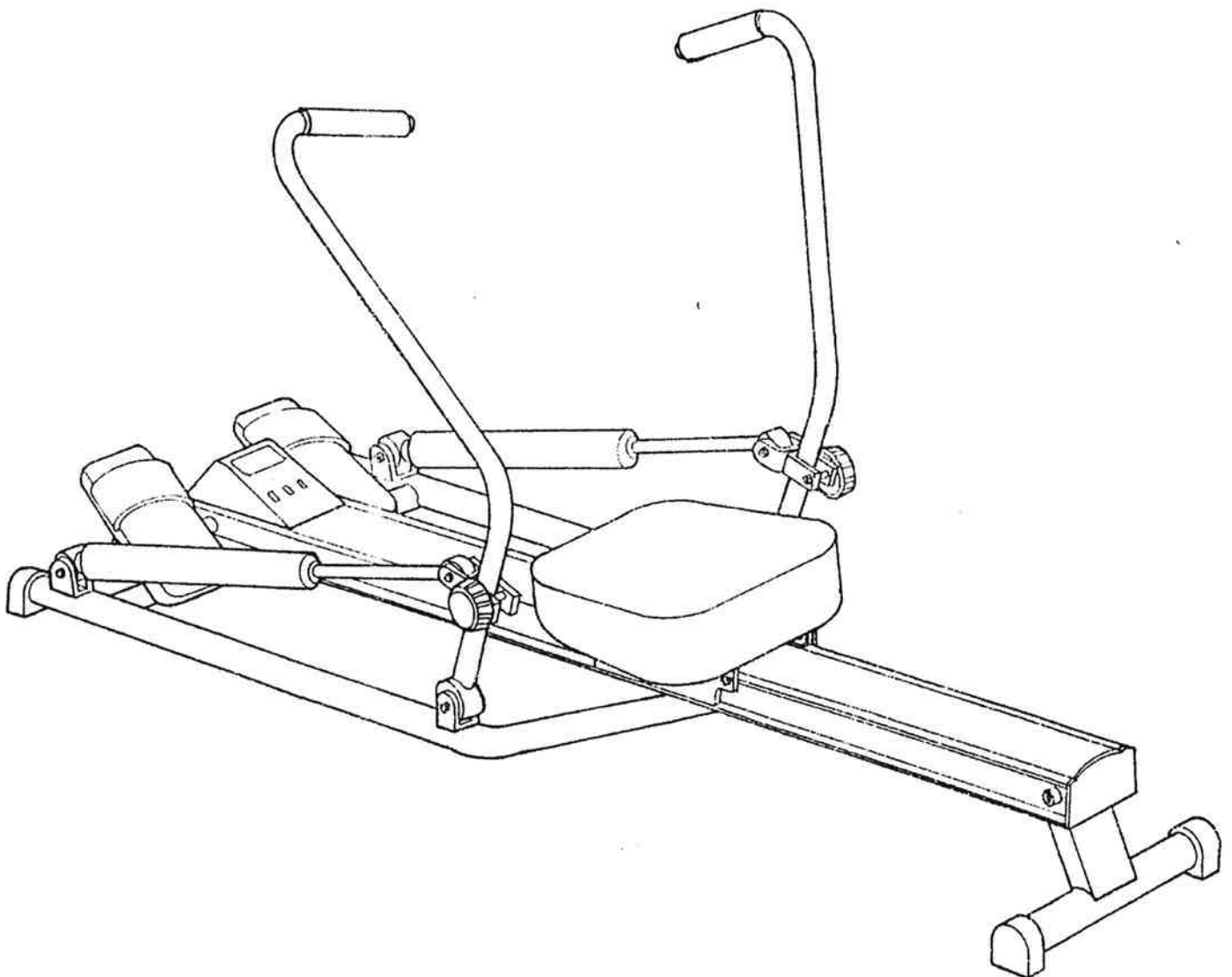
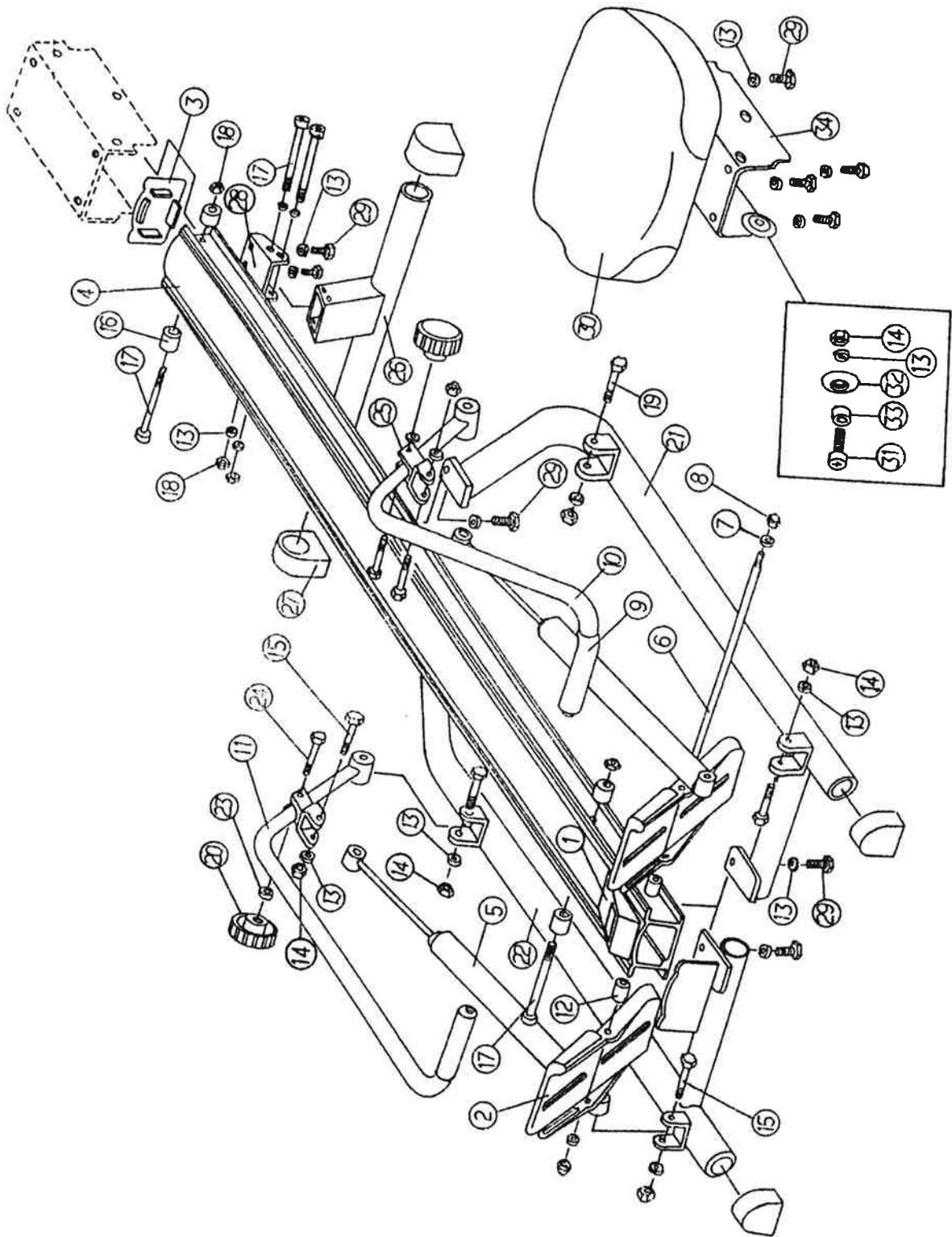


Model No. R-203

ROWER



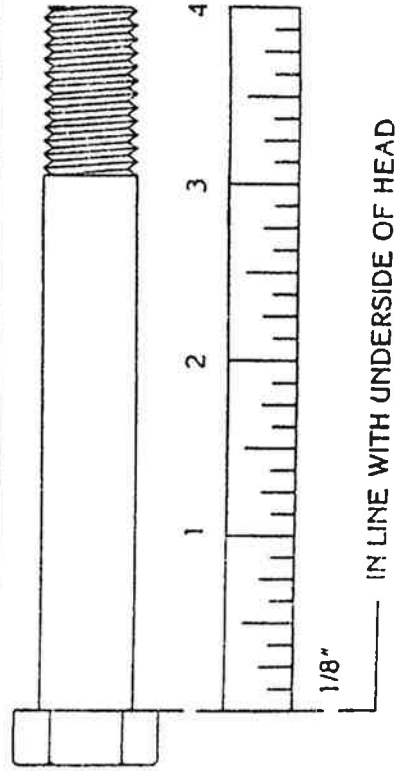
Assembly Manual



NO	DESCRIPTION	NO	DESCRIPTION	NO	DESCRIPTION
1	COMPUTER	13	M8 SPRING WASHER	25	TENSION ADJUSTER
2	PEDAL PLATE	14	M8 X 1.25 LOCK NUT	26	STABILIZER LEG
3	END CAP	15	M8 HEX X 1.25 X 40mm BOLT	27	LEG CAP
4	CENTRAL BEAM	16	STOPPER	28	BRACKET
5	HYDRAULICS	17	M8 ALLEN X 1.25 X 102mm BOLT	29	M8 ALLEN X 1.25 X 13mm BOLT
6	PEDAL SHAFT	18	M8 X 1.25 NUT	30	SEAT
7	M8 FLAT WASHER	19	M8 HEX X 1.25 X 49mm BOLT	31	M8 ALLEN X 1.25 X 29mm BOLT
8	M8 X 1.25 ACORN NUT	20	KNOB	32	ROLLER
9	ROTATING HANDLE GRIP	21	FRAME-LEFT	33	SPACER
10	OAR-LEFT	22	FRAME-RIGHT	34	SEAT CARRIER
11	OAR-RIGHT	23	M10 FLAT WASHER		
12	SPACER	24	M10 CARRIAGE X 1.25 X 42mm BOLT		

BOLT LENGTH INDICATOR

NOTE: Bolt lengths are manufactured in metric (mm) so the imperial length (inches) is approximate. eg. 65mm = 2 1/2"



IN LINE WITH UNDERSIDE OF HEAD

ASSEMBLY INSTRUCTION

BASE FRAME ASSEMBLY

1. Place the aluminum CENTRAL BEAM (4) upside down.
2. Fasten the two pieces of steel FRAME (21 & 22) (upside down) to the central beam using 4 BOLTS (29) and 4 WASHERS (13).
*Make sure to fasten the wide part of the frame to the front end of the central beam.
3. Fasten the STABILIZER LEG (26) to the rear of central beam using 2 BOLTS (17), 2 WASHERS (13) and 2 NUTS (18).

FOOTPLATE ASSEMBLY

1. Insert PEDAL SHAFT (6) through the central beam.
2. Slide SPACER (12) and FOOT PLATE (2), and tighten using WASHER (7) and NUT (8).
3. Repeat step 2 to attach the other foot plate.

OAR ASSEMBLY

1. Attach OAR (10) to the oar mounting bracket.
2. Insert BOLT (19) through the bearings and tighten with WASHER (13) and NUT (14).
* Make sure the handgrip points inward.
3. Repeat steps 1-2 to attach the other oar.

SHOCK CYLINDER ASSEMBLY

1. Attach CYLINDER (5) to the front mounting bracket with BOLT (15), WASHER (13) and NUT (14).
2. Position the oar toward the front of the rower (the handgrip is resting on the cylinder).
3. Loosen the TENSION ADJUSTER (25) until it is aligned with the cylinder piston eyelet.
4. Insert BOLT (15) through the tension adjuster and cylinder piston eyelet and tightened with WASHER (13) and NUT (14).
5. Repeat step 1-4 to attach the other cylinder.

SEAT ASSEMBLY

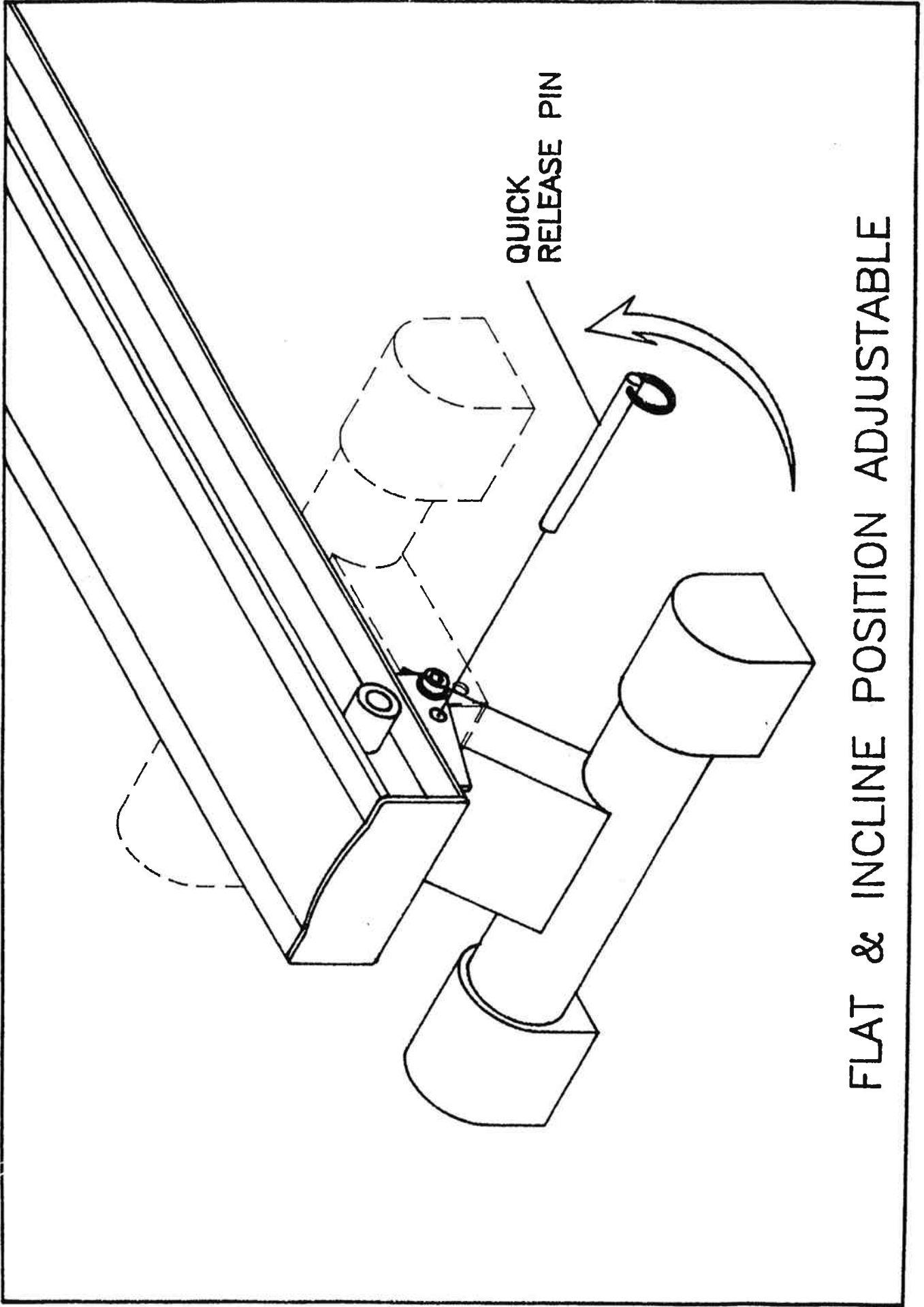
1. Place the SEAT (30) upside down on the floor.
2. Attach the SEAT CARRIER (34) to the bottom of the seat with 4 WASHERS (13) and 4 BOLTS (29).

SEAT ASSEMBLY ON CENTRAL BEAM

1. Insert BOLT (17) with STOPPER (16) thru the front end of central beam and fasten with STOPPER (16) and NUT (18).
2. Remove the END CAP (3) at the end of central beam.
3. Slide SEAT ASSEMBLY on the central beam.
4. Insert BOLT (17) with STOPPER (16) thru the rear end of central beam and fasten with STOPPER (16) and NUT (18).

COMPUTER ASSEMBLY

1. Open the battery compartment and insert two 1.5V sized "AA" batteries.
2. Plug the computer wire into the other wire located at the front end of central beam.
3. Slide and lock computer on the central beam.



QUICK
RELEASE PIN

FLAT & INCLINE POSITION ADJUSTABLE