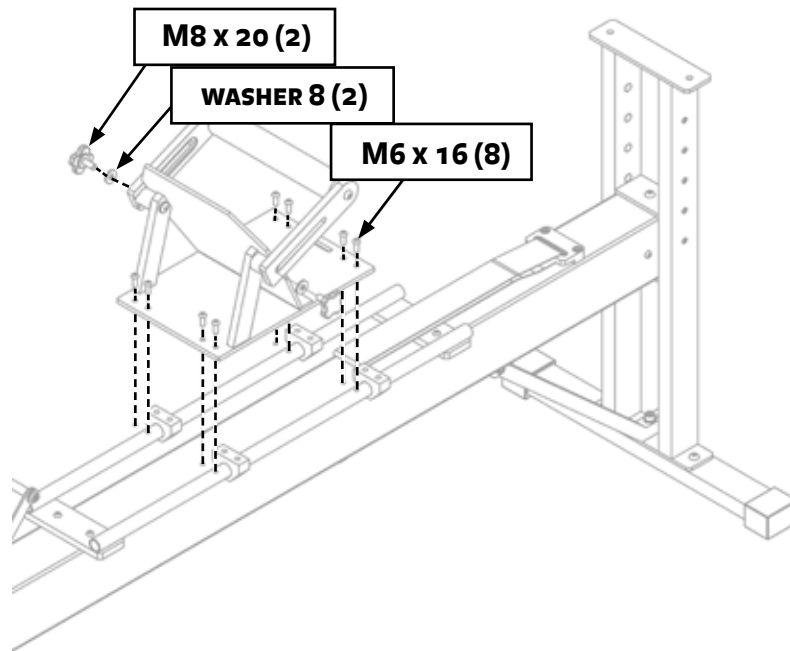
# STEP 5 O1-M ASSEMBLY



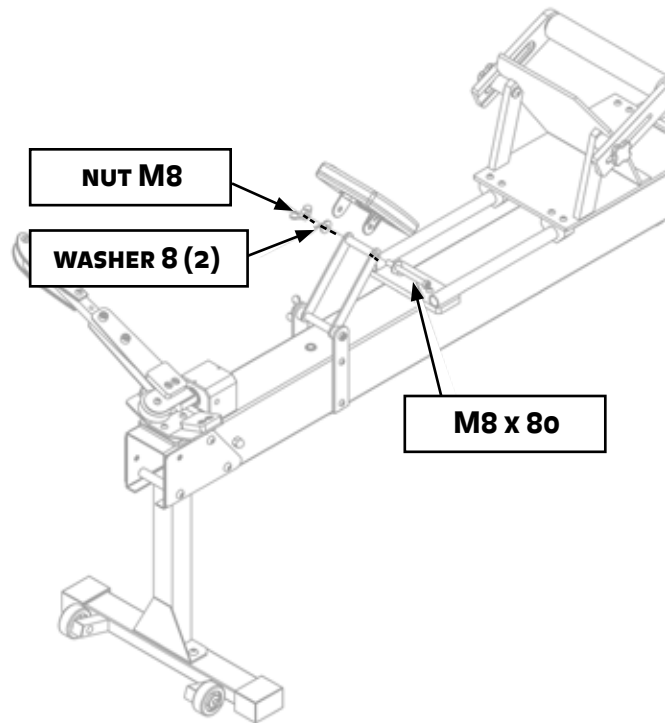
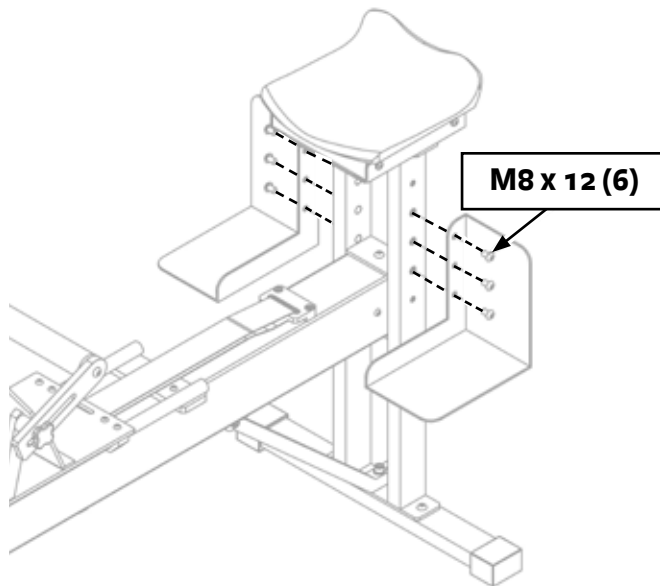
# STEP 6 O1-M ASSEMBLY



# STEP 7 & 8 O1-M ASSEMBLY

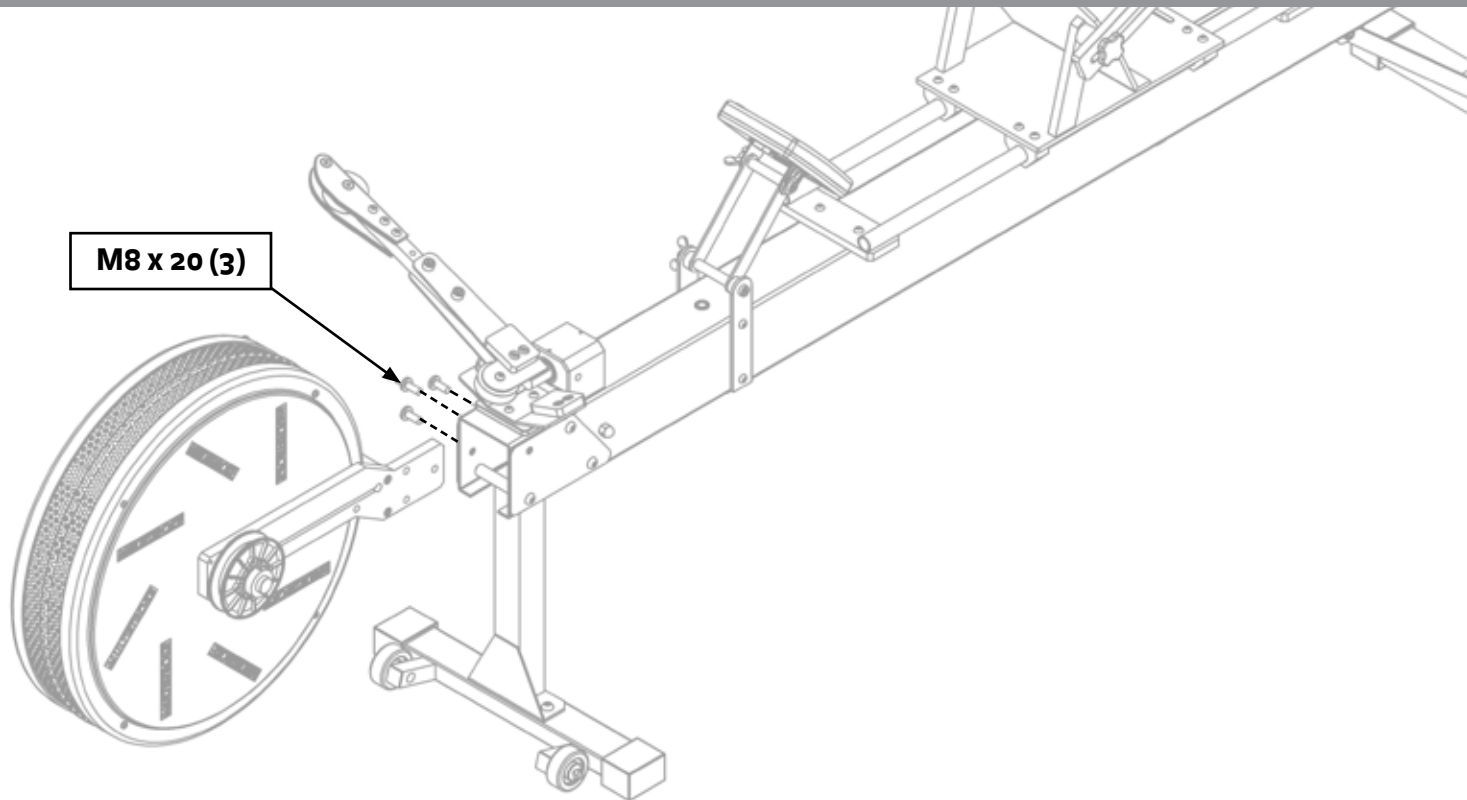


# STEP 9 & 10 O1-M ASSEMBLY





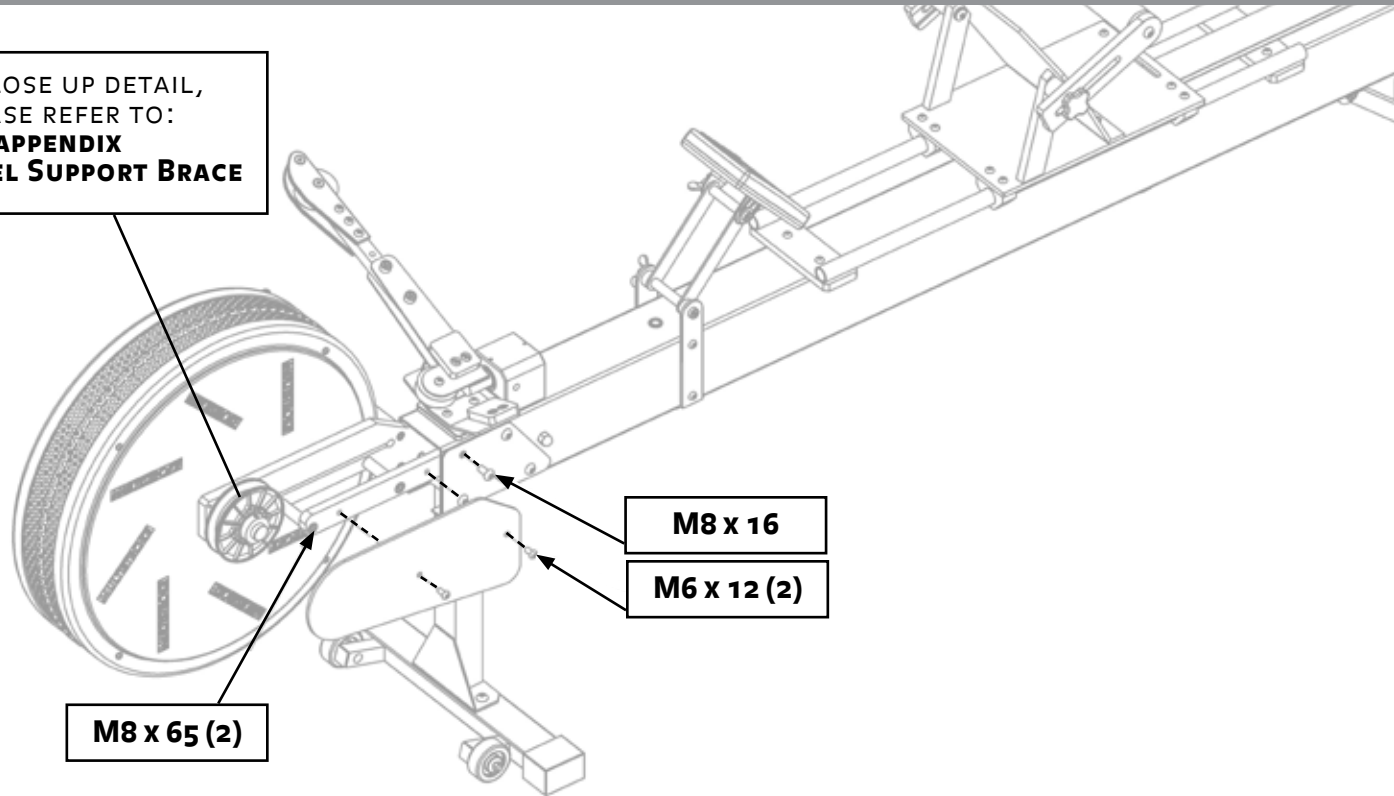
# STEP 11 O1-M ASSEMBLY



**M8 x 20 (3)**

# STEP 12 O1-M ASSEMBLY

FOR CLOSE UP DETAIL,  
PLEASE REFER TO:  
**APPENDIX  
FLYWHEEL SUPPORT BRACE**



**M8 x 65 (2)**

**M8 x 16**

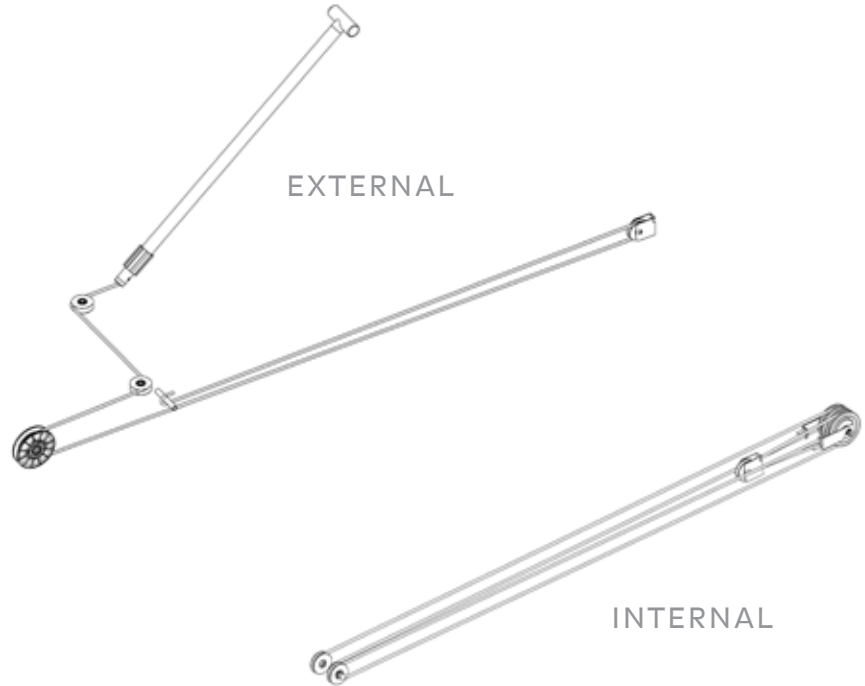
**M6 x 12 (2)**

# APPENDIX

## INTERNAL & EXTERNAL ROPE SCHEMATIC

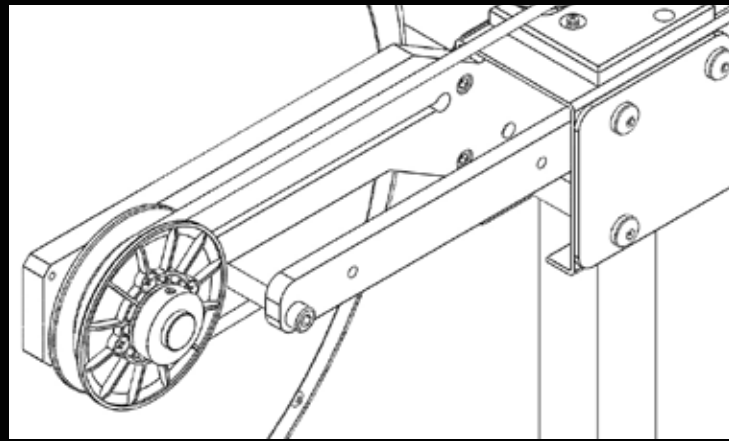
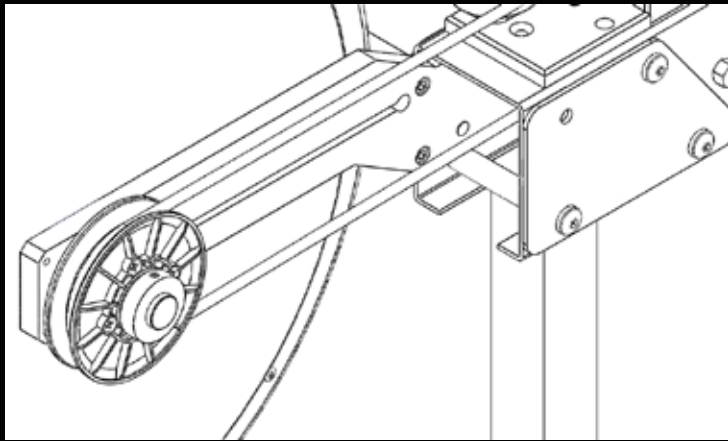
### ROPE END INTO PADDLE SHAFT

YOU CAN ADJUST THE LENGTH  
OF THE ROPE HERE



# APPENDIX

## FLYWHEEL & SUPPORT ARRANGEMENTS

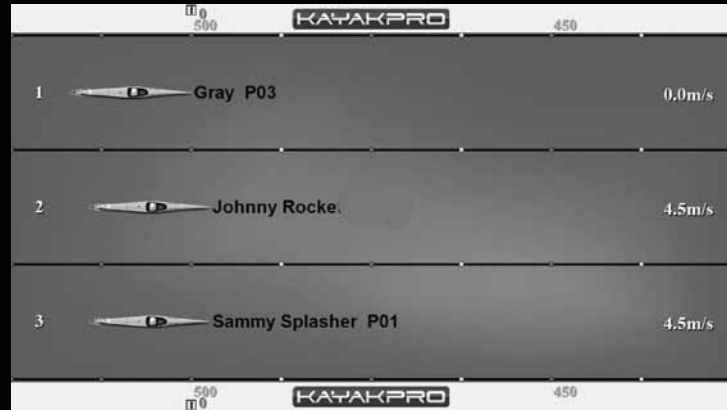


# AVAILABLE SOFTWARE TO ENHANCE MULTISTROKE PERFORMANCE

## iRACEEXPRESS >>>

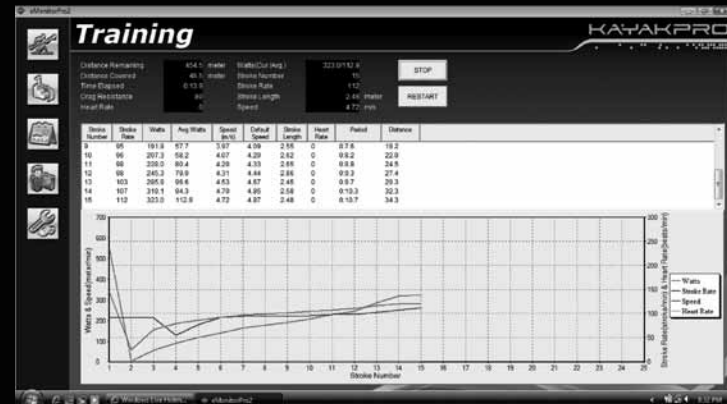
iRaceExpress is KayakPro's Interactive; real-time Regatta course format based interactive software.

iRaceExpress allows one or multiple MultiStroke Ergometers to be connected together on a custom settable interactive regatta course. iRaceExpress allows you to train individually with live partners - or you have the option to set up to 9 other virtual pace paddlers to accompany you and your paddling partners. The iRaceExpress software also allows you to set variable split and pace times for the pace paddlers.



## eMONITORPRO2 >>>

eMonitorPro2 is the leading analytical scientific and evaluation software, able to record your training data from your MultiStroke Ergometer. It is able to display in graphic or numeric formats, isolating individual parameters to display/analyze and even overlay to compare them.



**KAYAKPRO SOFTWARE CAN BE FOUND AT:  
[WWW.KAYAKPRO.COM/MULTISTROKE/SOFTWARE](http://WWW.KAYAKPRO.COM/MULTISTROKE/SOFTWARE)**



**PADDLEPRO**

**CONTACT US** | [www.paddlepro.co.nz](http://www.paddlepro.co.nz) | [info@paddlepro.co.nz](mailto:info@paddlepro.co.nz)



Official suppliers of kayak ergometers to the  
2004 Athens & 2008 Beijing Olympic games.

**KAYAKPRO**

**MULTISTROKE**