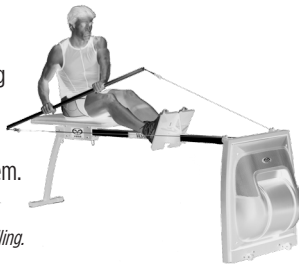




### ACCESSORIES

#### Kayak Kit

Offers realistic kayak paddling workouts without traveling to the water. Change your set-up from *Swim to Kayak* or *Kayak to Swim* in under a minute. Kit includes: kayak shaft, foot brace, and a monorail monitor mounting system.



**Kayak Kit: \$150**

Part # KAYAK (11 lbs)

Canoe shaft also available - ideal for Dragon Boat or Olympic style paddling.



#### Ankle Straps

Ankle straps allow you to attach your legs to the drive cords on the Vasa Ergometer. Using the ankle straps you can perform exercises like breaststroke kick, leg extensions, hip adduction/abduction and hip flexion/extension.

**Ankle Straps: \$25**

Part # 8M-WAS (1 lb)

#### Protective Cover

Protect your Vasa Ergometer against weather and dirt with this weather & UV resistant cover. Also provides an excellent deterrent for unwanted use of equipment. Elasticized and lockable bottom. Includes storage bag.



**Weather Cover: \$50**

Part # COVER (3 lbs)

### TRAINING VIDEOS



#### **NEW** Better Technique + More Power = Faster Swimming

This NEW video features swimmer & coach Karlyn Pipes-Neilsen and Triathlon Coaches Tim Crowley and Al Lyman for training & technique tips for improving your swim. Learn how to improve your technique so you can get more power in your stroke. These tips can be used in your training in the pool as well as on the Vasa Ergometer.

**Better Technique DVD: \$29**

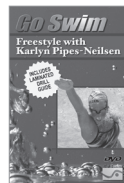
Part # DVD-BT (1 lb)

#### **Go Swim** Freestyle DVD with Karlyn Pipes-Neilsen

Karlyn shares her six freestyle focus points for every level of swimmer. The swimming footage of Karlyn, combined with clear, step-by-step instruction, will help take your freestyle to the next level.

**Freestyle DVD: \$39**

Part # KPN-DVD (1 lb)



#### **SWIMERVALS**

Join Coach Troy Jacobson and four competitive athletes for two effective, "kick-butt" indoor swim workouts on the Vasa Ergometer! SWIMervalS workouts will increase your stroke power, build your endurance and improve your race splits! Perfect for triathletes, distance and open water swimmers!

**Swimervals DVD: \$35**

Part # SWIMERVAL (1 lb)

### REPLACEMENT PARTS

#### Rewind & Drive Cord Replacement Kit

Drive system cords and clips will need to be replaced over time with normal use. Kit includes: Rewind Cassette Assembly (qty 1); Rewind Shock Cord/spare (qty 1); Drive Cords (qty 2); Drive Cord Hooks (qty 2); Safety Clamps (qty 2); tools and instructions.

**Rewind Cassette & Drive Cord Replacement Kit: \$99**

Part # VE-1-RR-KIT (5 lb.)



Rewind Cassette Assembly



Drive Cord & Drive Cord Hook

#### Tether Cords



Rubber tubing cords, with super strong polycarbonate clips that provide tension to "tether" the bench.

**Tether Cords: \$10 each**

Part # VE-tether (.5 lb. each)

#### **NEW** Power Paddles

The Power Paddles are special hand paddles designed to position the hand, wrist, and forearm "fused" together as an all-in-one "blade." This allows the athlete to set a high elbow catch while engaging the larger, more powerful lats and pectoral muscles to deliver more power (watts), for more efficient swimming.



**Power Paddles: \$35/pair** Part # PWR PPAD (1 lb.)

Includes paddles, wrist tube and bracket ready to attach to drive cord.

#### Deluxe Plastic Paddles

Ergonomically-designed to fit the contour of the hand for swimming or surf paddling. Lightweight and durable.

**Deluxe Paddles: \$30/pair** Part # DLX PPAD (1 lb.)

Includes paddles, finger tube, wrist tube and bracket ready to attach to drive cord.

#### Exercise Handles

Essential for total body strength training. These rugged handles are made of a tough polycarbonate, nylon webbing and metal D-ring.

**Exercise Handles: \$25/pair** Part # 8M-WHD (1 lb.)

#### Seat Roller & Hardware

ROLLER: Delrin roller with bearings for your seat carriage.

ROLLER HARDWARE: Inspect your roller hardware before you order rollers to see if you need to replace the hardware.

**ROLLER: \$8 each** Part # 125PS (.25 lb.)

**HARDWARE SET: \$3 each** Part # 126ABCD (.25 lb.)

Note: There are 4 rollers & 4 hardware sets per machine. Sold individually.



Prices subject to change without notice.



# order form: vasa ergometer parts & accessories

## Step 1: Select your Vasa Ergometer Model (check one)

- Vasa Swim Ergometer** \_\_\_ purchased before December 2007 \_\_\_ purchased January 2008 or later  
 **Vasa SpaceSaver Ergometer** \_\_\_ 2008 model, wall mounted (purchased 1/08 - current)  
 **Vasa Kayak Ergometer** \_\_\_ purchased before December 2007 \_\_\_ purchased January 2008 or later

Serial Number: \_\_\_\_\_  
 (located on top of fanwheel housing... see page 81 for details on where to find your serial number)

## Step 2: Shipping Address

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Email \_\_\_\_\_

## Step 3: Billing Address (if different)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Email \_\_\_\_\_

## Step 4: List the items you wish to order

DESCRIPTION OF ITEM	PART #	SIZE	QUANTITY	UNIT COST	TOTAL COST




## Step 5: Shipping

Weight	Ground	2-Day	Next Day
0-1 lb.	\$7	\$20	\$35
2-4 lbs.	\$12	\$30	\$45
5-10 lbs.	\$17	\$40	\$60
11-15 lbs.	\$17	\$50	\$80
16-20 lbs.	\$22	\$60	\$90
21-30 lbs.	\$27	\$80	\$115
31-40 lbs.	\$35	\$100	\$135
41-50 lbs.	\$42	\$120	\$160
51-60 lbs.*	\$48	\$140	\$190
transit time	1-7 days	2 days	1 day

*Item weights are in parentheses after item part number.  
 Please contact Vasa for a shipping quote for orders outside the continental US states or for shipping weights exceeding 60 pounds.  
 Prices subject to change without notice. VTIM-0710*

<b>Sub Total</b>	
<b>Shipping &amp; Handling</b> (see chart on left)	
<b>Total</b>	

## Step 6: Method of Payment

Certified Check or Money Order       Check (note: order will be held 2 weeks for check to clear)  
 Purchase Order (note: please include official written purchase order. School, government and YMCA/YMCA purchase orders accepted.)  
 Visa     MasterCard     Discover        
 Account #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_    CVV# \_\_\_\_\_  
 Name on Card: \_\_\_\_\_    Signature: \_\_\_\_\_

## Step 7: Place your Order

SHOP ONLINE: [www.VASATRAINER.com](http://www.VASATRAINER.com)  
 CALL TOLL FREE: 1.800.488.VASA  
 INTERNATIONAL, please call: 1.802.872.7101  
 FAX: 1.802.872.7104 or 501.421.6254



Vasa, Inc.  
 1 Allen Martin Drive  
 Essex Junction, VT 05452  
[info@vasatrainer.com](mailto:info@vasatrainer.com)  
[www.vasatrainer.com](http://www.vasatrainer.com)