



dansprint Technical Information

Stretch Your Limits

The Dansprint ergometer is a **high tech kayak simulator** with an unparalleled **authentic water feeling**. As close to the real thing as you will ever get without leaving your house. **Off season**, after dark, water frozen, and weather punishing, Dansprint will allow you to keep up the most persistent **training program indoors**.

Developed by a team of engineers and designers headed by kayak world champions Ole Torp and Lars Koch, the Dansprint ergometer was designed to meet the demanding requirements of elite paddlers striving for perfection. Toning your muscles, perfect your techniques, and driving your performance towards untold horizons.

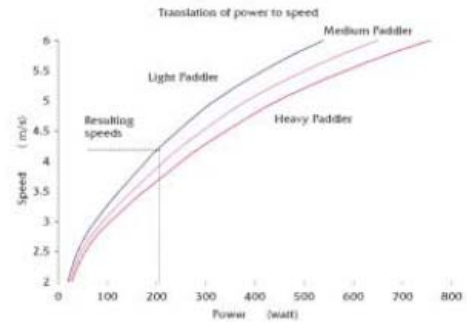
To an astonishing degree, Dansprint **simulates the actual feel** of both inertia, hydrodynamic drag, and wave resistance of an Olympic style K1 kayak **moving through water**. The results you achieve paddling the Dansprint compare closely to your performance on the regatta course. Within the **typical kayak speed** range of three to five meters per second the similarity to open water is especially **outstanding**.

Advanced Technology

In terms of technology, Dansprint is an **extremely advanced** execution of a charmingly simple idea. Paddle action pulls a rotating fan in the front. Stroke by stroke a **built-in computer** continuously **measures** and translates the **power of your pull** into both graphic and numeric information about **energy in-put and accumulated work**. The large, easy to read computer display shows paddling time - forward or countdown. distance covered. Left and right arm balance. Stroke rate. Water/air ratio. Maximum and average power produced.

Also, adjusted to your own weight, Dansprint accurately **measures maximum and average speeds**. Expressed as meters per second, kilometers per hour, or as time per 500 or 1000 meters. Even your heart rate can be monitored (requires serial interface to polar chest ribbon or similar). Less advanced ergometers simply make rough assumptions about the power developed from the speed of their fly wheels, whereas **Dansprint measurements are scientifically correct**. With a resolution of app. 80 points per stroke Dansprint gauges breaking force and kinetic energy stored before calculating the actual power in-put. Also, air intake in the **rotating fan is adjustable** to compensate **for size and weight** of the paddler. Finally, build from **superior materials only**, the Dansprint ergometer is dependable, durable and virtually unbreakable.

A Winning Proposition



Benefits for the athlete are obvious. You can **exercise whenever you like**, or when it fits into your schedule. Dansprint allows your **coach** to follow you on close range **adjusting your technique** as you paddle. Even the slightest change is immediately visible on the monitor.

For the kayak club, Dansprint offers a variety of new and exciting activities in the club house environment while **improving winning chances** on the sports arena considerably. Connect a row of Dansprint ergometers, and you have an **in-door regatta** lined up. Project their combined score onto a wide screen for the benefit of a cheering crowd, and you are looking at a real sports event in progress.

Computer Display

Computer Display

The Dansprint VGA LCD display provides **easily readable**, relevant numeric and graphic information to the athlete while training on the ergometer. The following quantities are **updated for each individual stroke**:

- Time
- Distance
- Speed / power
- Stroke rate / water-air ratio / max. speed / power
- Heart rate**
- Average speed / power
- Graphic left / right power balance

** Requires serial interface to polar chest ribbon or similar.

For speed values, it is **possible to choose** from one of several units:

- m / s
- km / h
- time / 500 m
- time / 1000 m



A countdown facility enables the paddler **to record the exact time spent traveling a certain distance**. The Dansprint computer continuously records power in-put values of the last four minutes of paddling. In order to **study details** in performance values can be displayed as a **power vs. time graph**.

With Dansprint in the studio, the fitness club can also challenge its users with a **whole new body building concept** which requires a lot more technique and finesse than just raw muscle power.

Our Service Promises

The Dansprint Do-It-Yourself Kit is **assembled in a jiffy**. Fit fan and computer screen to the frame, plug in the cords, and you are done. If you can use a wrench or turn on a toaster, you can do it. The computer (with fully installed Software) is **extremely easy to use**, but Dansprint does also offer free hot-line support. PC interface for on-line display, sequence logging, advanced paddle analysis, heart rate, and multi competition events is optional. There is a **one year world wide warranty** on all parts of the Dansprint ergometer.

***dansprint* Kajak Simulation**

Technical Specifications

ERGOMETER

Length: 3.10 m
Width: 0.41 m
Height: 0.70 m
Weight: 40.00 kg

PADDESHAFT

Length: 1.70 m

Power for computer: 7.5 V DC 0.8

The ergometer is delivered with 100-230 V AC power supply adaptor.



Dansprint Paddle- Ergometer

Paddle- Ergometer

- PRO Kayak Ergometer + (Incl. Dansprint VGA LCD computer)
- PRO Kayak Ergometer (Incl. Set up for Dansprint VGA LCD computer)
- Trainer Ergometer (without Dansprint VGA LCD computer)

Accessories

- Paddle Shaft (130-170cm)
- Heart rate receiver
- Polar chest ribbon T31
- Polar Watch F1 (incl. chest ribbon T31)
- Form rubber seat
- Foot strap

SWEDISH DISTRIBUTOR



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