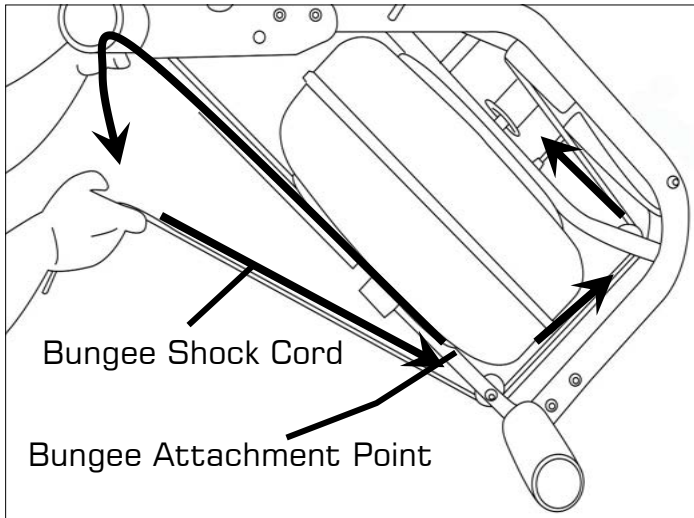


» Detaching the Rower Belt

STEP 1



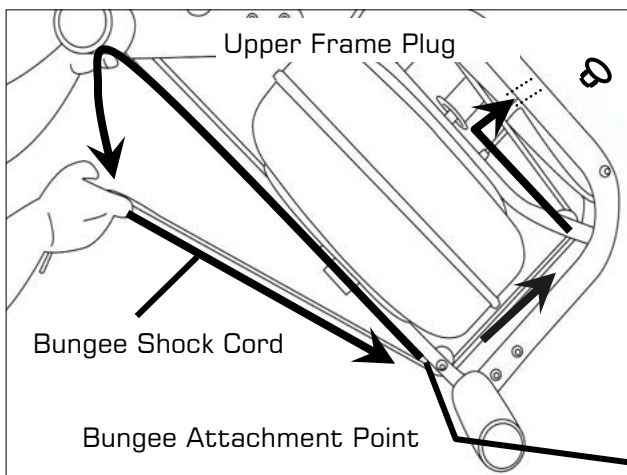
1. To detach belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the Belt Bungee Pulley.

Tip: You'll hear the Velcro separating just before the belt detaches.

2. Cut plastic tie holding bungee at the Bungee Attachment Point, pull the Cord through all three pulleys and leave excess on top of the tank for now.

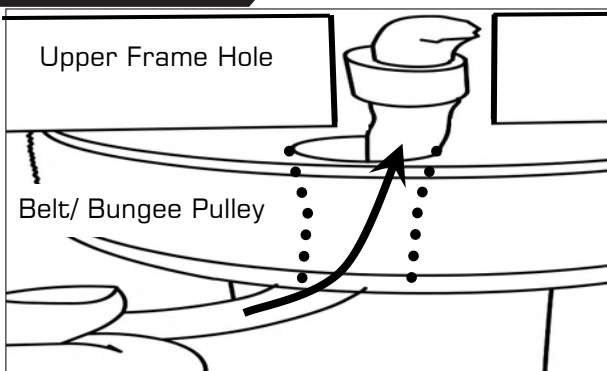
» Removing the Bungee Shock Cord

STEP 1



Move the Rowing Handle to it's farthest forward point on the Mainframe, then cut the plastic end tie and follow the drawing above for bungee removal. Next, remove the Upper Frame Plug to allow the Bungee Shock Cord to be threaded through the top of the frame. Note: You will need to rotate the Belt/Bungee Pulley to align the holes properly. Should the belt drop off of during the bungee change, please refer to the previous pages for "Attaching/Reattaching the Rower Belt".

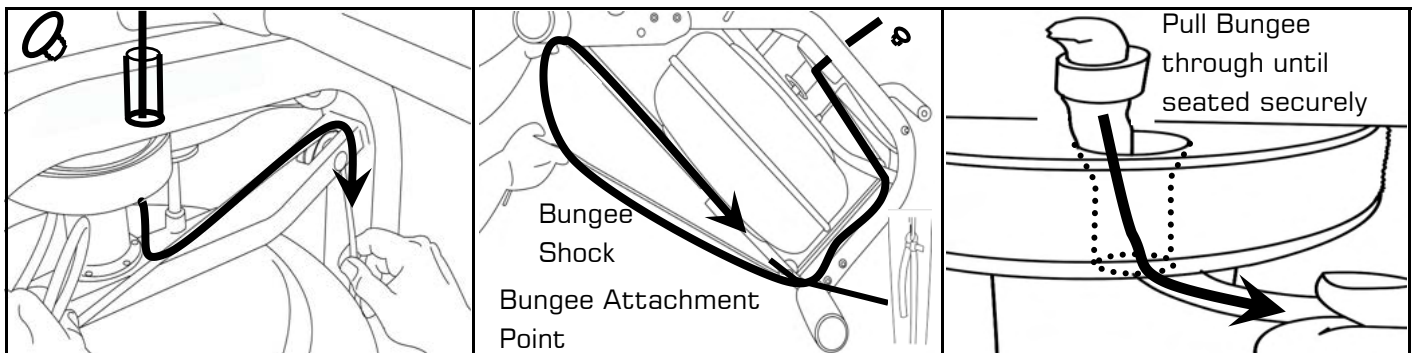
STEP 2



Once Bungee Cord and Upper Frame Hole are aligned, push the Bungee Cord up and through the frame as shown

» Replacing the Bungee Shock Cord

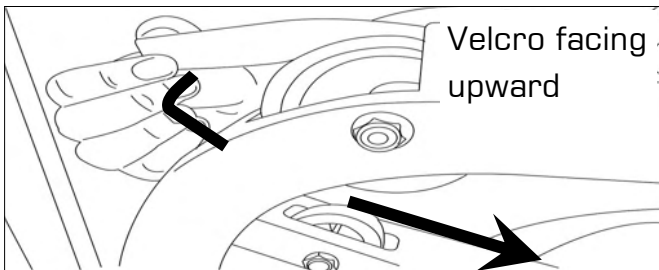
Reinstall the Shock Cord through the Upper Frame, along the opposite side of Idle Wheel, through the Mid Frame and Lower Bungee Pulleys and then tie off with plastic tie wrap to correct tension. Replace Frame Plug.



Tip: Correct bungee tension is achieved when enough recoil is present for the Rowing Handle to easily reach the front of the Fluid Rower Pulley Belt Bracket at the far front of the frame. If the Rowing Handle will not reach rearward to the end of the Seat Rail, the Bungee Cord is over-tightened and will require adjustment.

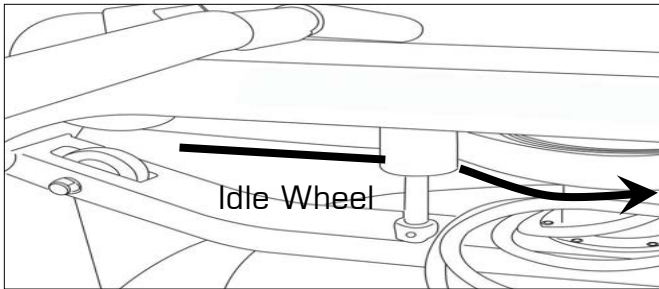
» Reattaching the Rower Belt

STEP 1



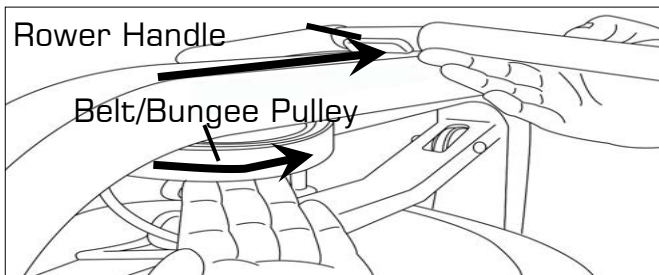
Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing upward as illustrated.

STEP 2



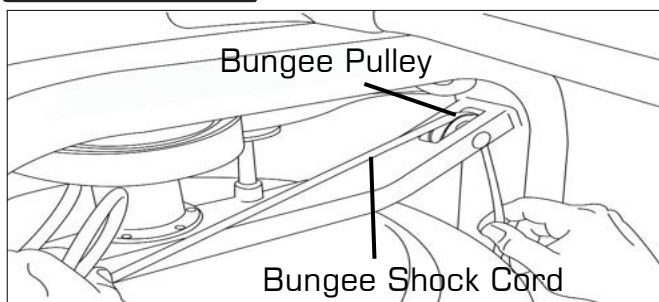
Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious “lip” at the attachment point.

STEP 3



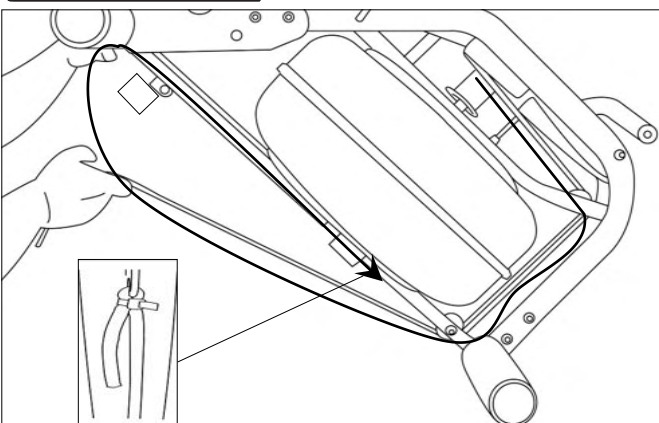
Wind the Rower Belt onto the Belt/Bungee Pulley until the Rower Handle is as it's furthest forward position.

STEP 4



Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.

STEP 5



If Bungee Shock Cords previous tension seemed correct (a good way to judge is if the Rower Handle can make it to the furthest point forward on the top of the Mainframe under bungee tension alone) then simply tie off at previous position. If the return is too slack, experiment by tightening the tension in small increments and testing until the correct tension is achieved. If the Rower Handle cannot reach the end of the seat rail during a rowing stroke, then the Bungee Shock Cord is over-tensioned.



Hint