

# Assembly KAYAK

1. Turn profile upside-down, mount the front leg from the front side of the profile. Note that the front leg is positioned by a stopper - this is to help the mounting of the swing-wheel. The front leg is pointing backwards.

2. Mount rear leg from the backside of the profile. The rear leg is pointing backwards.

3. Turn around the profile 180 degrees, and mount the swingwheel.

4. Mount the computer; a black line at the profile indicates position.

5. Mount footrest. Footrest position is easily adjusted when lever is in upright position. Footrest is locked when lever is in horizontal position.

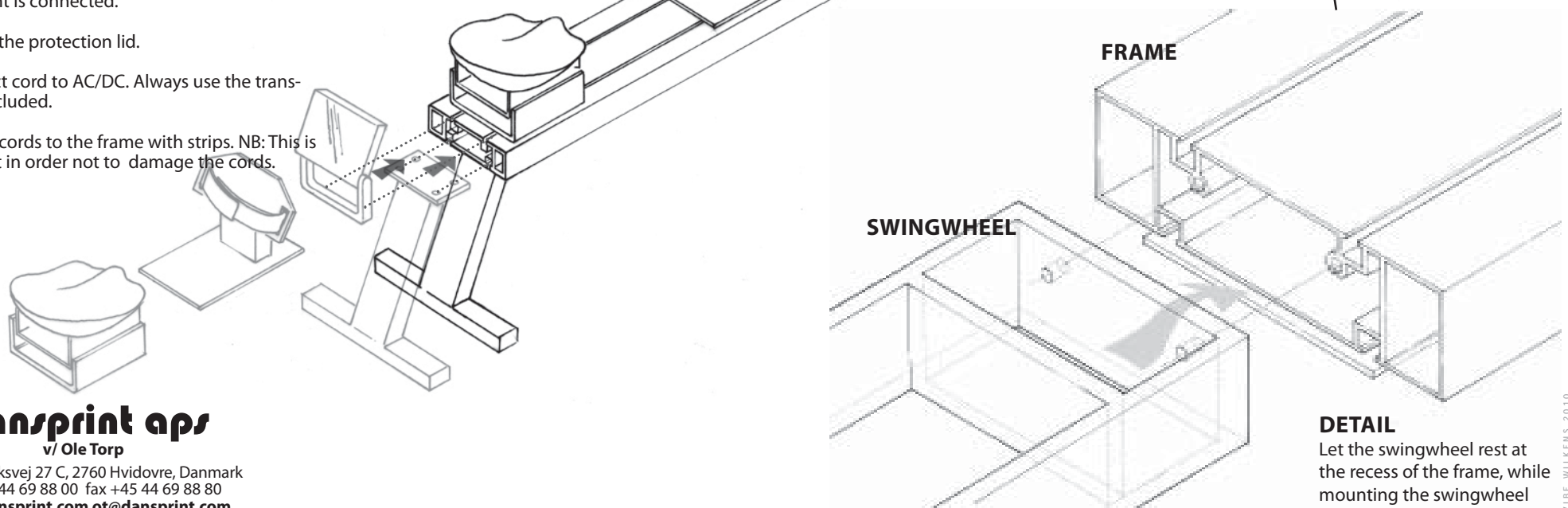
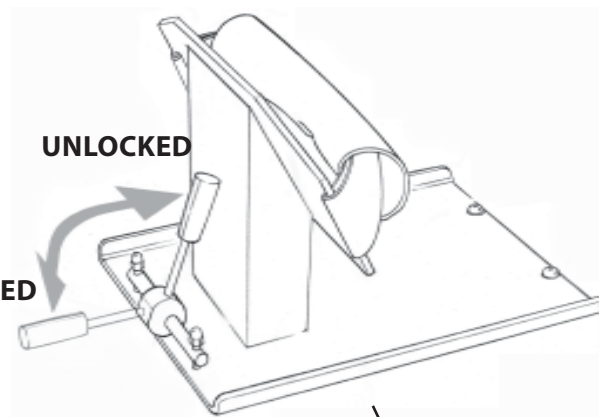
6. Mount the seat. For tight mount, press down while tightening the screws.

7. Connect the computercord to the plug in the swingwheel. **Do not** connect to AC/DC before all equipment is connected.

8. Mount the protection lid.

9. Connect cord to AC/DC. Always use the transformer included.

10. Fix all cords to the frame with strips. NB: This is important in order not to damage the cords.



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v/ Ole Torp

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## DETAIL

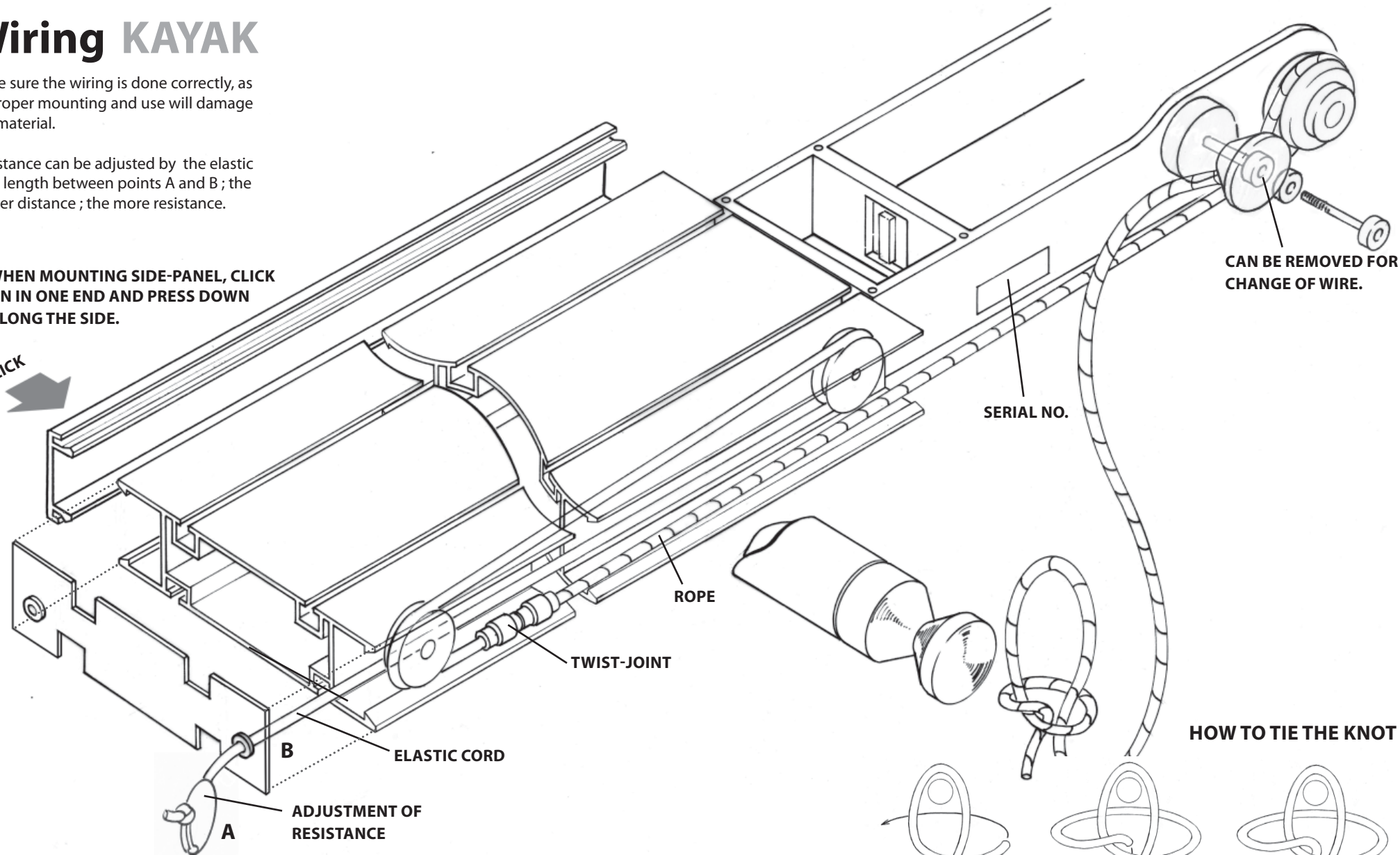
Let the swingwheel rest at the recess of the frame, while mounting the swingwheel

# Wiring KAYAK

Make sure the wiring is done correctly, as improper mounting and use will damage the material.

Resistance can be adjusted by the elastic cord length between points A and B; the longer distance; the more resistance.

WHEN MOUNTING SIDE-PANEL, CLICK ON IN ONE END AND PRESS DOWN ALONG THE SIDE.



HOW TO TIE THE KNOT



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# Contents KAYAK

The ergometer is delivered in **two** boxes, containing the following parts:

**Box 1:**

1 Frame, mounted with wiring and shaft.

Measures 12x25x240cm

Weighs 22 kgs

**Box 2:**

2 Legs

1 Swingwheel

1 seat

1 footrest

**small box:**

1 Computer

Wiring for computer

1 Power supply

1 Protection Lid

+ a little bag containing:

4 strips

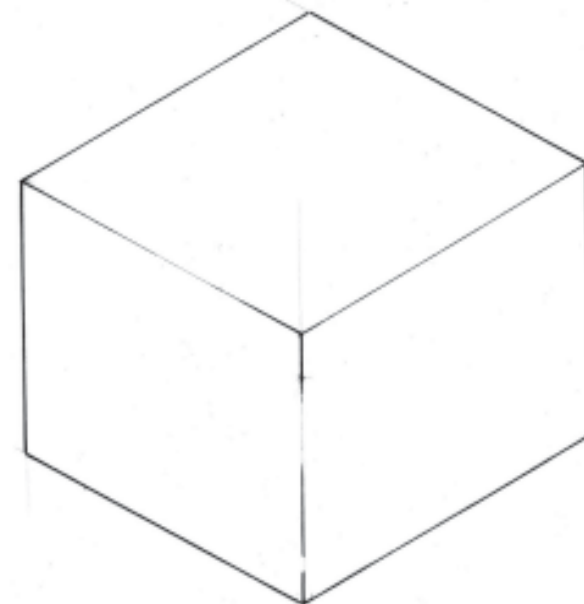
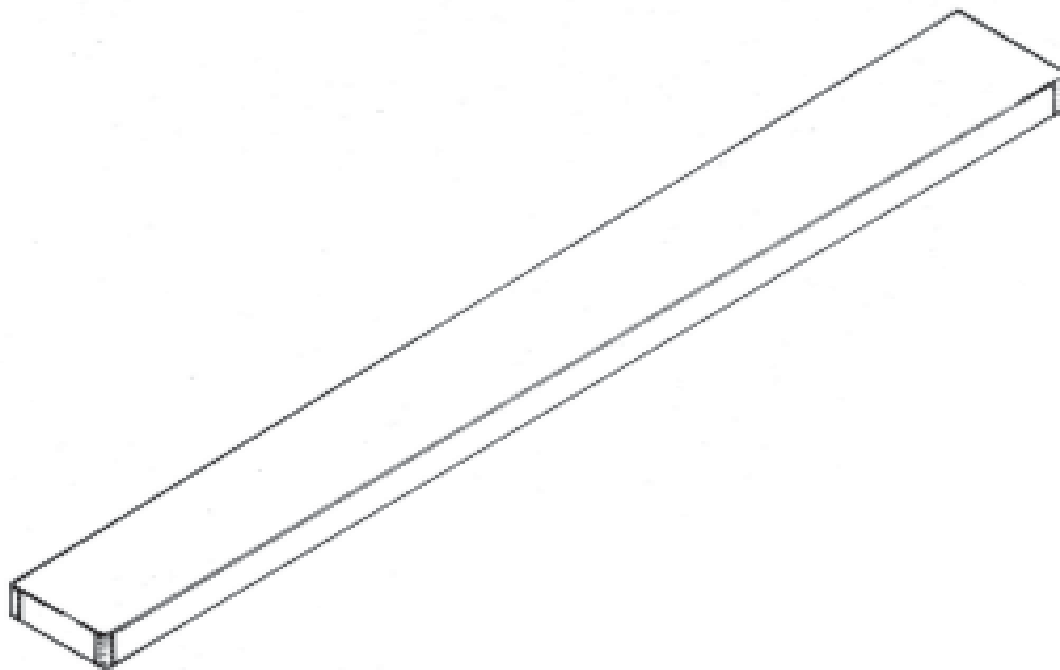
Ekstra elastic cord

All tools needed for mounting

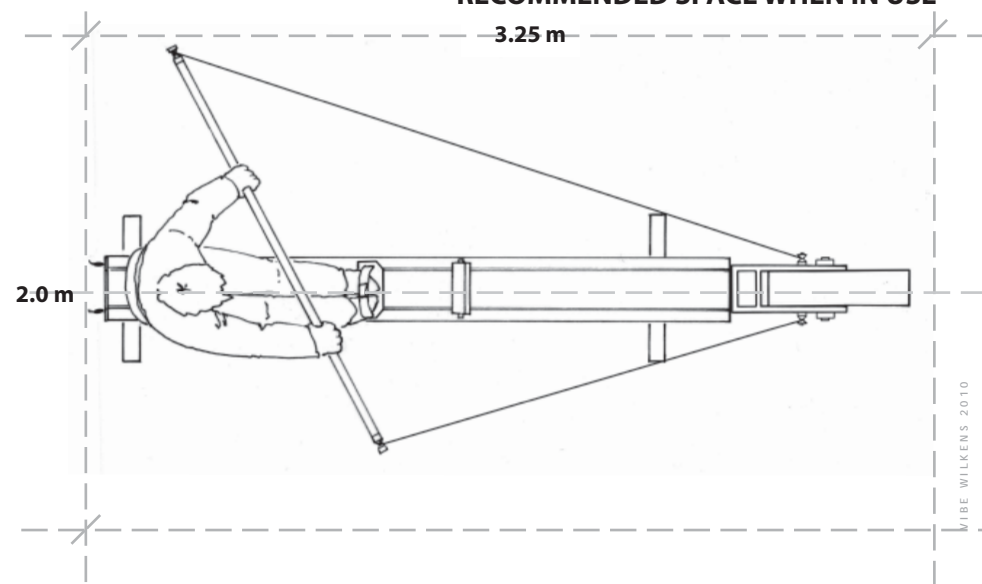
Users manual

Measures 70x78x50cm

Weighs 26 kgs.



## RECOMMENDED SPACE WHEN IN USE



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# Maintenance schedule

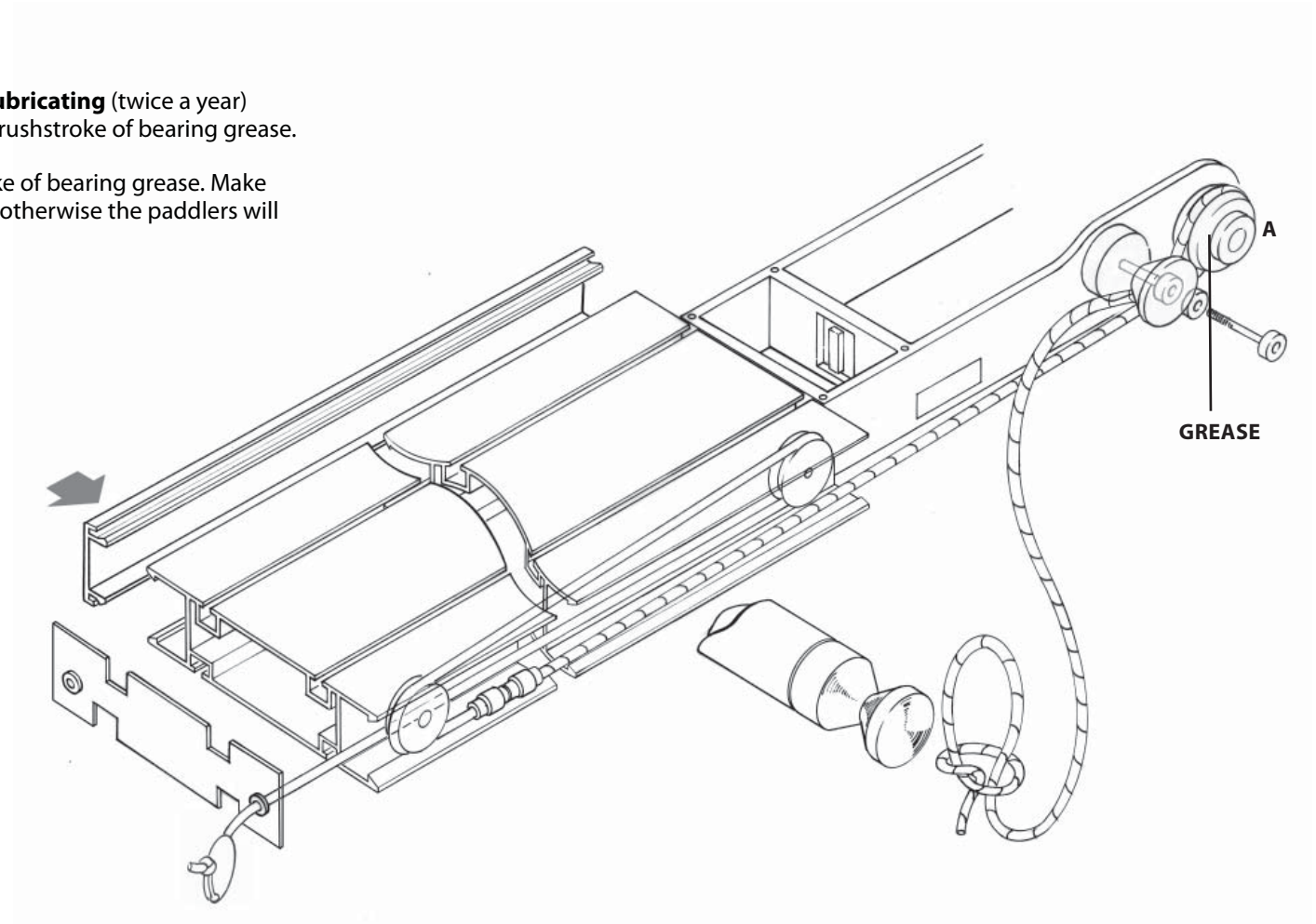
For continuous, unproblematic use of the Dansprint Kayak Ergometer follow this schedule:

## Daily maintenance – things to do after training :

- ✧ Clean the ergometer from dirt and sweat.
- ✧ Loosen the elastics in the back of the frame.
- ✧ Turn off the power to the display.

## 6 monthly maintenance - moveable parts, which need lubricating (twice a year)

- ✧ Powerwheel (A) need to be dismantled and given one brushstroke of bearing grease.
- ✧ The handle to fasten the toe recess need one brushstroke of bearing grease. Make sure that the grease does not get on top of the handle ( otherwise the paddlers will get greasy hands when using the handle ).



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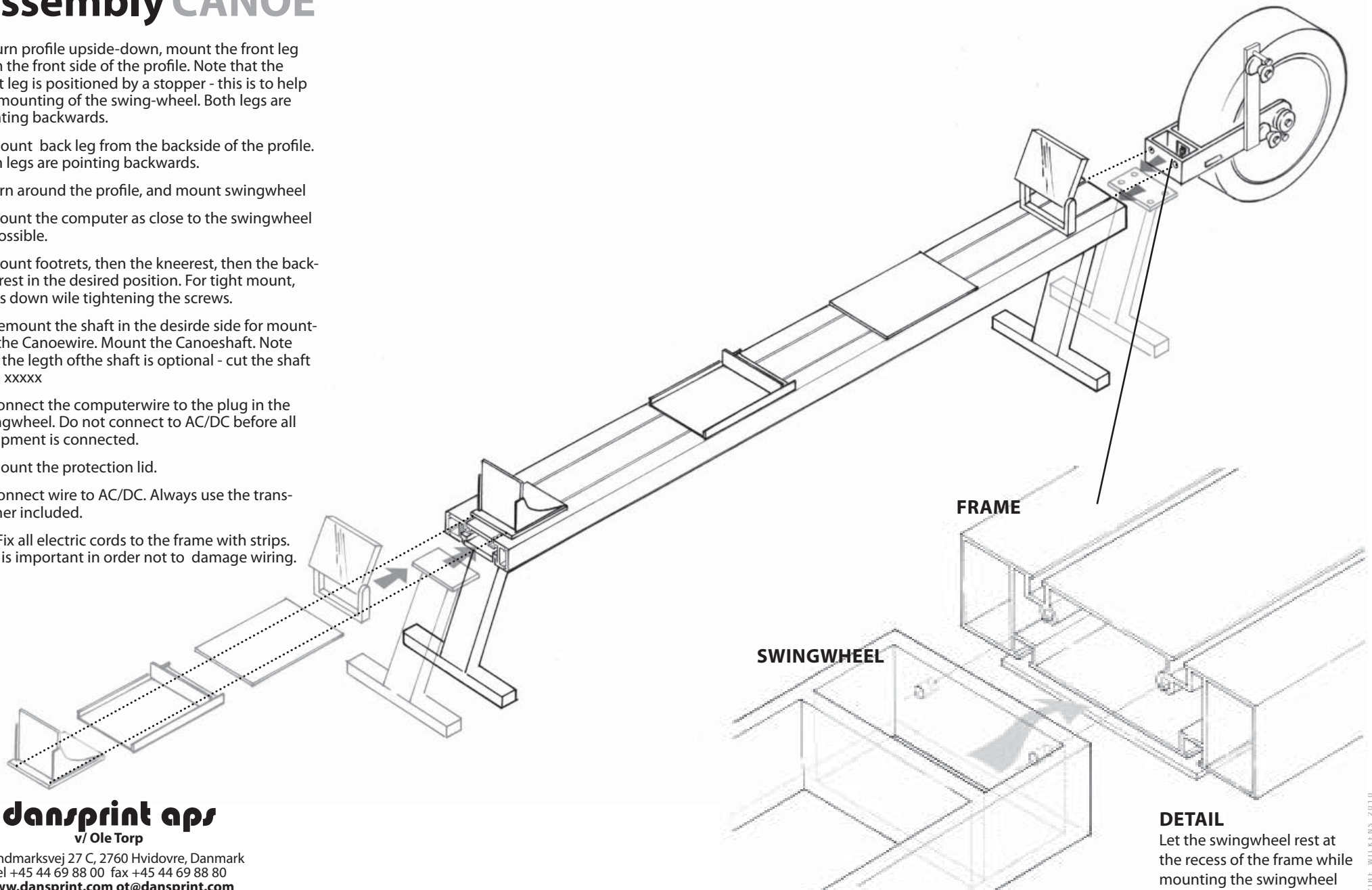


# Assembly CANOE

1. Turn profile upside-down, mount the front leg from the front side of the profile. Note that the front leg is positioned by a stopper - this is to help the mounting of the swing-wheel. Both legs are pointing backwards.
2. Mount back leg from the backside of the profile. Both legs are pointing backwards.
3. Turn around the profile, and mount swingwheel
4. Mount the computer as close to the swingwheel as possible.
5. Mount footrests, then the kneerest, then the back-footrest in the desired position. For tight mount, press down while tightening the screws.
6. Demount the shaft in the desired side for mounting the CanoeWire. Mount the Canoeshaft. Note that the length of the shaft is optional - cut the shaft with xxxxx
7. Connect the computerwire to the plug in the swingwheel. Do not connect to AC/DC before all equipment is connected.
8. Mount the protection lid.
9. Connect wire to AC/DC. Always use the transformer included.
10. Fix all electric cords to the frame with strips. This is important in order not to damage wiring.

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**DETAIL**  
Let the swingwheel rest at the recess of the frame while mounting the swingwheel

# Wiring CANOE

Make sure the wiring is done correctly, as improper mounting and use will damage the material.

Resistance can be adjusted by the elastic cord length between points A and B; the longer distance; the more resistance.

WHEN MOUNTING SIDE-PANEL, CLICK ON IN ONE END AND PRESS DOWN ALONG THE SIDE.

CLICK

CAN BE REMOVED FOR CHANGE OF WIRE.

SERIAL NO.

ROPE

TWIST-JOINT

ELASTIC CORD

HOW TO TIE THE KNOT

A  
ADJUSTMENT OF  
RESISTANCE  
B

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1 kneetrest

1 backfootrest

## small box:

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1 canoeshaft

+ a little bag containing:

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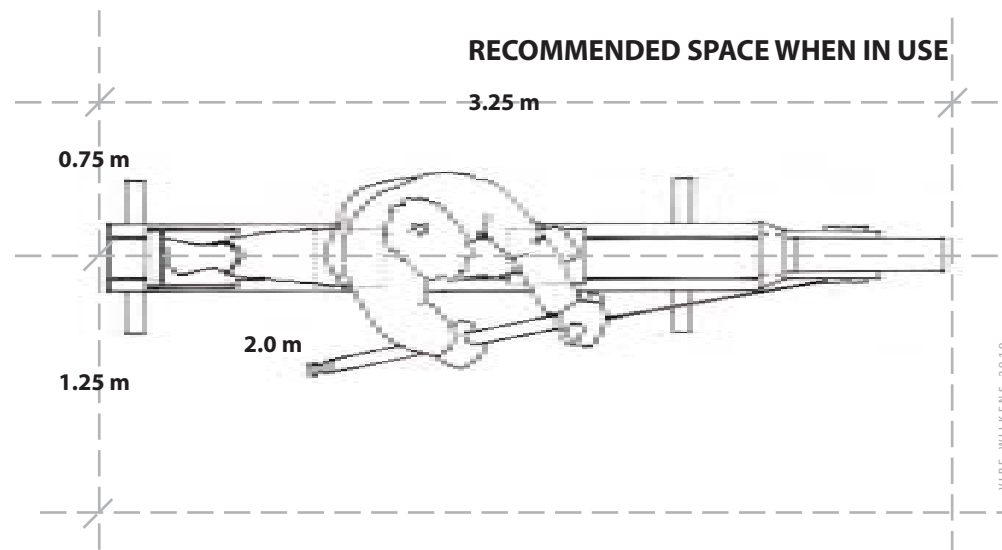
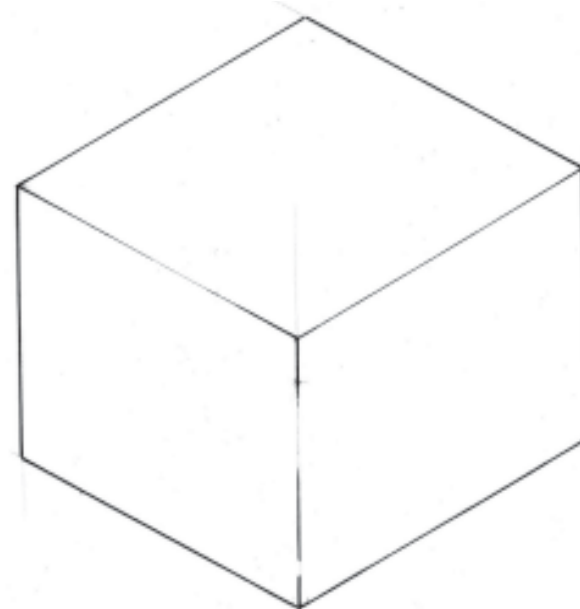
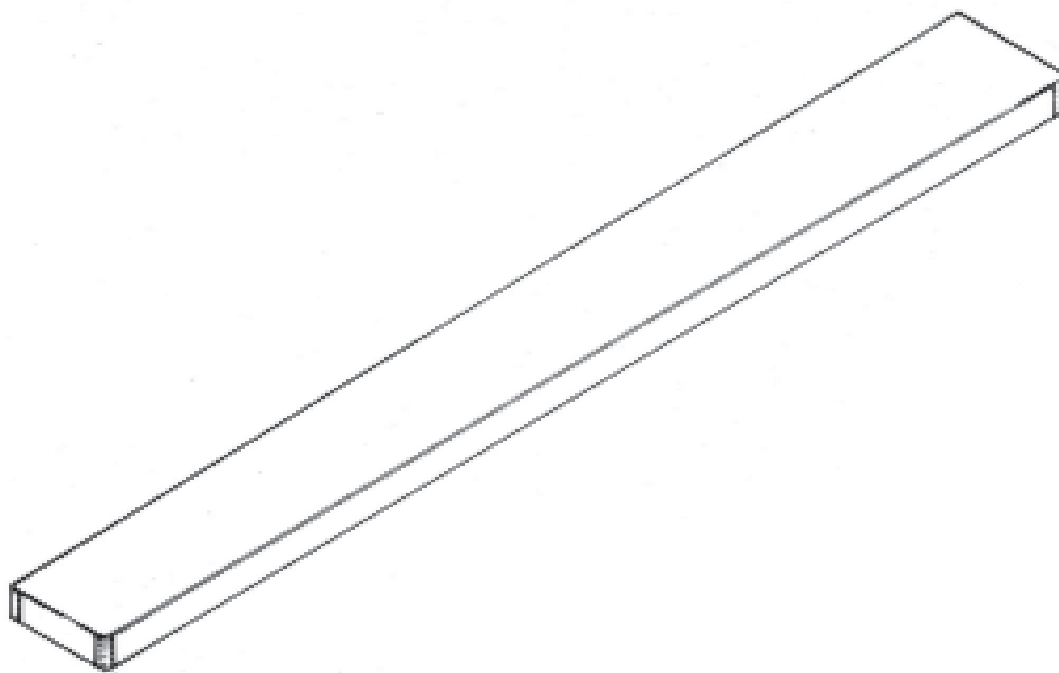
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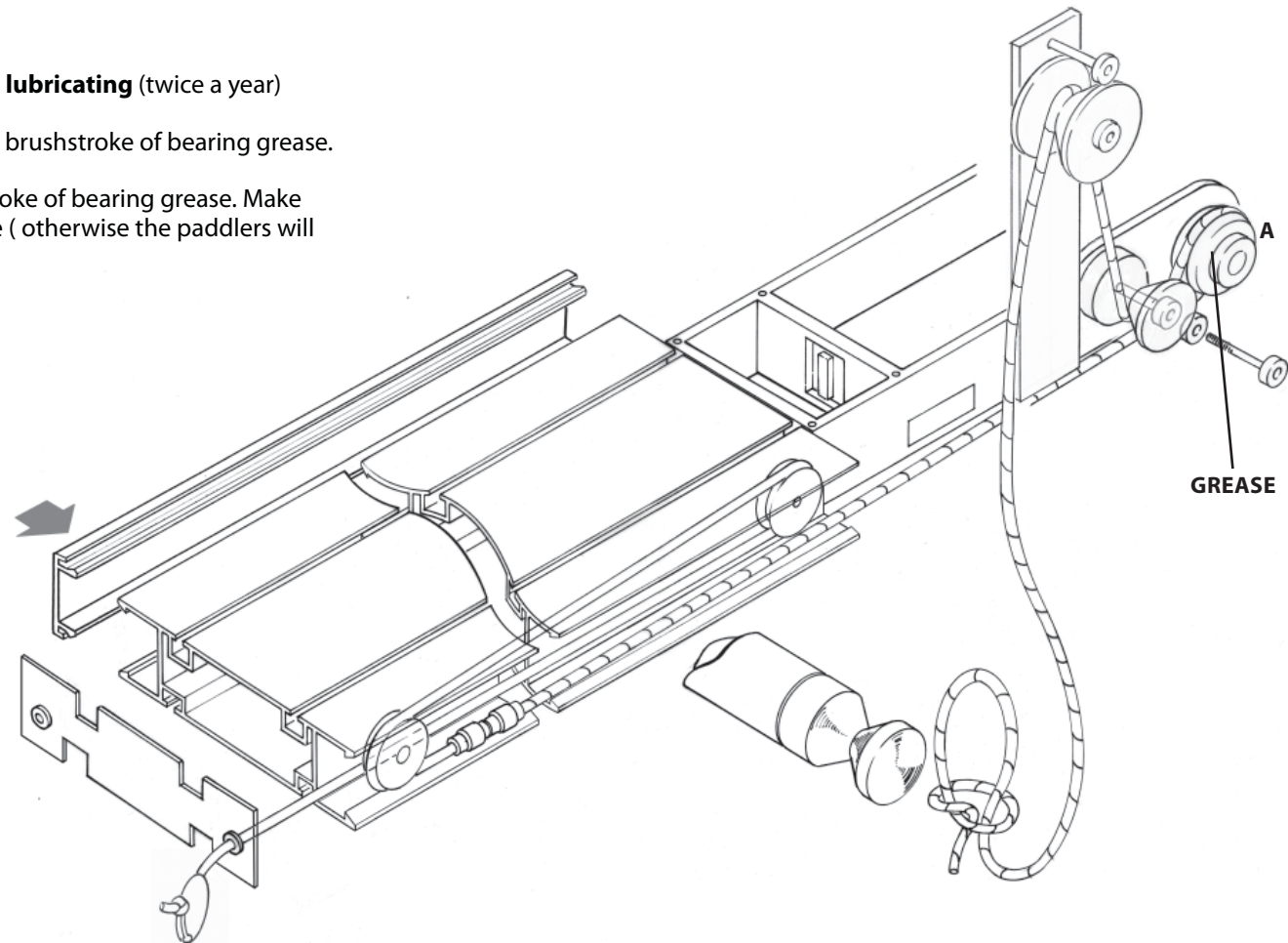
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# Tastedefinitioner

De følgende tastedefinitioner er delt i tre hovedtilstande:

## **Menu-tilstand**

## **Værdi-tilstand**

## **Padle-tilstand**

I Menu-tilstanden 'løber' brugeren gennem menuen.

I Værdi-tilstanden indtaster roeren bruger parametre som 'Paddlers Weight' eller 'Mean Balance Span'. I tilfælde af førstnævnte, er tastedefinitionerne som Værdi-tilstand A, der bruges til at vælge værdier frit i et fastlagt interval; i dette tilfælde fra 1 til 999 Kg. I tilfælde af sidstnævnte er tastedefinitionerne som tilstand B, hvor roeren vælger en af et begrænset antal fastlagte værdier.

I Padle-tilstand er det muligt at skifte mellem forskellige udlæsninger for to af de viste værdier: Øjeblikkelig hastighed/effekt og Sessionshastighed/effekt/vand%.

De følgende tastedefinitioner er gældende i de tre hovedtilstande:

## **Menu-tilstand:**

Op, Ned: 'Løb' gennem menuen.

Venstre, Højre: Inaktiv.

Enter: Vælg menupunkt.

Reset: Nulstil session og gå til Padle-tilstand.

## **Værdi-tilstand:**

**A)**Op, Ned: Øg eller nedsæt værdi.

Venstre, Højre: Ændr position.

Enter: Acceptér ny værdi.

Reset: Afvis ny værdi og gendan den gamle.

**B)**Op, Ned: Inaktiv

Venstre, Højre: Skift mellem værdier

Enter: Acceptér ny værdi.

Reset: Afvis ny værdi og gendan den gamle.

## **Padle-tilstand:**

Op, Ned: Skift mellem forskellige udlæsninger af øjeblikkelig hastighed/effekt

Venstre, Højre: Skift mellem forskellige udlæsninger af sessionshastighed/effekt /vand%

Enter: Gå i Menu-tilstand.

Reset: Nulstil session.

# Guidelines for the Dansprint kayak ergometer

Follow the instructions below to get the best paddle experience.

## **Before use**

- Tighten the elastic cords equally and just enough to allow the rope to be pulled back before the next stroke – This is done in the back of the frame
- Apply power to the computer
- If necessary, adjust the computers contrast, by turning the stick in the backside of the computer
- Set the weight in the computer – press 'z' to open the menu and 'RST' to exit the menu.
- Press the up and down arrow keys to select between speed units and power. Press the left and right arrow keys to select between water % (\*), average and maximum value.
- Adjust the footrest to achieve a good paddling position and tighten the foot strap
- Adjust the fan resistance according to the table below:

Fan resistance 1 1-4 3-6 5-8 6-9 7-10

Weight [Kg] < 50 50 – 60 60 – 70 70 – 80 80 – 90 90 – 100

(\*) The water %, shows you how long time you are in the water phase compared to the total stroke time.

## **After use**

- Clean ergometer for dirt and sweat.
- Loosen the elastics in the back of the frame.
- Turn off the power to the computer.

## **Improve your training and technique**

The PC software for the dansprint kayak ergometer presents the paddlers performance graphically. The stroke data and heart rate are displayed while paddling and saved for later analysis.

Use the stroke data to improve your training session and the comparison of the right and left stroke side to improve your paddle technique.

For more information about the PC software see  
**[www.dansprint.com](http://www.dansprint.com)** under PC software or email  
**[support@moebius.biz](mailto:support@moebius.biz)**

For general information see **[www.dansprint.com](http://www.dansprint.com)**

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# Key definitions

The following key definitions are divided into three main modes:

## **Menu Mode**

## **Value Mode**

## **Paddling Mode**

In Menu mode the user scrolls through menu points.

In Value mode the user sets up a user parameter such as Paddlers Weight or countdown. In case of the first, the key definitions are of value mode A, which is related to values that can be chosen arbitrarily within a predefined range; in this case 1 to 999 Kg.

In Paddling mode, it is possible to toggle the read-out for two of the displayed values: Instant speed/power and Session speed/power/water%.

The specific key definitions for the various modes are as follows:

### **Menu mode:**

Up, Down: Scroll through menu points.

Left, Right: Inactive.

Enter: Select menu point.

Reset: Reset session and go.

### **Value mode:**

**A)** Up, Down: Increase and decrease value.

Left, Right: Change position.

Enter: Accept new value.

Reset: Reject new value and reset to old.

### **Paddling mode:**

Up, Down: Toggle readout for instant speed/power

Left, Right: Toggle readout for overall session speed/power/water%

Enter: Go to menu mode.

Reset: Reset/clear session and go.

# Menu Tree

The menu is divided into two main parts: 1) New Session and 2) Data Presentation. It is not possible to enter the Data Presentation menu without having created data by paddling.

## **Menu 1**

USER SETUP (Setting of user specified parameters)

PADDLERS WEIGHT (IMPORTANT! Specify your personal weight. Def. 73 Kg)

STOP WATCH (Set the stop watch to continue or stop when inactive)

COUNTDOWN

TIME (Set the time for countdown)

DISTANCE (Set the distance for countdown)

DISABLE (Stops the countdown function)

CALIBRATION (Drag resistance test)

RESET TO DEFAULTS (Reset to factory defaults)

SAVE CONFIG (Save session parameters for power-on values)

SESSION STATUS (List session parameters)

GO (Go to paddling mode)

## **Menu 2**

CONTINUE (Return to paddling mode and append data)

GRAPHICS (Setting up and showing graph)

GRAPH TIME SPAN (Specify number of seconds from end of session to use for graph)

SHOW GRAPH (Show graph)

BACKUP (!)

NEW SESSION (Clear data and go to Menu 1 for setting up new parameters)

Note: At any time, pressing the Reset key will clear all data and start a new session using current parameters.

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**A full Users Manual is available at [www.dansprint.com](http://www.dansprint.com)**