

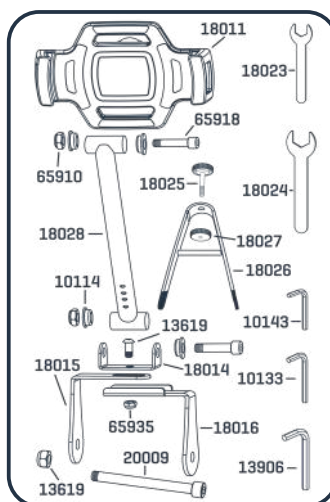
## TBH-SXL - STANDARD BRACKET

Fits rectangle frame widths from 75 to 118mm

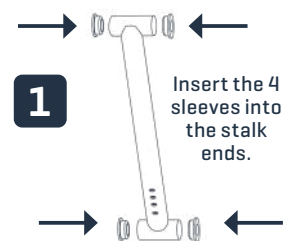
## ASSEMBLY INSTRUCTIONS

The FDF FluidRower **XL Tablet Holder** is fully adjustable to suit smart phones and tablets. Ranging in size from 15.2 to 33cm / 6" to 13".

The 360 Degree Tablet Holder rotation can accommodate Landscape and Portrait layouts and the fully adjustable tilt on two planes ensures the perfect viewing angle.



Code	Qty	TBH-SXL - Parts Description
10114	4	Plastic Bushing 20x16x13x10
10133	1	6mm Allen Key
10143	1	4mm Allen Key
13619	1	Dome Head Bolt M6x15 - B
13906	1	8mm Allen Key
18011	1	Tablet Holder
18014	1	U-shaped sheet metal
18015	1	Holder Base - L
18016	1	Holder Base - R
18023	1	10mm Wrench
18024	1	17mm Wrench
18025	1	M4*29 Knob Screw
18026	1	A-Shaped Support Bracket
18027	1	M4 Knob Nut
18028	1	XL Support Stalk - 420mm
20009	1	M10*100 Bolt
65910	2	Nyloc Nut M10 - B
65918	2	M10*60 Bolt
65935	1	Nyloc Nut M6 - B



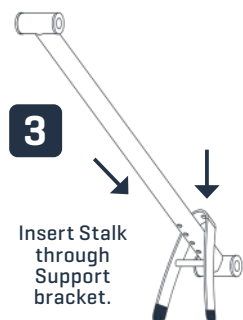
1

Insert the 4 sleeves into the stalk ends.



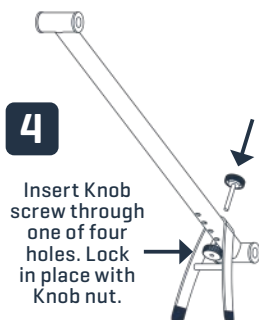
2

XL STALK COMPLETE



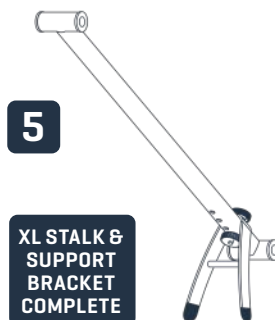
3

Insert Stalk through Support bracket.



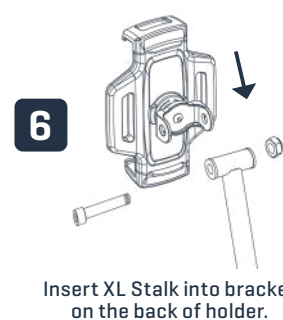
4

Insert Knob screw through one of four holes. Lock in place with Knob nut.



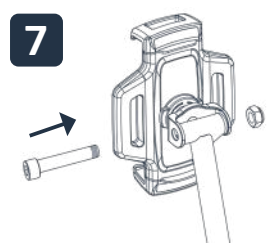
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XL STALK & SUPPORT BRACKET COMPLETE



6

Insert XL Stalk into bracket on the back of holder.



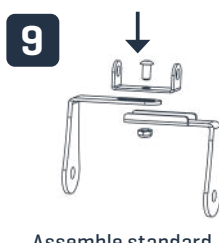
7

Bolt stalk to holder bracket



8

HOLDER COMPLETE



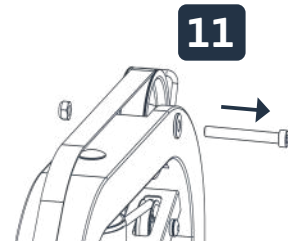
9

Assemble standard bracket, finger tight.



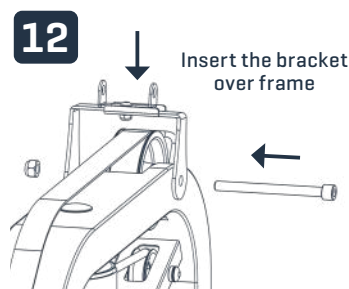
10

BRACKET COMPLETE



11

Remove bolt from top pulley

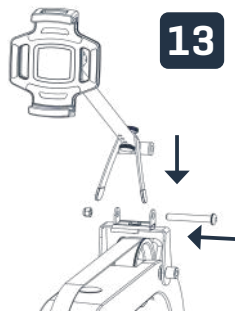


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Insert the bracket over frame

Using the longer bolt provided, bolt the bracket to the frame. Align Tablet Holder bracket and fully tighten all bolts.

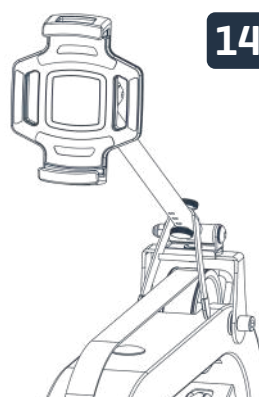
TOOLS 17mm Spanner  
8mm Allen Key



13

Add stalk with device holder attached to the bracket. Fully tighten all bolts.

TOOLS 17mm Spanner  
8mm Allen Key



14

FULLY ASSEMBLED HOLDER AND STALK

Your Tablet Holder is now ready to test with your device at the desired viewing position. Test your device is held firmly in place now, and before any exercise session. If your device is being left in place between exercise sessions it is recommended that the device is lowered to rest on the frame of the rower until you reposition and test before your next session.

UPDATED 27 JUNE 23