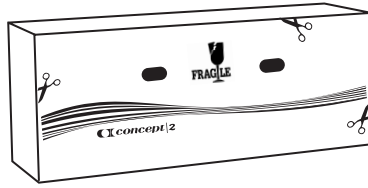
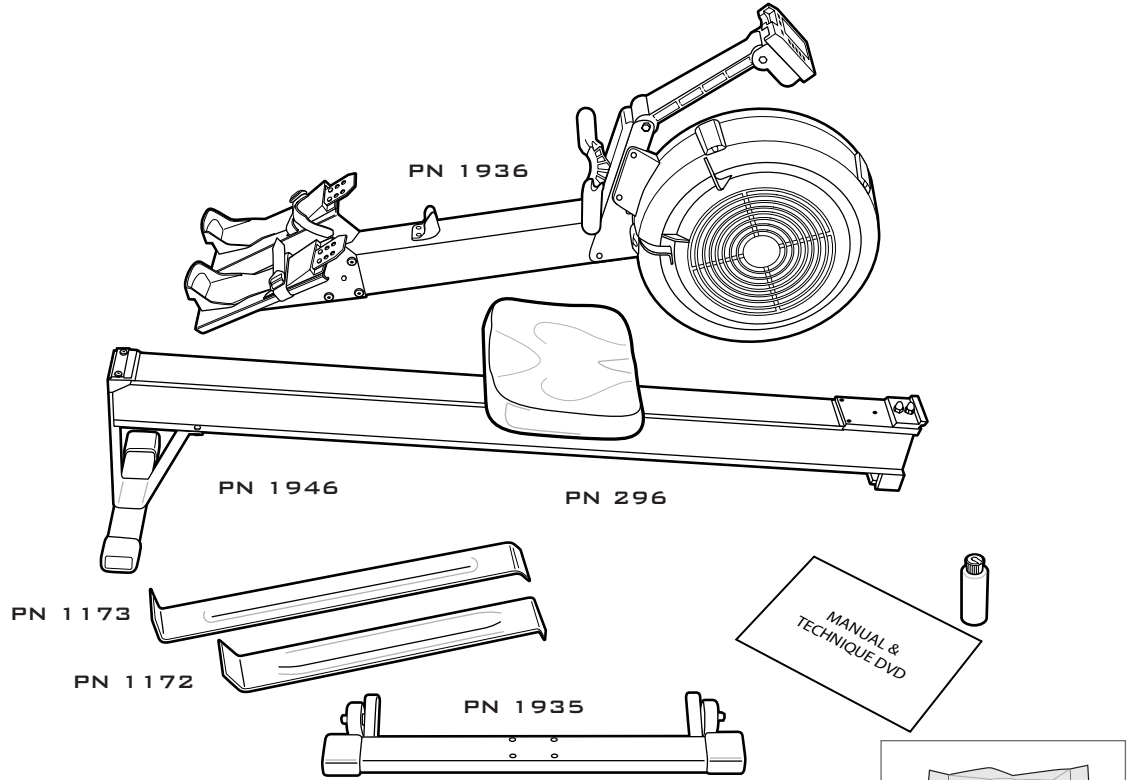


UNPACKING
YOUR
CONCEPT2
INDOOR
ROWER



You should find the following parts for your Indoor Rower in this shipping box. If any parts are missing, please call us toll-free at 1.800.245.5676.



CONTENTS OF PARTS BAG (PN1752)

PN 1792

PN 1144

PN 1205

PN 1248

PN 1225

PN 1752

PARTS NEEDED:

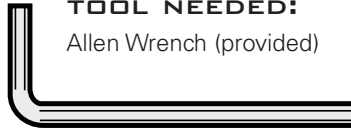
- 4 washers
- 4 screws



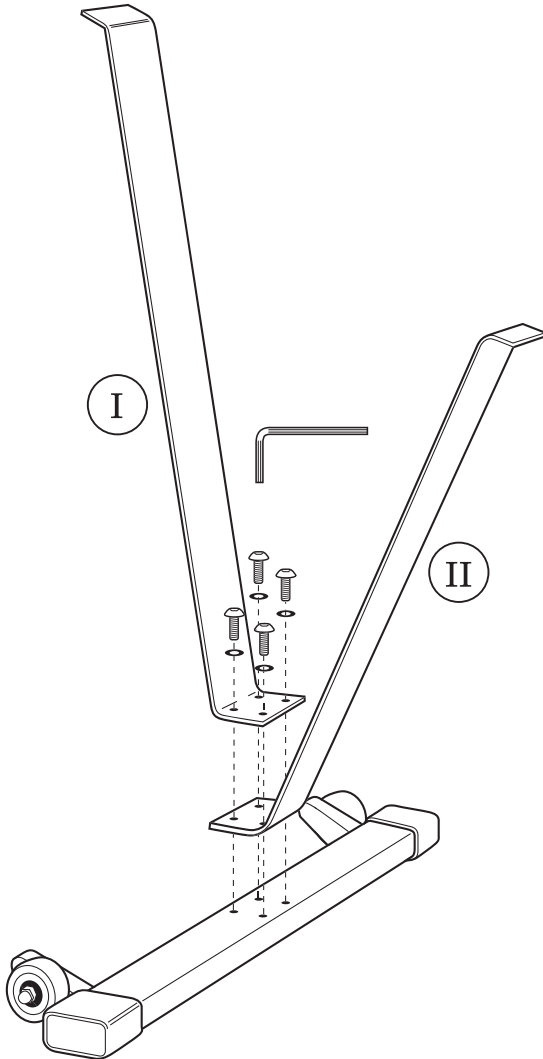
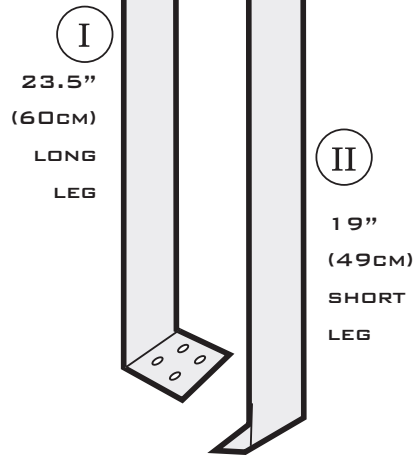
3/4"
or 2cm

TOOL NEEDED:

Allen Wrench (provided)



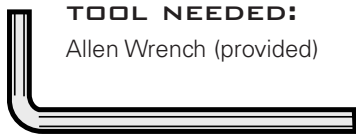
**ASSEMBLING
THE
FRONT LEG**



Note that the longer leg (I) attaches to same side as the wheels.

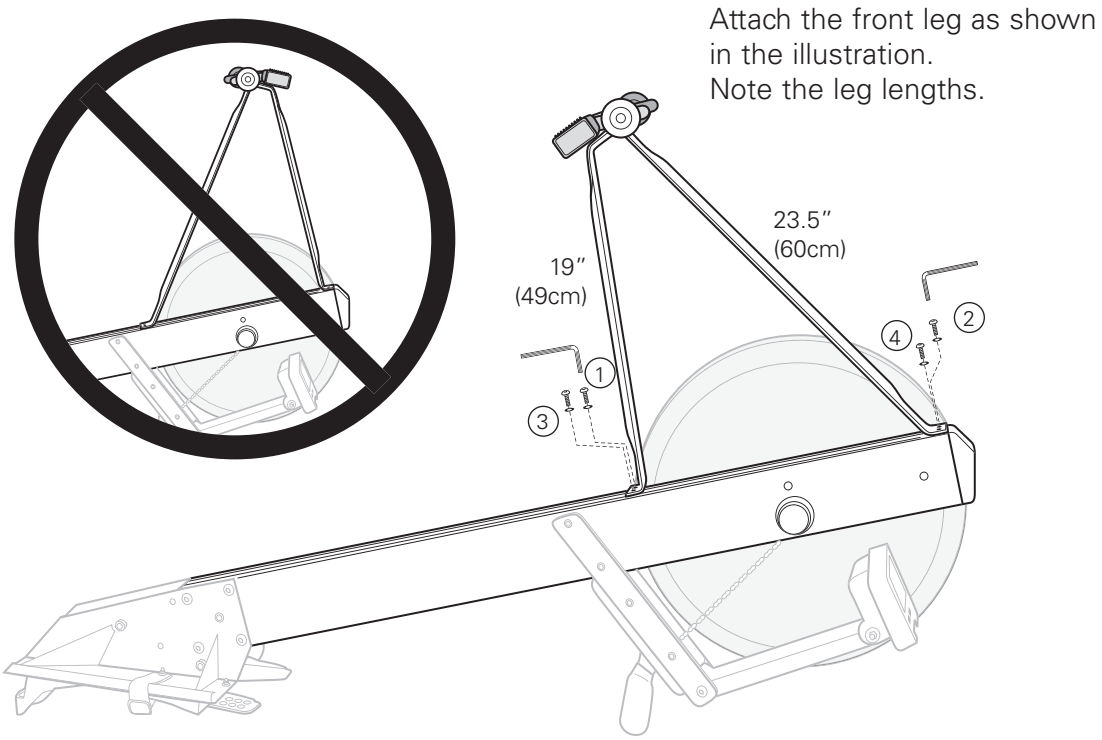
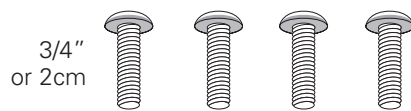
ATTACHING THE FRONT LEG

TOOL NEEDED:
Allen Wrench (provided)



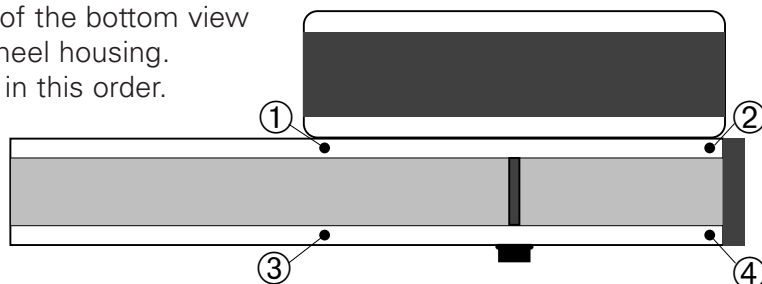
PARTS NEEDED:

4 washers
4 screws



Attach the front leg as shown in the illustration.
Note the leg lengths.

This is an illustration of the bottom view of the front end/flywheel housing. Insert socket screws in this order.

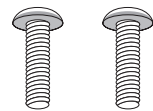


TOOL NEEDED:
Allen Wrench (provided)



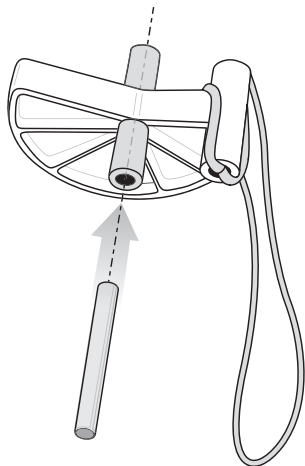
PARTS NEEDED:

2 washers
2 screws

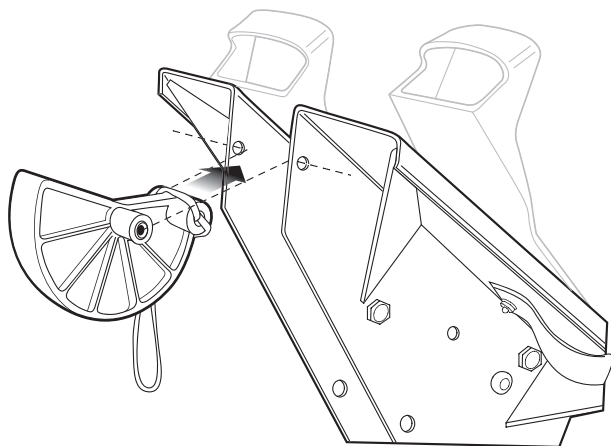


3/4"
or 2cm

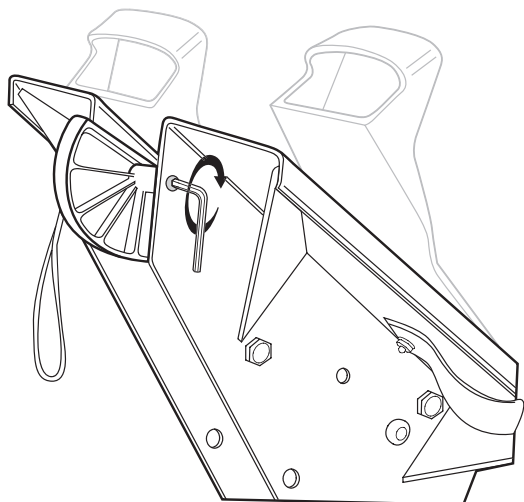
**ASSEMBLING
& INSTALLING
THE
FRAME LOCK**



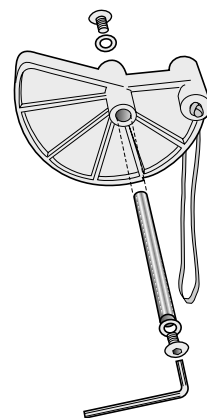
1. Insert axle through axle tube on frame lock.



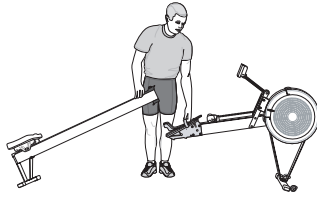
2. Place frame lock between footplates on Indoor Rower. The two footplates may need to be pulled apart slightly for the axle tube to fit. Be sure to line up axle tube to orient frame lock as shown.



3. Insert 3/4" screw and washer into each end of frame lock axle tube, through holes in footplates. Tighten with allen wrench.

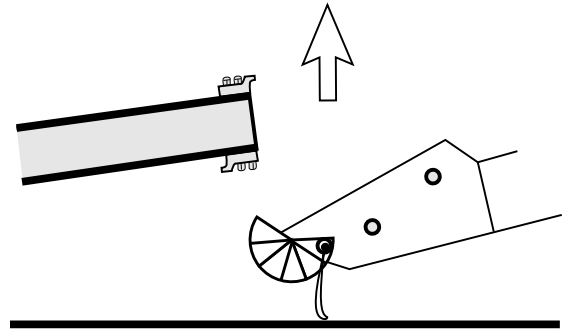


ATTACHING THE MONORAIL

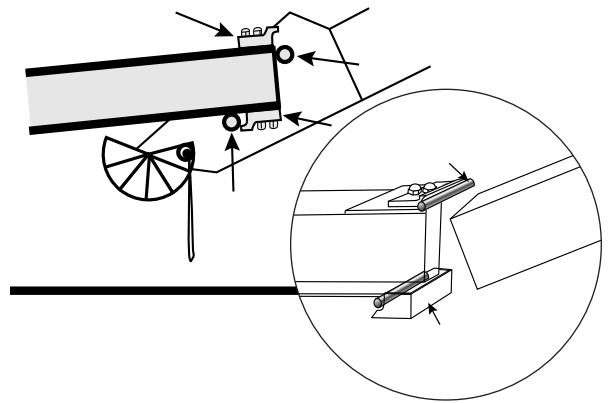


Place the flywheel and monorail sections of the Indoor Rower end to end.

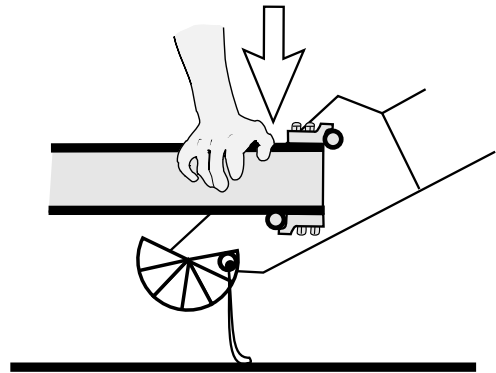
1. Using one of the footstraps as a handle, lift the footboard end of the flywheel section until it rolls on the caster wheels. Lift the end of the monorail to the same level.



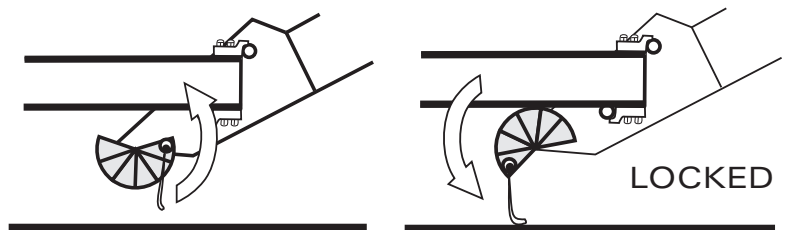
2. Bring the flywheel and monorail sections together between the footplates. The top hanger should be over the top bolt tube and the bottom hanger should hook over the bottom bolt tube.



3. Lower both pieces until they connect securely and push down into place.



4. Rotate the framelock around and push it into the locked position.

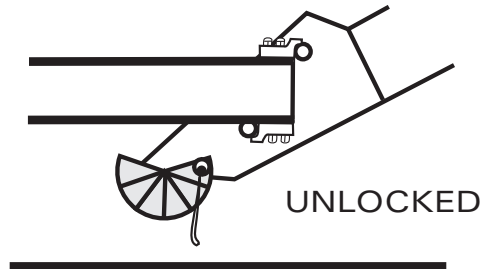
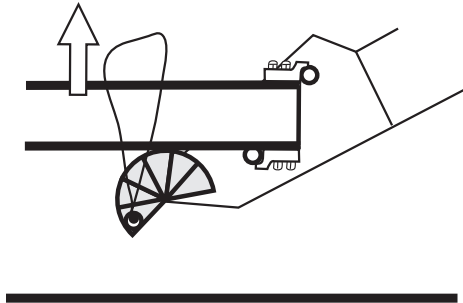


CAUTION

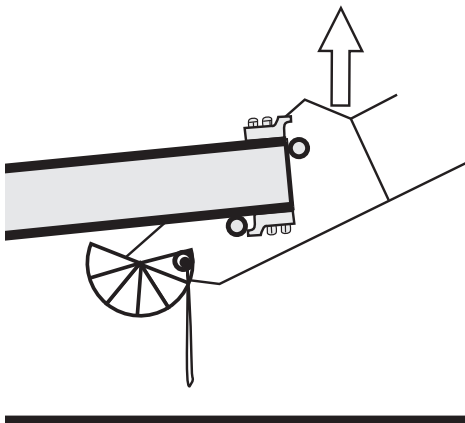
- Always have the framelock in the locked position when the flywheel and monorail sections are connected. Failure to do so may result in injury if the unit is lifted or moved.
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the framelock.

DETACHING THE MONORAIL

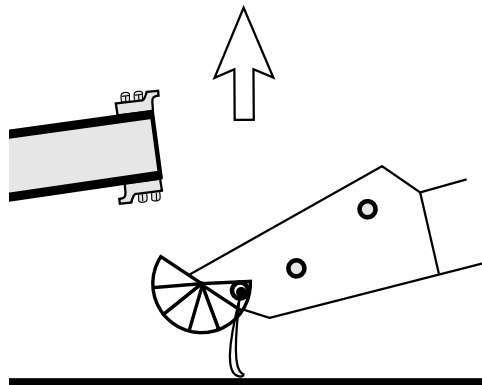
1. Release the framelock from the locked position by pulling up on the rope, allowing the framelock to rotate into the unlocked position.



2. Using the footstrap, lift the monorail slightly with one hand to disengage.

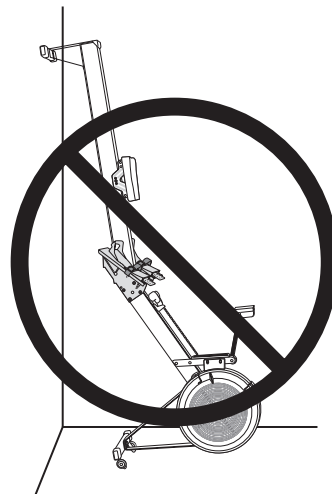
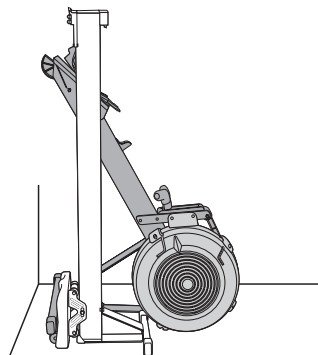


3. Remove monorail with the other hand.



The two parts may be placed upright as shown here for more compact storage.

Care should be taken when standing the flywheel section up as the balance may shift suddenly.



STORAGE

CAUTION