

# R100APM PREMIER ROWER



# ASSEMBLY INSTRUCTIONS

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## Introduction

Congratulations on your purchase of the R100APM Premier Rower. This product has been designed and manufactured to meet the needs and requirements of light commercial use.

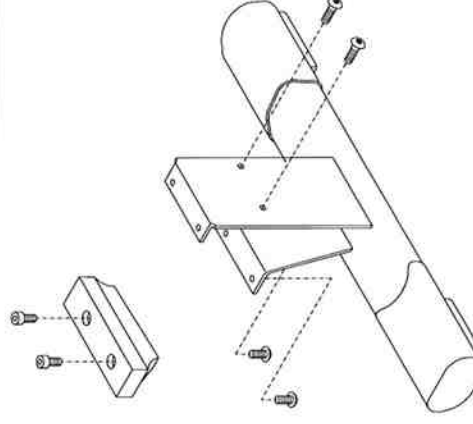
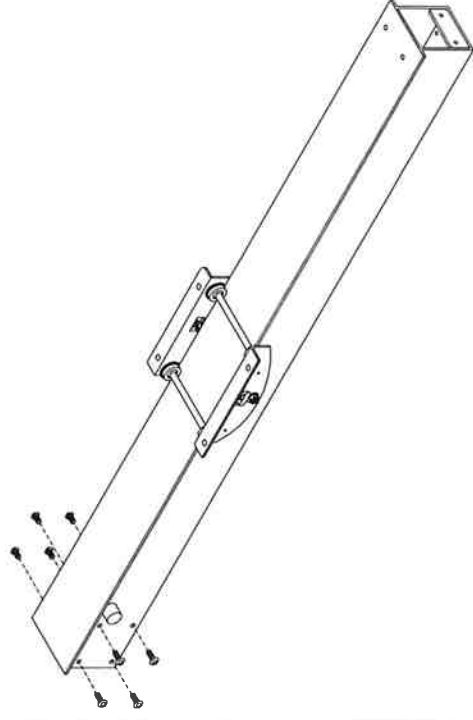
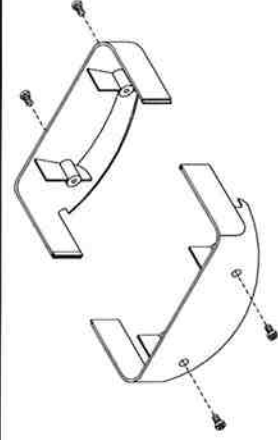
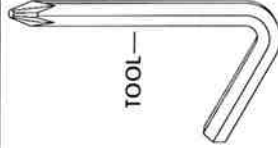
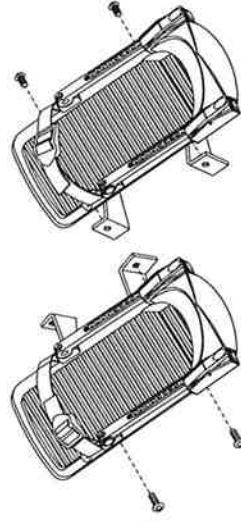
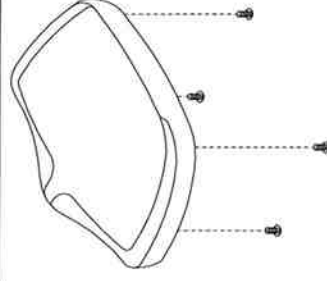
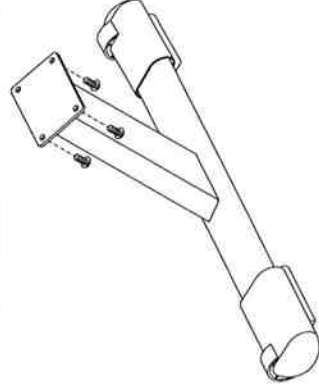
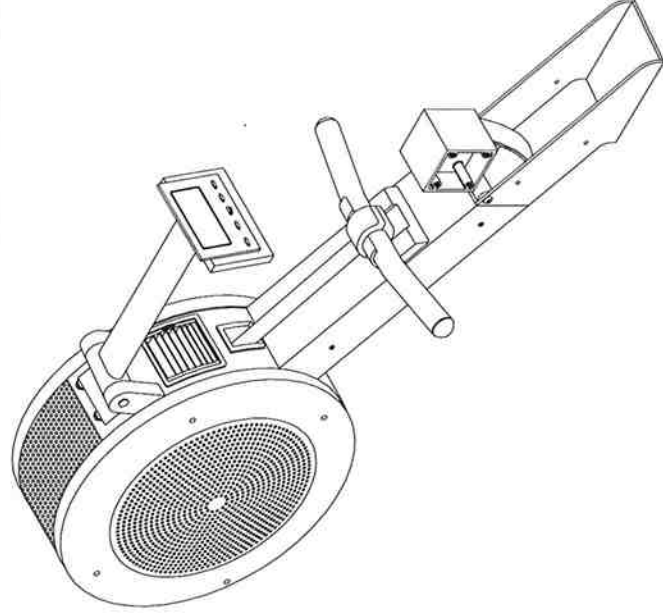
Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

If you have any further questions, please contact us. We wish you lots of success and fun while training.

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## Check List IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.



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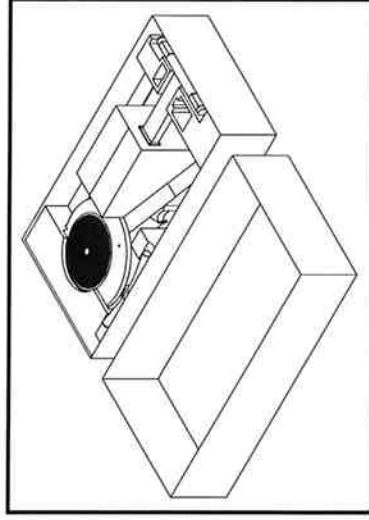
## STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your R100APM Premier Rower.

## STEP 2

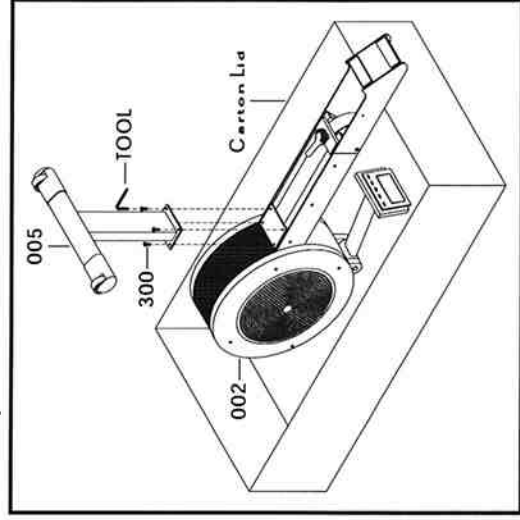
Open the carton as shown in the diagram below.

**NOTE:** To protect the R100APM Premier Rower while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



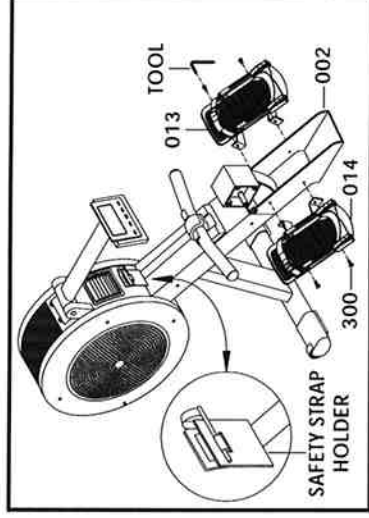
## STEP 3

- Place the MAIN FRAME [002] in the Carton Lid as shown in the diagram below.
- Remove 4 x BOLT [300] from MAIN FRAME [002] with the TOOL provided.
- Assemble the FRONT STABILIZER [005] with the same 4 x BOLT [300] and tighten firmly.



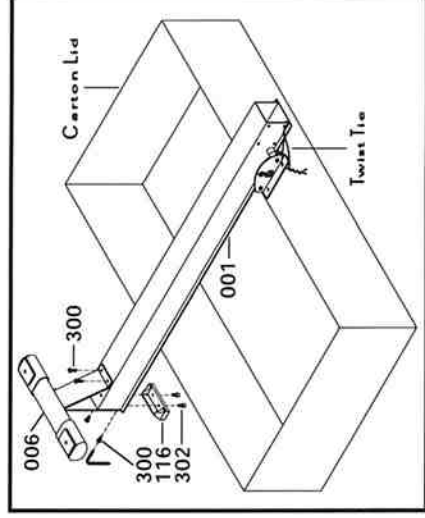
## STEP 4

- Remove the partly assembled Rower from the Carton Lid and place it the correct way up as shown in the diagram below.
- Remove the SAFETY STRAP HOLDER and discard. Place the HANDLE BAR in it's HOLDER.
- Remove 4 x BOLT [300] from MAIN FRAME [002] with the TOOL provided.
- Assemble 2 x FOOT REST [013 & 014] with the same 4 x BOLT [300] and tighten firmly. Each FOOT REST is marked Left and Right with "L" and "R" stickers.



## STEP 5

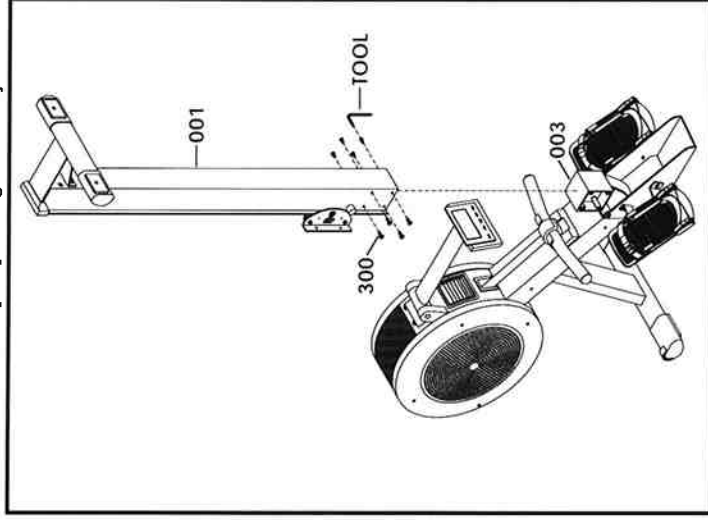
- Remove the ALUMINUM BEAM [001] from the Carton and place it on top of the Carton Lid as shown in the diagram below.
- Remove 4 x BOLT [300] from ALUMINUM BEAM [001] and 2 x BOLT [302] from REAR STABILIZER [006] with the TOOL provided.
- Assemble REAR STABILIZER [006] with the same 4 x BOLT [300] and tighten firmly.
- Assemble ALUMINUM BEAM END CAP [116] with 2 x BOLT [302] and tighten firmly.
- Remove the Twist Tie and discard.



# R100APM Premier Rower ASSEMBLY INSTRUCTIONS

## STEP 6

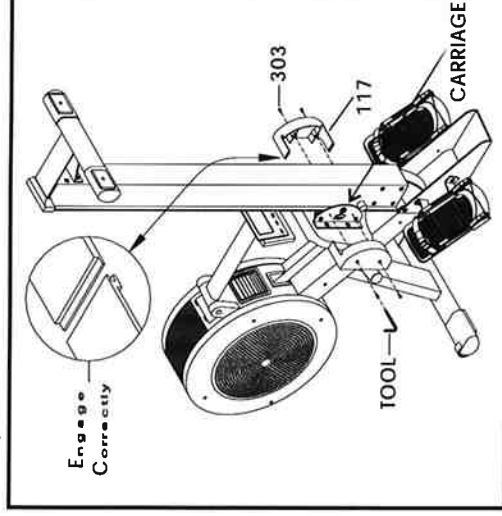
- Remove 8 x BOLT [300] from DIE CAST PIVOT [003] with the TOOL provided.
- Assemble the ALUMINIUM BEAM [001] with the same 8 x BOLT [300], and tighten firmly.



## STEP 8

- Remove 4 x BOLT [303] from CARRIAGE with the TOOL provided.
- Assemble 2 x SEAT CARRIAGE COVER [117] with the same 4 x BOLT [303] and tighten firmly.

**NOTE:** Ensure that the 2 x SEAT CARRIAGE COVER [117] Engage Correctly into each other as shown in the diagram below.



## STEP 9

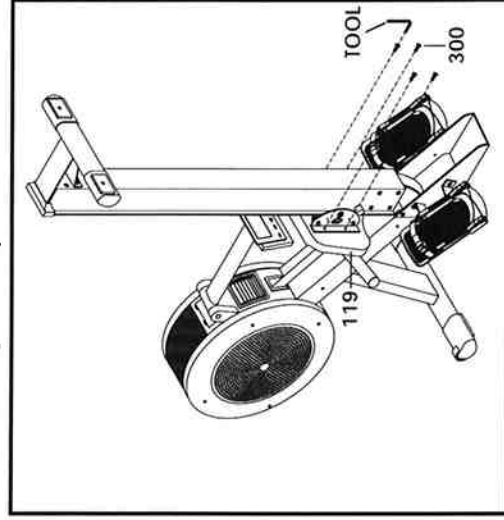
Remove all Protective Packing Material and discard.

## ASSEMBLY COMPLETE

It is important to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the R100APM Premier Rower before using it.

## STEP 7

- Remove 4 x BOLT [300] from SEAT [119] with the TOOL provided.
- Assemble SEAT [119] with the same 4 x BOLT [300] and tighten firmly.



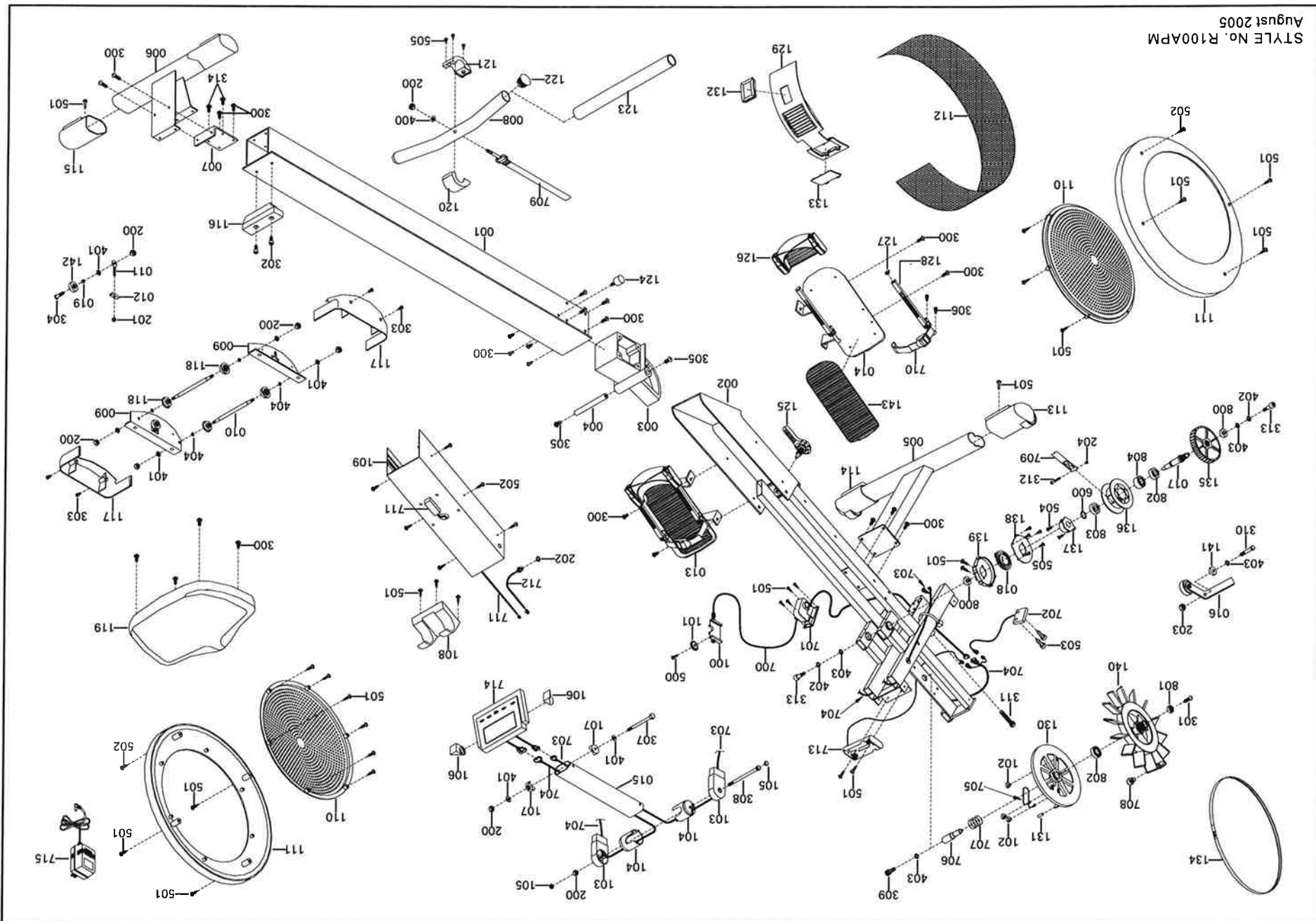
# R100APM Premier Rower DETAILED PARTS LIST

PART No.	DESCRIPTION	Q'TY
001	ALUMINUM BEAM	1
002	MAIN FRAME	1
003	DIE CAST PIVOT	1
004	DIE CAST PIVOT SHAFT	1
005	STABILIZER - FRONT	1
006	STABILIZER - REAR	1
007	REAR BRACKET	1
008	ALI HANDLE BAR	1
009	SEAT CARRIAGE - SIDE PLATE	2
010	SEAT CARRIAGE - SHAFT	2
011	GUIDE ROLLER - BOLT	2
012	GUIDE ROLLER - PLATE	2
013	FOOT REST - RIGHT	1
014	FOOT REST - LEFT	1
015	COMPUTER ARM	1
016	TENSION WHEEL ASSEMBLY	1
017	CLUTCH SHAFT	1
018	RETURN SPRING	1
019	GUIDE ROLLER - SPACER	2
100	PANCAKE - SLIDER	1
101	PANCAKE - SLIDER WHEEL	1
102	PANCAKE - CABLE GUIDE	3
103	COMPUTER ARM - PLUG	2
104	COMPUTER ARM - PIVOT	2
105	COMPUTER ARM - PLUG COVER	2
106	COMPUTER CASE NUT COVER	2
107	COMPUTER ARM - SPACER	2
108	HANDLE BAR HOLDER	1
109	COVER - FRONT	1
110	COVER - HUB	2
111	COVER - MAIN	2
112	MESH	1
113	WHEEL CAP - LEFT	1
114	WHEEL CAP - RIGHT	1
115	STANDARD CAP	2
116	ALUMINUM BEAM END CAP	1
117	SEAT CARRIAGE - COVER	2
118	SEAT CARRIAGE - ROLLER	4
119	SEAT	1
120	STRAP BUCKLE COVER - TOP	1

PART No.	DESCRIPTION	Q'TY
121	STRAP BUCKLE COVER - BOTTOM	1
122	PLUG	2
123	FOAM GRIP	1
124	SEAT CARRIAGE STOPPER	1
125	CLAMP KNOB	1
126	HEEL SUPPORT - ASSEMBLY	2
127	HEEL SUPPORT - STOPPER	4
128	HEEL PIVOT ASSEMBLY	4
129	COVER - VENT	1
130	PANCAKE - ALUMINUM	1
131	PANCAKE - SLEEVE	2
132	STRAP SLOT TRIM	1
133	BATTERY COVER	1
134	POLY "V" DRIVE BELT	1
135	DRIVE PULLER	1
136	STRAP DRUM	1
137	RETURN SPRING - DRUM	1
138	RETURN SPRING - COVER	1
139	RETURN SPRING - HOLDER	1
140	FLYWHEEL FAN with MAGNETS	1
141	TENSION WHEEL ASSEMBLY - SPACER	1
142	GUIDE ROLLER	2
143	FOOT REST TREAD	2
200	NUT	9
201	NUT	2
202	NUT	1
203	NUT	1
204	NUT	1
300	BOLT	24
301	BOLT	1
302	BOLT	2
303	BOLT	4
304	BOLT	2
305	BOLT	2
306	BOLT	8
307	BOLT	1
308	BOLT	1
309	BOLT	1
310	BOLT	1
311	BOLT	1

PART No.	DESCRIPTION	Q'TY
312	BOLT	1
313	BOLT	2
314	BOLT	2
400	WASHER	1
401	WASHER	8
402	WASHER	2
403	WASHER	4
404	WASHER	4
500	SCREW	1
501	SCREW	34
502	SCREW	8
503	SCREW	5
504	SCREW	2
505	SCREW	5
600	RETAINING RING	1
700	TENSION CABLE	1
701	MOTOR with CABLE	1
702	MOTOR SENSOR CABLE	1
703	COMPUTER CABLE - 6 x PIN	1
704	COMPUTER CABLE - 9 x PIN	1
705	PANCAKE - CABLE	1
706	PANCAKE - FLYWHEEL SHAFT	1
707	PANCAKE - SPRING	1
708	SENSOR MAGNET ASSEMBLY	1
709	DRIVE STRAP ASSEMBLY	1
710	FOOT REST - STRAP	2
711	CHEST BAND RECEIVER	1
712	AC ADAPTOR - CABLE	1
713	BATTERY CASE with CABLE	1
714	COMPUTER	1
715	AC ADAPTOR	1
800	BEARING	2
801	BEARING	1
802	BEARING	2
803	BEARING	1
804	CLUTCH	1

August 2005



**R100APM Premier Rowing Machine EXPLODED DRAWING**