PART 1 - ASSEMBLY

1.1 PART IDENTIFICATION

Please read entire assembly section before beginning assembly.
1.2 PARTS LIST

The parts for your Vasa Kayak Ergometer are packed in three boxes. Please unpack and assemble your new Vasa Kayak Ergometer in the specific order outlined on the following pages.

**IMPORTANT:** Please save the large front end assembly box and its inner packaging. That packaging is specifically designed to protect the front assembly. In the unlikely event that you would need to ship the Vasa Kayak Ergometer, we recommend using that packaging for the front assembly.

<table>
<thead>
<tr>
<th>PART NAME</th>
<th>PART #</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REAR LOW STANCHION</td>
<td>VE-K2</td>
<td>1</td>
</tr>
<tr>
<td>K1 RACING SEAT ASSEMBLY</td>
<td>K1 SEAT KIT</td>
<td>1</td>
</tr>
<tr>
<td>Button Head Pilot Screw-SS</td>
<td>14P-PILOT</td>
<td>8</td>
</tr>
<tr>
<td>Thin Nylon Insert Nut-SS</td>
<td>18PS</td>
<td>8</td>
</tr>
<tr>
<td>Knob for Kayak Bracket Lock Bolt</td>
<td>VE-K-KNOB</td>
<td>2</td>
</tr>
<tr>
<td>Kayak Bracket Lock Bolt</td>
<td>VE-K-LB</td>
<td>2</td>
</tr>
<tr>
<td>K1 Seat Side Plate</td>
<td>VE-KS-2</td>
<td>2</td>
</tr>
<tr>
<td>K1 Seat Mounting Bracket</td>
<td>VE-KS-3</td>
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</tr>
<tr>
<td>K1 Kayak Molded Seat</td>
<td>VE-K1SEAT</td>
<td>1</td>
</tr>
<tr>
<td>MONORAIL</td>
<td>16-AL-E</td>
<td>1</td>
</tr>
<tr>
<td>KAYAK PADDLE SHAFT</td>
<td>VE-K-PS-KIT</td>
<td>1 (2 sections)</td>
</tr>
<tr>
<td>KAYAK FOOT BRACE ASSEMBLY</td>
<td>VE-K-FB-KIT</td>
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<td>K1 Foot Brace</td>
<td>VE-K-FB-6</td>
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<tr>
<td>Kayak Foot Brace Slippery Tape</td>
<td>VE-K-FB-TAPE</td>
<td>1</td>
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<tr>
<td>Kayak Lock Bolt Knob</td>
<td>VE-K-KNOB</td>
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<td>Kayak Bracket Lock Bolt</td>
<td>VE-K-LB</td>
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<tr>
<td>POWER METER (optional)</td>
<td>VM-1 or VM-1-ANT+</td>
<td>1</td>
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<tr>
<td>PM MOUNTING BRACKET ASSEMBLY</td>
<td>VE-K-MMB-KIT</td>
<td>1</td>
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<tr>
<td>FRONT ERGOMETER ASSEMBLY</td>
<td>ERGO-FE 2012</td>
<td>1</td>
</tr>
<tr>
<td>WHEEL BRACKET ASSEMBLY</td>
<td>VE-1-WBA</td>
<td>1</td>
</tr>
<tr>
<td>INSTRUCTION MANUAL</td>
<td>IM-ERGO-K</td>
<td>1</td>
</tr>
<tr>
<td>HARDWARE BAG</td>
<td>(see below)</td>
<td>1 bag</td>
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<tr>
<td>Button Head Screw - 2 1/2”</td>
<td>11P</td>
<td>3</td>
</tr>
<tr>
<td>Hex Jam Nut</td>
<td>18PS</td>
<td>3</td>
</tr>
<tr>
<td>Hex Key Allen Wrench - 3/16”</td>
<td>12A-PS</td>
<td>1</td>
</tr>
<tr>
<td>Hex Key Allen Wrench - 5/32”</td>
<td>12B-PS</td>
<td>1</td>
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<tr>
<td>Wrench - 7/16”</td>
<td>14B-PS</td>
<td>1</td>
</tr>
<tr>
<td>Wrench - Combo 9/16” &amp; 1/2”</td>
<td>14D-PS</td>
<td>1</td>
</tr>
<tr>
<td>Screwdriver</td>
<td>VE-1-SDR</td>
<td>1</td>
</tr>
</tbody>
</table>
1.3 ASSEMBLY STEPS

STEP 1. INSTALL REAR STANCHION
- Insert the rear portion of the monorail into the head of the rear stanchion sleeve with T-Slot facing up;
- Insert the 2.5” bolt through stanchion/monorail holes;
- Thread hex jam nut onto bolt;
- Tighten with 5/32” allen wrench and 7/16” wrench;
- Use 3/16” allen wrench to tighten set screw on stanchion sleeve.

NOTE: There are two set of holes on one end of the monorail. It does NOT matter which end you insert into the rear stanchion as the second set of holes are not used.

STEP 2. INSTALL MOUNTING BOLTS
- Slide the head of the lock bolt (x4) into the T-slot on the bottom front of the monorail.

STEP 3. INSTALL GOOSE NECK ONTO MONORAIL
- Insert the short end of the goose neck bracket on the front end of the monorail (keep long end above rail as shown);
- Insert the 2.5” bolt through bracket/monorail holes;
- Thread hex jam nut onto bolt;
- Tighten with 5/32” allen wrench and 7/16” wrench;
- Use 3/16” allen wrench to tighten set screw on bracket.
STEP 4. INSTALL GOOSE NECK ONTO FRONT END
• Insert the long end of the goose neck bracket into the front end monorail sleeve;
• Insert the 2.5” bolt through bracket/sleeve holes;
• Thread hex jam nut onto bolt;
• Tighten with 5/32” allen wrench and 7/16” wrench;
• Use 3/16” allen wrench to tighten set screw on bracket.

NOTE: Press in the rear cover to allow more clearance for 2 1/2” bolt.

STEP 5. INSTALL K1 SEAT
• Align 2 holes on K1 Seat Plate with 2 Lock Bolts closer to rear stanchion;
• Install plate onto bolt & thread Locking Knobs (x2)

STEP 6. INSTALL FOOT BRACE
• Align 2 holes on the Foot Brace mounting plate with the remaining Lock Bolts;
• Install plate onto bolt & thread Locking Knobs (x2)
STEP 7: INSTALLING BATTERIES IN THE POWER METER

NOTE: Power Meter operation will be covered in Part 2 of this manual.

- Insert the two “AA” batteries (included) into the battery compartment on the back side of the monitor.

IMPORTANT: REMOVE THE BATTERIES if the Vasa Ergometer will be idle for 3+ months.

CAUTION: The Power Meter is a sensitive unit. Please handle with care at all times.

STEP 10. INSTALL MONITOR MOUNTING BRACKET

- Attach the Velcro strap with the monitor mounting bracket to the front end monorail sleeve;
- Connect the connection cables to correct ports:
  - “R” connection end into “R” port
  - Other connection end into “L” port
- Install Power Meter by inserting the socket ball on back of monitor into the mounting bracket stem;
- Set desired angle. Tighten Hose Clamp with screwdriver to secure position.

STEP 11. ASSEMBLE KAYAK PADDLE SHAFT

- Connect two sections of kayak shaft.

STEP 12. INSTALL KAYAK PADDLE SHAFT

- Attach paddle ends to end of drive cord clips.

ALTERNATIVE ATTACHMENTS

- Exercise Handles (connect one per Drive Cord Clip)
- Canoe or SUP Shaft (connects similar to Kayak Shaft)
1.4 POSITIONING & ADJUSTMENTS

STEP 1. ADJUST WORK AREA FOR EACH USER
• Slide K1 seat into position on monorail (see below)
• Slide foot brace into a comfortable position.
• Tighten lock knob under foot brace.
• Adjust seat height (see below)

STEP 2. ADJUST SEAT POSITION
• Adjust position on rail and use Lock Knob to secure

1.5 - RECORD ORDER INFORMATION

Now that you have completed the assembly, please take a minute to record some information found on your Vasa Invoice. This will allow us to service you better in the future. Please record:

INVOICE NUMBER: ________________ DATE OF INVOICE: __________

If you have any questions at this point with the assembly, please contact us.

US / Canada, call us toll-free at: 1 (800) 488-VASA
International, call us at: 1 (802) 872-7101
E-Mail: info@vasatrainer.com
PART 2 – USING THE VASA KAYAK ERGOMETER

The following sections contain guidelines and tips for using your Vasa Kayak Ergometer, the Power Meter, and adjusting the resistance.

2.1. SAFE OPERATION

GETTING SAFELY ON AND OFF

⚠️ **CAUTION:** Do not suddenly release the paddle shaft as they could strike the Power Meter or front assembly causing damage or injury. Always gently return the paddle shaft or handles to the ready position on the front assembly.

1) Take the kayak paddle shaft in both hands, have one leg on each side of the monorail and sit in the seat.
2) Bring one foot up and place it in the locked foot brace. *If you need to adjust the position of the foot brace for comfort, do so now.
3) Bring your second foot up into position and bring the kayak shaft into position. Keep your hands shoulder width apart and begin your workout.
SAFETY REMINDERS

It’s very important to use common sense and adhere to these safety guidelines in order to avoid injury to yourself or damage to your Vasa Kayak Ergometer. Please follow this “pre-flight” safety check prior to using your Vasa Kayak Ergometer:

• DO NOT let go of the PADDLE SHAFT while the drive cords are extended - they could hit and damage the unit. Always return the paddle to the start position.

• Always instruct bystanders, especially children, to keep totally clear while the Ergometer is in use, especially of the moving drive cords and flywheel.

• Keep eyes and hands clear of the air outlet below the damper door. To avoid blowing dust into the air, eyes or into the electronics, do not operate in a dusty area.

• Do not operate if the front assembly cover(s) have been removed.

• **Do not pull the drive cords past the end of the rear stanchion.** If the drive cords become difficult to pull (like the cord is stuck), do not continue to pull as this may damage your Ergometer.

• Perform proper maintenance on your Vasa Kayak Ergometer as recommended in “Maintenance & Troubleshooting” section.
SUPERVISING CHILDREN

We recommend supervising children at all times while using the Vasa Kayak Ergometer. Please review the Safety Reminders and Getting On and Off Safely in this section with all children who will use the Vasa Kayak Ergometer.

In addition, we recommend that children should train with or be instructed by a parent or coach whenever possible. This will help reduce the chance of injury. It also can be more motivating and fun.

SECURING YOUR VASA KAYAK ERGOMETER IN A PUBLIC SETTING

If your Vasa Kayak Ergometer is left in a public area, you may wish to secure or vandal-proof it to avoid unauthorized use. We recommend the following:

1. Remove any drive cord attachment (handles or kayak shaft). Store these and any other accessories in a secure place.
2. To deter unwanted use and protect your investment, keep your Vasa Kayak Ergometer covered when not in use. Covers are available at www.vasatrainer.com.
3. Store the Vasa Kayak Ergometer in a dry, secure room or closet. Avoid storing it in a humid, chlorine or salt-air environment.

MEDICAL CLEARANCE - See your Doctor before beginning any exercise program.

⚠️ CAUTION: Before exercising with the Vasa Kayak Ergometer or any other form of exercise, please check with your physician first. This is especially important if you are overweight, if you have been inactive for awhile, if you have injuries, or if you have any history of heart disease in your family. If you are over 35, it’s a good idea to perform an exercise stress test with a qualified physician before you begin training. Training with the Vasa Kayak Ergometer can be vigorous and demanding. We suggest that you be in good health to achieve the best results.
2.2. SETTING THE RESISTANCE

The flywheel and the damper door work in concert to affect the resistance you will feel using the Vasa Kayak Ergometer.

FLYWHEEL
The airflow resistance of the flywheel simulates the resistance of water - the harder you pull, the more resistance you feel.

DAMPER DOOR
You can adjust the airflow resistance by adjusting the damper door. The lowest setting “1” (door fully closed) provides the least resistance and setting “7” (door fully open) provides the most resistance. Setting #1 is similar to going WITH the current and Setting #7 is similar to going AGAINST a strong current.

To adjust the damper door / change resistance level:
1. Unlock knob - turn counter-clockwise
2. Lift/Lower door (Settings: 1=easiest / 7=harshest)
3. Lock knob - turn clockwise
DAMPER DOOR SETTINGS RELATING TO POWER AND FORCE OUTPUT

At high settings (5, 6, 7) it feels like paddling against a current. At low settings (1 & 2) it feels more like paddling with a current. So if you select a setting of 1, you will have to paddle faster than your normal speed in still water to generate the same power (faster stroke rate). If the you select a setting of 7, you will have to paddle slower than your normal speed in still water to generate the same power (slower stroke rate).

Mathematically, this is expressed by the equation $\text{Power} = \text{Force} \times \text{Velocity}$. The fan resistance determines the force (a higher setting is a higher force) and the paddle shaft speed is the velocity. So the same power can be achieved with either a high resistance setting combined with a low paddle shaft speed or a low resistance setting combined with a high paddle shaft speed. As you would expect, there will be a setting where an individual can produce the maximum power due to physiological and biomechanical efficiency, and this setting will likely be different depending on the individual’s body and training. The Power Meter calculates power by sampling the force and shaft speed many times per second throughout the stroke. Therefore it calculates power produced & distance traveled precisely regardless of the damper door setting. This allows users to choose a damper door setting according to personal preference.

It is important to remember that the damper door setting is subjective, depending on body type, conditioning level, and stroke technique.

Suggestion: once per week for one month do a 500 meter or a 1000 meter time trial at race pace & race stroke rate. On week one, set the damper door at 2, for week 2, set it at 3 and so on. You’ll discover the damper door setting that allows you to perform your best for that distance. Measure your heart rate, watts, and time. Monitoring these will help you arrive at the most efficient stroke rate, technique and heart rate to sustain the power and pace you need to improve. NOTE: Use the "Audible Stroke Rate Tempo Beeper" to help paddle at your desired stroke rate. For full details on the Audible Tempo Beeper, continue to the section on Power Meter Operation.
2.3. POWER METER - OPERATION

The Power Meter gives you the opportunity to get instant feedback on your performance. You can measure time, distance, pace, stroke rate, stroke power (watts), and applied force for each side (Figure A). Having this information allows you to:

- monitor your progress
- create repeatable performance testing & training
- set up workouts based on time & distance
- perform intervals or distance training
- simulate races
- analyze force for right and left arms

*Specifics on how the power meter calculates this data can be found at the end of this section.*

**INITIALIZE THE POWER METER**

Each time after you install the connection cables, you must:

- power OFF (by pushing the ON/OFF button)
- wait for delayed beep
- power ON

This process will allow for the PM to communicate accurately with the Ergometer. If you see irregular readings, repeat the initialize steps above.

**VIEWING OPTIONS: KAYAK VS. SWIM**

There is a SWIM VIEW (default) and KAYAK VIEW on the Power Meter that provides relative data based on the sport.

The upper left corner of the top screen will denote the view.

Swim View = no display/blank (Figure B)
Kayak View = “K” displayed (Figure C)

To change between views:

- Step 1: Begin with the power meter OFF.
- Step 2: Hold SHIFT and then press ON/OFF. Release buttons and wait for LCD test sequence to finish.
- Step 3: Hold SHIFT and then press ON/OFF so it will display a series of numbers. Release buttons.
- Step 4: Hold the SHIFT and press SETUP button. Release buttons. The display will turn off followed by a short beep.
- Step 5: Turn ON for the new view.

The Power Meter will remain in the selected view (Swim or Kayak) for all future workouts until you change it back. Repeat the sequence above if you want to change to the other view.

*PACING NOTE: In the Kayak View, the Power Meter will calculate PACE/500M. Swim View is always displayed in PACE/100M.*
MODES: BASIC VS. STROKE

There are two main display modes on the Power Meter (PM): BASIC MODE and STROKE MODE (Figures D and E). When the PM is first turned on, it will automatically enter Basic Mode. Both Basic Mode and Stroke Mode give you readings on ELAPSED TIME, stroke rate (strokes per minute), and STROKE POWER (watts). The remaining fields are “sub-displays” that change by pressing the “Display” button. For more information on Basic Mode, Stroke Mode and their sub-displays, see the next two pages.

To get into STROKE MODE, press and hold the blue “Shift” button, then press and release the “Down Arrow” button (below “STROKE” - see Figure E). To return to BASIC MODE, press and hold the blue “Shift” button, then press and release the “Down Arrow” button.
BASIC MODE

Basic Mode has three sub-displays PACE, Power, and Calories. These sub-displays give you more specific information about your pace, your average power and the calories burned. You can choose these sub-modes by pressing the "Display" button (Figure D) on the Power Meter keypad. Each time the Display button is pressed, the display changes to the next mode. This can be done at any time without affecting the operation of the Power Meter.

The top and bottom fields will always display the same information in all of the three sub-displays. The two middle fields will change as you press the "Display" button. The top field is ELAPSED TIME, the bottom left field is stroke rate in strokes per minute, and the bottom right field is STROKE power (in watts) for the last stroke (Figure D).

**PACE NOTE:** The pace calculation in Kayak Viewing Option reflects **pace per 500M.** The Swim Viewing Option reflects pace per 100M.

**NOTE:** If the Power Meter (PM) senses the fan wheel is idle for 10 seconds, the PM will "power down" and you will lose your workout data. If you choose to PRE-SET YOUR TIME or DISTANCE, the PM will continue to retain data (see page 32 for full details).
BASIC MODE SUB-DISPLAYS (PACE, POWER, CALORIE)

Note: In all of the basic mode sub-displays, the two middle fields will change as you press the “Display” button. The other sub-displays (top and bottom fields) will display the same information.

BASIC MODE > PACE (FIGURE E)
In the pace display, the fields are as follows:

- Top: ELAPSED TIME since start of workout
- Second: TOTAL METERS since start of workout
- Third: PACE per 500 METERS* for the last stroke (Kayak)
- Bottom Right: STROKE POWER (watts) for the last stroke
- Bottom Left: STROKE RATE in strokes per minute

BASIC MODE > POWER (FIGURE F)
In the power display, the fields are as follows:

- Top: ELAPSED TIME since start of workout
- Second: AVERAGE POWER in watts since start
- Third: PACE per 100 METERS* for the last stroke
- Bottom Right: STROKE POWER (watts) for the last stroke
- Bottom Left: STROKE RATE in strokes per minute

* IN KAYAK VIEW: the Power Meter will calculate PACE /500M even though it is denotes it as /100M on the screen.

BASIC MODE > CALORIE (Figure G)
In the calorie display, the fields are as follows:

- Top: ELAPSED TIME since start of workout
- Second: TOTAL CALORIES since start of workout
- Third: AVG CAL / HOUR for the last stroke
- Bottom Right: STROKE POWER (watts) for the last stroke
- Bottom Left: STROKE RATE in strokes per minute

For more information on meters and pace, see the end of this section.
STROKE MODE

Stroke Mode gives you more specific information about each stroke, and shows information for the left and right strokes separately. To get into STROKE MODE, press and hold the blue “Shift” button, then press and release the “Stroke” (down arrow) button (Figure H).

Stroke Mode has three sub-displays: Average Force, Maximum Force, and Stroke Length. You can choose these sub-modes by pressing the “Display” button on the power meter keypad (make sure you are in stroke mode first - see above). Each time the Display button is pressed, the display changes to the next mode. This can be done at any time without affecting the operation of the Power Meter.

When in Stroke Mode, the top three fields always display the same information (the bottom left and right fields will change as you press the “Display” button). The top field is the ELAPSED TIME since the start of exercise, the second field is the stroke rate in strokes per minute, and the third field is the STROKE POWER (in watts) for the last stroke (Figure H).
STROKE MODE SUB-DISPLAYS (AVERAGE FORCE, MAX FORCE, STROKE LENGTH)

Note: In all of the stroke mode sub-displays, only the bottom left and right fields will change as you press the “Display” button. The top three fields always display the same information.

STROKE MODE > AVERAGE FORCE (Figure I)
In the average force display, the fields are as follows:

- Top: ELAPSED TIME since start of workout
- Second: STROKE RATE in strokes per minute
- Third: STROKE POWER (watts) for the last stroke
- Bottom Right: AVERAGE FORCE\(^1\) for right side
- Bottom Left: AVERAGE FORCE\(^1\) for left side

\(^1\)average force: measures the force applied during the power portion of each stroke. The force is displayed in units of Newtons: (1 LB = 4.45 Newtons; 1 Newton = 0.225 LBS).

STROKE MODE > MAX FORCE (Figure J)
In the max force display, the fields are as follows:

- Top: ELAPSED TIME since start of workout
- Second: STROKE RATE in strokes per minute
- Third: STROKE POWER (watts) for the last stroke
- Bottom Right: MAX FORCE\(^2\) for right side
- Bottom Left: MAX FORCE\(^2\) for left side

\(^2\)MAX force: measures the maximum force applied at any instant during each stroke. The force is displayed in units of Newtons: (1 LB = 4.45 Newtons; 1 Newton = 0.225 LBS).

STROKE MODE > STROKE LENGTH (Figure K)
In the stroke length display, the fields are as follows:

- Top: ELAPSED TIME since start of workout
- Second: STROKE RATE in strokes per minute
- Third: STROKE POWER (watts) for the last stroke
- Bottom Right: STROKE LENGTH\(^3\) for right side
- Bottom Left: STROKE LENGTH\(^3\) for left side

\(^3\)STROKE LENGTH is measured in centimeters.
POWER METER - SPECIAL FUNCTIONS

SETTING UP A PRE-SET WORKOUT DISTANCE

You can pre-set a distance (in meters) for your workout, and the Power Meter (PM) will count down the distance and display the total time to achieve that distance.

To set the desired distance, push the “SETUP” button while in BASIC MODE. The left most number will be flashing (Figure A). Use the up ↑ or down ↓ arrows to change the flashing number. To move to the next number, use the right → arrow.

Once you have set the desired distance, press “SETUP” to exit. The PM will then wait until you begin your workout to start counting (Figure B).

When the pre-set distance is completed, the PM will freeze so you can record the data (Figure C). (After 5 minutes of inactivity, the PM will auto shut off.) To begin again or to reset the distance, press “SETUP” twice.

NOTE: The PM will default to BASIC > Pace Mode. To change to BASIC > Calorie, or BASIC > Power, press the “Display” button.

USING THE POWER METER CLOCK FOR INTERVAL TRAINING, RACE SIMULATIONS AND TIMED PIECES

You can use the Power Meter to do interval training, race simulation and set distance workouts. Set your desired interval distance as described above. Immediately after you have completed the first set, press the setup button twice (the flywheel must still be spinning). You can then watch the clock for your desired recovery or rest period. When you are ready for the next set, press the setup button twice to begin timing your next interval. (Of course, you can always use your own watch or pace clock to time rest periods between intervals.)
SETTING UP WORKOUT INTERVALS: pre-set distance or time with rest interval for interval training, race simulations and distance workouts

You can use the Power Meter to do interval training, race simulation and pre-set distance workouts. You can pre-set a DISTANCE (in meters) or a TIME (in minutes/seconds) for your workout. For interval training you can pre-set a REST INTERVAL between your exercise intervals. The Power Meter will count down the distance or time and rest intervals. When the workout is complete, the Power Meter will display the total time and distance covered. If you want to pre-set SPLITs and REVIEW each interval, see “Setting Split Times” and “Workout Review” on page 23.

INTERVAL TRAINING: pre-set distance with rest interval

To set the desired distance, press the “SETUP” button. The first display will be DISTANCE (Figure A). With DISTANCE in the display (Figure A), use the up ↑ down ↓ and right → arrows to change the flashing number to the desired distance.

Note: you must be in BASIC MODE to program intervals. After pressing “SETUP”, press “DISPLAY” to toggle between DISTANCE, REST TIME for distance intervals, TIME, and REST TIME for time intervals.

After setting the desired distance, press “DISPLAY” to set the REST interval. With REST in the display (Figure B), use the arrows to set the desired rest time. Once you have set the desired workout, press “SETUP” to exit.

As soon as you pull on the drive cords the monitor will start counting down the distance (Figure C). When the first distance interval is completed, the monitor will count down the rest interval (Figure D). When the rest interval is complete, the monitor will stay ready for the next distance interval (Figure C).

When you have completed your workout, you can review all intervals by pressing “REVIEW” (see “Workout Review” on p. 23). Press the up/down arrows to see the next interval.

NOTE: To pre-set splits for your interval workout, see “Setting Split Times / Distances” on p. 23.
INTERVAL TRAINING: *pre-set time* with rest interval

1. To set the desired time, press the "SETUP” button, then press “DISPLAY” (twice) until time is displayed in the top field (Figure A). Use the arrows to change the flashing number to the desired time.

*Note: you must be in BASIC MODE to program intervals. After pressing “SETUP”, press “DISPLAY” to toggle between DISTANCE, REST TIME for distance intervals, TIME, and REST TIME for time intervals.*

After setting the desired time, 2 press “DISPLAY” (once) to set the REST interval. With REST in the display (Figure B), use the arrows to set the desired rest interval. Once you have set the desired workout, 3 press “SETUP” to exit.

As soon as you pull on the drive cords the monitor will start counting down the time (Figure C). When the first interval is completed, the monitor will countdown the rest interval (Figure D). When the rest interval is complete, the monitor will stay ready for the next time interval (Figure C).

When you have completed your workout, you can review all intervals by pressing “REVIEW” (see “Workout Review” on p. 23). Press the up/down arrows to see the next interval.

*NOTE: To pre-set splits for your interval workout, see “Setting Split Times / Distances” on p. 23.*
SETTING SPLIT TIMES / DISTANCES

Default split times are pre-set at 50 meters and 30 seconds. If you want to change the defaults, press “SETUP” then “REVIEW”. The distance split interval is shown first (Figure A). Press “DISPLAY” to show the time split interval (Figure B). Use the arrow buttons to select a different split interval.

NOTE: The split times will reset back to the defaults when the Power Meter is turned off.

WORKOUT REVIEW

The Power Meter contains a workout review feature that will store up to 20 splits +/- intervals. After you complete your workout, the Power Meter will display (Figure C) your TIME, DISTANCE, AVERAGE PACE* and STROKES / MINUTE for the most recent interval.

* Pace is dependent on which view (Swim vs. Kayak) you are in. Swim view will display pace /100M while Kayak view will display pace /500M.

To review the information for each split, press the “REVIEW” button. To review next split, press the UP and DOWN arrows. The split information shown is (Figure D):

- Top: TIME of the interval
- Second: distance of the interval
- Third: average pace / 100m (or /500M) for the interval
- Bottom Left: INTERVAL number

Note: After 5 minutes of inactivity, the monitor will auto shut off and clear your workout data.
AUDIBLE STROKE RATE TEMPO BEEPER

The Power Meter contains an audible stroke rate tempo beeper, which allows you to set a desired stroke rate (strokes per minute) and keep pace by listening to the beeper tone tempo.

To set the tempo beeper, press and hold “SHIFT”, then press “TEMPO” (up arrow ↑) (Figure D). Set the desired stroke rate per minute using the up ↑, down ↓ and right → arrow keys. To exit, press and hold “SHIFT”, then press “TEMPO” (up arrow ↑).

The Power Meter will beep every cycle, according to the STROKE RATE (SPM) you set. To turn the beeper sound off, press and hold “SHIFT”, then press the horn button (right arrow →) (Figure E).

The beeper will automatically turn off when the Power Meter is off.

SOFTWARE VERSION

You can display the software version of your Power Meter to check if you have the most current version of the software. While the power is OFF, press and hold “SHIFT”, then press “POWER”. All LCD segments will display for a moment, then the version number will be displayed in the top field.
BATTERY REPLACEMENT

The batteries in your Vasa Kayak Ergometer Power Meter should last about 600 hours. When you see “LOW CELLS” in the top two fields of your Power Meter, the batteries should be changed.

To change the batteries, open the battery compartment on the back of the Power Meter (Figure A). The Power Meter takes two “AA” batteries (alkaline are fine).

IMPORTANT: PLEASE REMOVE THE BATTERIES from the Power Meter if it will not be used for 3+ months.

BATTERY SAVE FEATURE

There is a 5 minute time-out feature on your Power Meter. If there is no “activity” the Power Meter will power down after 5 minutes (“activity” includes inputs from pulling on the drive cord, pushing buttons, or serial communications with a computer). Any workout information will be cleared from the memory as soon as the Power Meter shuts off.

RE-ZERO POWER METER ONCE CONNECTED TO CABLES

You should RE-ZERO the Power Meter every time it is reconnected to the connection cables (i.e. batteries replaced, removed from machine, etc.). To RE-ZERO, follow these steps:

1. Plug in the cables to the Power Meter (PM) and make sure they are seated correctly into the jacks;
2. Turn the PM OFF until you hear a short “beep”;
3. Turn the PM ON by pressing the ON/OFF button. DO NOT PULL on the cords.
4. Turn the PM OFF again (wait for short “beep”).
5. The PM is ready to use - press ON or just exercising.

REMOVING THE POWER METER

It is NOT recommended that you remove the Power Meter from the Vasa Kayak Ergometer on a regular basis. If you need to remove the Power Meter, it is suggested that you remove the batteries. When you reconnect the Power Meter make sure to follow the RE-ZERO procedures stated above.

NOTE: Prior to disconnecting the connection cables, power the Power Meter OFF and wait for the delayed “beep” to ensure the computer has properly shut down. Disconnecting prior to this can cause the Power Meter to display irregular data.

ODOMETER

The odometer function allows you to track total swim distance, total kayak distance, time in seconds and left and right arm strokes on your Vasa Kayak Ergometer.

To display the odometer, press and hold “SHIFT”, then press “DISPLAY”. Use the “DISPLAY” button to cycle through the various totals:

<table>
<thead>
<tr>
<th>Display #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>#0</td>
<td>Total SWIM METERS</td>
</tr>
<tr>
<td>#1</td>
<td>Total KAYAK METERS</td>
</tr>
<tr>
<td>#2</td>
<td>Total SECONDS IN OPERATION</td>
</tr>
<tr>
<td>#3</td>
<td>Total STROKES / LEFT SIDE</td>
</tr>
<tr>
<td>#4</td>
<td>Total STROKES / RIGHT SIDE</td>
</tr>
<tr>
<td>#5</td>
<td>Total TACKS # LEFT (Vasa use only)</td>
</tr>
<tr>
<td>#6</td>
<td>Total TACKS # RIGHT (Vasa use only)</td>
</tr>
</tbody>
</table>
METERS AND PACE CALCULATIONS

The Vasa Ergometer Power Meter simulates the performance of the athlete by measuring the force (many times per second) during a stroke and powering a model through the water using that information. During each increment the Power Meter calculates the distance covered (kayaker/swimmer depending on which mode you are in) in that increment and adds that to the total distance. The METERS display field shows that total distance. The Power Meter also keeps track of the distance and time at the start of each stroke and uses this information to calculate the average pace during that stroke. Pace is displayed in the /100M (swim view) and /500M (kayak view).

NOTE: Pace and distance accumulated are calculated to approximate the pace and distance.

DEFINITION OF STROKE

The Vasa Ergometer Power Meter defines a “stroke” as the completion of one arm/paddle cycle.

ALTERNATING ARM STROKES (freestyle, Nordic single poling, surf paddling, kayak/canoe padding).
One stroke would be the complete of one cycle of both the left and right arms. The Power Meter will start collecting data on whichever side you start the first pull (left or right).

SIMULTANEOUS ARM STROKES (butterfly, breaststroke, Nordic double poling)
One stroke would be the completion of one cycle, from entry through recovery with both arms.

NOTE: If you change the type of stroke during a workout (from double arm to alternating arms, or vice versa), the Power Meter will auto detect the change and adjust the stroke data within 2 or 3 stroke cycles.
SUMMARY OF FUNCTIONS

AUTO START: As soon as you pull on the drive cords, the monitor will automatically turn on and begin monitoring your performance. It will automatically enter Basic Mode > Pace (see chart below). You can reset the monitor using the ON/OFF button.

VIEWING OPTIONS: SWIM vs. KAYAK (p. 14): SWIM VIEW is the default viewing mode. If you are in KAYAK VIEW there will be a “K” in the upper left corner of the top screen. No notation is displayed while in SWIM VIEW. If you wish to change to the KAYAK VIEW follow the steps listed on page 14.

*PLEASE NOTE: Pace is relevant to the view: SWIM VIEW= pace/100M while KAYAK VIEW= pace/500M.

BASIC MODE (p. 16): Basic Mode has three sub-displays: PAC*, POWER, and CALORIES. Choose sub-modes by pressing the “Display” button.

<table>
<thead>
<tr>
<th>VM Field:</th>
<th>BASIC &gt; PACE</th>
<th>BASIC &gt; POWER</th>
<th>BASIC &gt; CALORIE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOP</td>
<td>ELAPSED TIME since start</td>
<td>ELAPSED TIME since start</td>
<td>ELAPSED TIME since start</td>
</tr>
<tr>
<td>SECOND</td>
<td>TOTAL METERS since start</td>
<td>AVERAGE POWER since start</td>
<td>TOTAL CALORIES since start</td>
</tr>
<tr>
<td>THIRD</td>
<td>PACE /100M* for last stroke</td>
<td>PACE / 100M* for last stroke</td>
<td>AVG CAL / HOUR for last stroke</td>
</tr>
<tr>
<td>BOTTOM Right</td>
<td>POWER (watts) for last stroke</td>
<td>POWER (watts) for last stroke</td>
<td>POWER (watts) for last stroke</td>
</tr>
<tr>
<td>BOTTOM Left</td>
<td>STROKE RATE in strokes / min</td>
<td>STROKE RATE in strokes / min</td>
<td>STROKE RATE in strokes / min</td>
</tr>
</tbody>
</table>

STROKE MODE (p. 18): To get into STROKE MODE, press and hold the blue “Shift” button, then press and release the “Down Arrow” button. Stroke Mode has three sub-displays: AVERAGE FORCE, MAXIMUM FORCE, and STROKE LENGTH. Choose sub-modes by pressing the “Display” button.

<table>
<thead>
<tr>
<th>VM Field:</th>
<th>STROKE &gt; AVG FORCE</th>
<th>STROKE &gt; MAX FORCE</th>
<th>STROKE &gt; STROKE LENGTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOP</td>
<td>ELAPSED TIME since start</td>
<td>ELAPSED TIME since start</td>
<td>ELAPSED TIME since start</td>
</tr>
<tr>
<td>SECOND</td>
<td>STROKE RATE in strokes / min</td>
<td>STROKE RATE in strokes / min</td>
<td>STROKE RATE in strokes / min</td>
</tr>
<tr>
<td>THIRD</td>
<td>POWER (watts) for last stroke</td>
<td>POWER (watts) for last stroke</td>
<td>POWER (watts) for last stroke</td>
</tr>
<tr>
<td>BOTTOM Right</td>
<td>AVG FORCE for right side</td>
<td>MAX FORCE for right side</td>
<td>STROKE LENGTH for right side</td>
</tr>
<tr>
<td>BOTTOM Left</td>
<td>AVG FORCE for left side</td>
<td>MAX FORCE for left side</td>
<td>STROKE LENGTH for left side</td>
</tr>
</tbody>
</table>

INTERVAL TRAINING (p. 20): To pre-set a desired distance, time, and rest interval push the “SETUP” button (you must be in BASIC MODE). Pressing “DISPLAY” will toggle between DISTANCE, REST TIME for distance intervals, TIME, and REST TIME for time intervals. Use the arrows to change the flashing number. Once you have set the desired workout press “SETUP” to exit.

SETTING SPLIT TIMES / DISTANCE (p. 23): Default split times are pre-set at 50m and 30 sec. If want to change the defaults, press “SETUP” then “REVIEW” (Figure C). Use the arrow buttons to change the defaults. Press “DISPLAY” to toggle between DISTANCE splits and TIME splits.

WORKOUT REVIEW (p. 23): The Power Meter contains a workout review feature that will store up to 20 splits. After you complete your workout, the Power Meter will freeze. To review the information for each split, press the “REVIEW” button. Then, to review each split, press the UP and DOWN arrows.

AUDIBLE STROKE RATE TEMPO COUNTER (p. 24): To set the tempo beeper, press and hold “SHIFT”, then press “TEMPO” (up arrow ↑). Set the desired STROKE RATE (SPM) using the arrow keys. To exit, press and hold “SHIFT”, then press “TEMPO”.

RE-ZERO MONITOR (p. 25): RE-ZERO the monitor if the connection cables have been disconnected for any reason. Connect cables, turn POWER OFF and wait for delayed beep. Turn POWER ON (do not pull on cords). Power back OFF and wait for delayed beep. Complete and ready for use.
## TRAINING LOG

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<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td></td>
<td>(Endurance, Power, Intervals, Time Trial)</td>
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<tr>
<td></td>
<td>Max Force Left</td>
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<tr>
<td></td>
<td>Max Force Right</td>
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</tr>
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<td>STROKE LENGTH (cm)</td>
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<tr>
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<td>Stroke Length Left</td>
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</tr>
<tr>
<td></td>
<td>Stroke Length Right</td>
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</tr>
<tr>
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<td>TOTALS THIS WEEK</td>
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</tr>
</tbody>
</table>

Comments: ________________________________

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PART 3 - MAINTENANCE & TROUBLESHOOTING

MAINTENANCE

Regular maintenance of your Vasa Kayak Ergometer is an important component of years of enjoyable, functional, and safe use of your machine. Maintenance requirements will vary considerably depending on how much use your Vasa Ergometer gets. Please read the following guidelines carefully as these recommendations are made to help you maintain your Vasa Ergometer most effectively. Follow the maintenance steps suggested on the next page based on the amount of use.

HIGH CHLORINE & HIGH HUMIDITY = HIGH MAINTENANCE

Unfortunately, steel does not fare well in humid, highly chlorinated environments at pool-side or outside in humid, salty ocean air. If your Vasa Kayak Ergometer is located in such inhospitable environments, it is extremely important for you to perform the maintenance steps on the next page at least once each month.

If you use your Vasa Kayak Ergometer on the deck of a pool, be sure to place a rubber mat under the machine to prevent it from slipping and to prevent contact with water from the pool. DO NOT use the Ergometer directly on the concrete surface of a pool deck without a rubber mat between the machine and the concrete floor.

STORAGE

We recommend storing your Ergometer in a dry, indoor environment, away from a humid and/or chlorinated climate. The Vasa Kayak Ergometer is not designed to be left outdoors in the elements of direct sunlight, rain, or ocean air. If you must leave your Ergometer outdoors, either cover completely with a waterproof cover or remove the Power Meter, paddle shaft/handles, and take them inside. Cover the rest of the machine with a cover to minimize moisture collection on the metal parts.

SECURING THE VASA KAYAK ERGOMETER IN CLUBS, SCHOOLS, ETC.

Clubs, teams, schools, etc. may want to keep their Vasa Kayak Ergometers set up in the gym or training facility, yet will not want to risk injury to students, vandalism or theft of key parts. We suggest that you remove the Power Meter and the paddles/handles and lock these in a safe place between training sessions. A cover also works well to deter unauthorized use.
GETTING TO KNOW YOUR VASA KAYAK ERGOMETER

front end assembly - front (inlet) cover removed

CAUTION: Do NOT attempt to remove the cords without proper instruction. The rewind cord is under tension.

load cell
# MAINTENANCE SCHEDULE & DETAILS

To keep your Vasa Kayak Ergometer working at its best, please follow the suggested maintenance schedule. The chart below outlines a general plan based on hours of use.

Replacement parts can be purchased at [www.vasatrainer.com](http://www.vasatrainer.com) or by calling us directly at 1-800-488-8272 (US only). International customers please call 1-802-872-7101.

## TEAM / CLUB USE

- **10+ hours per week (Heavy Use)**

## PERSONAL / HOME USE

- **Less then 10 hours per week (Light to Moderate Use)**

<table>
<thead>
<tr>
<th></th>
<th>TEAM / CLUB USE</th>
<th>PERSONAL / HOME USE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAILY</strong></td>
<td>1. Clean monorail</td>
<td>N/A</td>
</tr>
</tbody>
</table>
| **WEEKLY** | 1. Clean entire machine.  
| **MONTHLY** | 1. Repeat WEEKLY steps.  
2. Monitor dust/dirt buildup in air inlet & outlet areas. Vacuum as needed. 
2. Inspect paddles. |
| **3 MONTHS** | 1. Repeat MONTHLY maintenance.  
2. Inspect drive cord & clips for wear. Replace as needed. 
3. Inspect rewind shock cord for wear. Replace as needed.  
- **IN HARSH or HUMID ENVIRONMENTS** -  
4. Apply lithium grease to screw threads on all nuts & bolts. This will help prevent corrosion and rust. | 1. Repeat MONTHLY maintenance.  
2. Monitor dust/dirt buildup in air inlet & outlet areas. Vacuum as needed. 
4. Monitor drive shaft & lubricate with lithium grease as needed. |
| **6 MONTHS** | 1. Repeat MONTHLY and 3 MONTH maintenance.  
2. Replace two AA batteries in monitor. | 1. Repeat MONTHLY and 3 MONTH maintenance.  
2. Inspect drive cord & clips for wear. Replace as needed. 
3. Inspect rewind shock cord for wear. Replace as needed. |

**CLEANING THE ENTIRE MACHINE** - Thoroughly clean entire machine with a rag or hand towel and multi-purpose cleaner. Clean the monorail as detailed above (do NOT use abrasive cleaner).

**PADDLE SHAFTS** - Inspect paddles for wear on connection joints. If signs of wear, replace immediately.

**CLEANING AIR INLET/OUTLET SCREENS** - Monitor the dust build-up on air inlet and outlet areas (perforated metal located on the front assembly cover and under the damper door cover). Vacuum as needed. *Diagrams and detailed instruction on page 76.*

**DRIVE SHAFT LUBRICATION** - Apply a layer of lithium grease along the entire surface of the Drive Shaft to prevent corrosion & rust. *Diagrams and detailed instruction on page 76.*

**DRIVE CORD REPLACEMENT** - Worn drive cord should be replaced with new cord. Signs of wear include fraying threads or any cuts in the cord. It is recommended to replace the Drive Cord Clips and Rewind Shock Cord at the same time.

**DRIVE CORD CLIP REPLACEMENT** - Replacement of the drive cord clips is needed when the clips are broken. It is also HIGHLY recommended when you replace the Drive Cord.

**REWIND SHOCK CORD REPLACEMENT** - The rewind shock cord should be replaced with new cord when it shows signs of wear or has lost its elastic properties. Inspect the cord by removing the front assembly cover. The rewind cord is the black or blue cord that is wrapped around the Drive Spools.

**LUBRICATION OF HARDWARE** - Apply lithium grease or thick oil to all screw threads on all nuts & bolts. This will help prevent corrosion and rust.
DRIVE SHAFT, FLYWHEEL, AIR INLET & OUTLET MAINTENANCE

As part of the Vasa Kayak Ergometer maintenance program, we suggest regular maintenance of a few parts inside the front end assembly. This will require removal of the front cover. Locate the four screws in the upper and lower corners on the front cover of the front end assembly (Figure A). Use the 5/32” allen wrench to remove the four screws.

1. Locate the Flywheel (Figure B). Vacuum both the right and left side of the fan to remove any dust that may have built up. Perform this step more or less frequently based on your environment.

2. HUMID, OUTSIDE or POOL SIDE ENVIRONMENTS: Locate the Drive Shaft (Figure B). Inspect the left and right sides to see if it is getting dry or discolored. If so, apply lithium grease to protect the finish.

3. Locate the Air Inlet & Air Outlet (Figure C). Vacuum the perforated metal areas to remove any dust buildup.

4. Replace the plastic cover. Slide it into position then replace the four screws in each corner. Tighten with 5/32” allen wrench.

POWER METER - MAINTENANCE

BATTERY REPLACEMENT
The batteries in the Power Meter (PM) typically last about 600 working hours. If “LO CELL” appears in the top field of the PM, the batteries need to be replaced. To change the batteries, open the battery compartment on the back of the PM (Figure A). The Power Meter takes two “AA” batteries.

NOTE: Static discharge may cause the Power Meter to inadvertently turn on. This will reduce the life of the batteries as the Power Meter will remain on for 5 minutes until the Battery Save feature is activated.

BATTERY SAVE FEATURE
There is a 5 minute time-out feature on your Power Meter. If there is no “activity” the Power Meter will power down after 5 minutes (“activity” includes inputs from pulling on the drive cord, pushing buttons, or serial communications with a computer). Any workout information will be cleared from the memory as soon as the Power Meter shuts off.

IMPORTANT: The Power Meter is a sealed unit. DO NOT take apart. Any attempt to disassemble will void warranty.
TROUBLESHOOTING

This section will help identify & resolve problems should they arise. If you still can not correct the problem, please contact our Technical Service Department at info@vasatrainer.com.

POWER METER

SYMPTOM: The Power Meter is losing data or “zeros out” in the middle of a workout.

Remedy: If the Power Meter senses inactivity for more than 10 seconds while in the default BASIC MODE, it will display your workout summary. When the cords are pulled after the summary, a new workout will begin counting up from zero. To avoid this, use the preset workout function (pg. 20) - defining your desired workout time or distance.

SYMPTOM: The Power Meter is unsteady (moving or changing position) during a workout, making it difficult to read.

Remedy: Move the hose clamp over the prongs of the mounting socket, then tighten the hose clamp with a flat-head screwdriver (pg. 7).

SYMPTOM: The Power Meter turns on randomly by itself.

Remedy: The Power Meter must be connected to the connection cables to function properly.

SYMPTOM: The Power Meter is displaying erratic data (i.e. excessive high or low force, etc.).

Remedy: (1) Make sure the cables are connected properly (Right=Red port/Left=Black port) and fully inserted into the ports. RESET the Power Meter by powering off (push the ON/OFF button). Turn back ON. The Power Meter has now been RESET to communicate to the internal Load Cells; or (2) Verify that you are in the correct viewing mode (SWIM vs. KAYAK). The Kayak Mode will display a “K” in the upper left corner and displays distances x5 greater than the swim mode. Refer to page 14 for full details.

ERGOMETER OPERATION

SYMPTOM: I don’t seem to get enough resistance. It seems too easy.

Remedy: (1) Adjust the damper door setting to a higher setting - #1 is low resistance and #7 is a high resistance. (2) Dust (vacuum) the inlet and outlet areas. (See the maintenance section on pg. 34).

SYMPTOM: The drive cord does not rewind all the way or it does not rewind fast enough.

Remedy: (1) Replace the rewind shock cord. The recoil strength of the rewind shock cord will decrease over time and will need to be replaced. Order replacement at vasatrainer.com.; or (2) If you have removed the front/inlet cover and discovered that the shock cord is tangled around one/both drive spool(s), please contact Vasa.
STATEMENT OF GUARANTEE / WARRANTY

The Vasa Kayak Ergometer is guaranteed against all defects in materials and workmanship for non-moving parts for as long as you own your machine when used according to the instructions in this manual. We will repair or replace free of charge any non-moving part found to be defective. This guarantee is valid only when accompanied by dated proof of purchase.

GUARANTEE LIMITATIONS:
The Vasa, Inc. lifetime guarantee does not include the batteries, Power Meter, tether cords, rewind shock cord, hand paddles, handles, or seat carriage rollers, which are considered moving parts (see limited warranty). Vasa, Inc. will not guarantee against rust, paint peeling, or tarnish if your machine is stored or used in or near the following environments: outdoors near ocean air; outdoors exposed to precipitation, humidity and direct sunlight; next to swimming pools with high humidity and/or chemical-rich environments. This guarantee does not apply to damage caused to any part by accident, misuse, abuse, alteration, improper handling and/or improper assembly. In no event will Vasa, Inc. be liable for incidental or consequential damages resulting from a defective unit or improper assembly or use.

LIMITED WARRANTY:
Vasa, Inc. will warranty, for 12 months from the date of purchase, flywheel, Power Meter, paddle shaft, tether cords, foot brace, and K1 seat system. Vasa, Inc. will warranty, for 6 months from the date of purchase, the rewind shockcord. These parts are considered moving parts which are designed to wear well for more than the indicated time, but are subject to breakage under abnormal use. This warranty does not apply in the case of damage to any part due to accident, misuse, abuse, alteration, improper handling and/or improper assembly. In no event will Vasa, Inc. be liable for incidental or consequential damages resulting from a defective unit or improper assembly or use.

HOW TO OBTAIN GUARANTEE OR WARRANTY SERVICE

STEP 1: Identify the serial number that is located on the top service of the fanwheel housing. It is visible by looking through the air inlet perforated metal screen.

STEP 2: Call Vasa Customer Service at the numbers below to inform us of the problem you are experiencing. If you are instructed to return the part for replacement or repair, please follow Steps 3 through 5 below.

STEP 3: To return a part for replacement or repair, please complete the Warranty Claim form on the next page (photocopy it first). Include your dated proof of purchase (if available), serial number, return authorization number (RA# is provided by contacting Vasa, Inc. in Step 2 above) and a written description of how the part(s) failed, so that we may continue to maintain our highest quality control.

STEP 4: Properly package the defective or malfunctioning part(s). It is the responsibility of the purchaser to ensure that the product is properly packaged and insured for return, as any damage suffered is at the purchaser’s risk and is not covered by this guarantee. The purchaser is responsible for all shipping costs. We recommend saving the original packaging from your Vasa Kayak Ergometer. If you do not have the original packaging, you may purchase replacement packaging from Vasa.

STEP 5: Ship the defective or malfunctioning part(s) and the Warranty Claim Form to us at the address on the Warranty Claim Form.

STEP 6: Upon receipt of the part(s), we will inspect the defect or damage claimed. Vasa, Inc. retains the option of replacing or repairing the parts. We will send the replacement part or the repaired part back to you in a timely manner.

We at Vasa consistently strive to provide you, the customer, with the highest quality products and best service. If you are ever dissatisfied with any of our products or service, please contact us immediately. We value your business. Thank you!

VASA CUSTOMER SERVICE
Tel: 1.802.872.7101  Fax: 1.802.872.7104 or 1.501.421.6254
9am-5pm Eastern Standard Time, Monday - Friday
Email: info@vasatrainer.com • Website: www.vasatrainer.com
VASA WARRANTY CLAIM FORM

If you have a defective or malfunctioning part, please contact Vasa by phone or email. Next, complete this form in its entirety and send it to us along with the part you wish to have repaired or replaced.

1. Invoice#: _____________ Date of Purchase: ________________

2. Serial Number: __________________________________________________________________________
   Located on the top of the fanwheel housing. It is visible by looking through the air inlet perforated metal screen.

3. Today’s Date: ________________

4. Return Authorization Number: ____________________________________________________________
   Contact Vasa, Inc. to receive this number prior to making a return.

5. Your Name: __________________________________________________________________________

6. Your Address: __________________________________________________________________________
   ________________________________________________________________________________________
   City_____________ State ________ Zip  ____________

7. Your daytime telephone number: (                       ) ________  -  _______________________
   Your Email address: ____________________________________

8. Please describe the problem you are having:

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<th>Part Name</th>
<th>Part #</th>
<th>Description of the Problem</th>
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9. Please contact Vasa prior to making a return:

   Vasa, Inc. - Warranty Service
   1 Allen Martin Drive #5
   Essex Junction, VT  05452
   Tel: (802) 872-7101
   Fax: (802) 872-7104 or (501) 421-6254
   Email: info@vasatrainer.com
   Website: www.vasatrainer.com