

Flywheel & Sprocket Removal/Replacement

Tools Required:

Phillips head screwdriver

9/16" (14mm) spanner

One way clutch nut

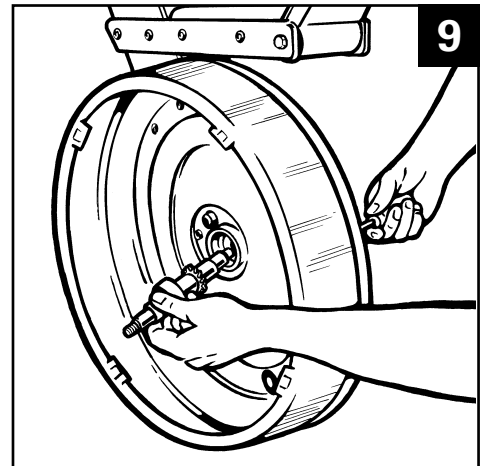
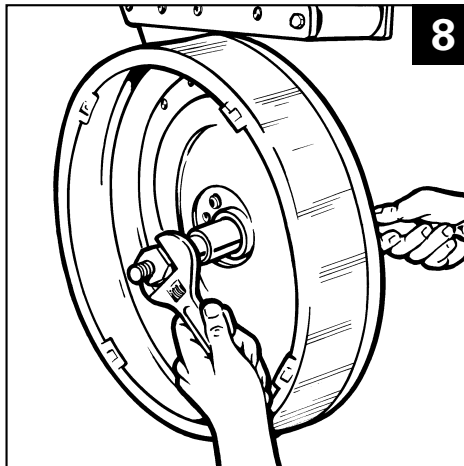
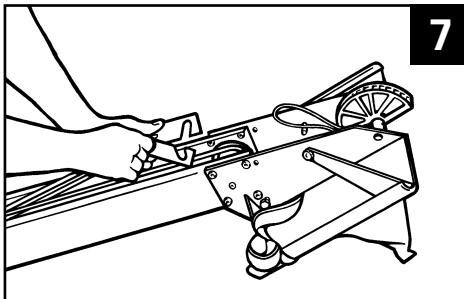
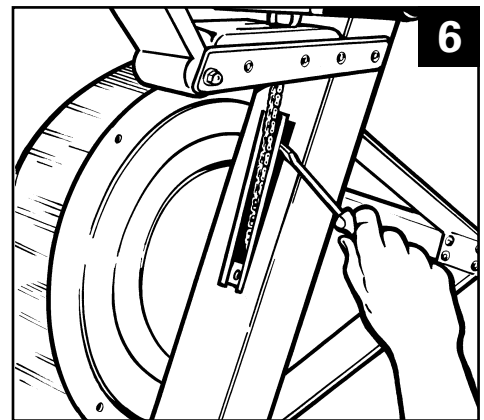
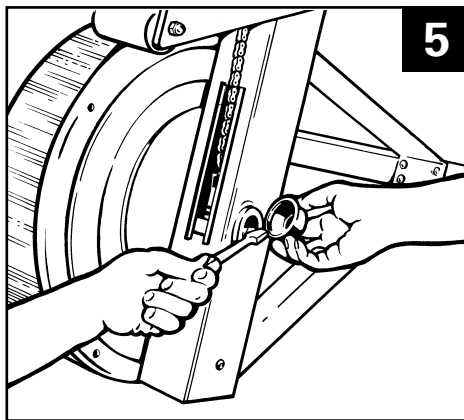
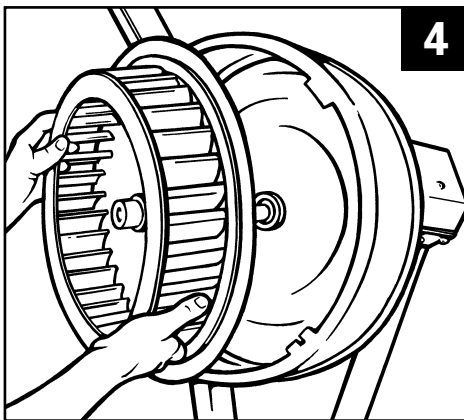
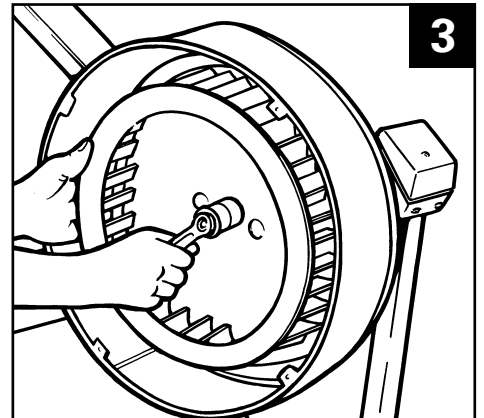
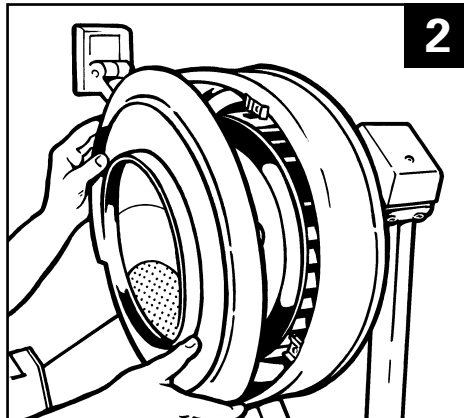
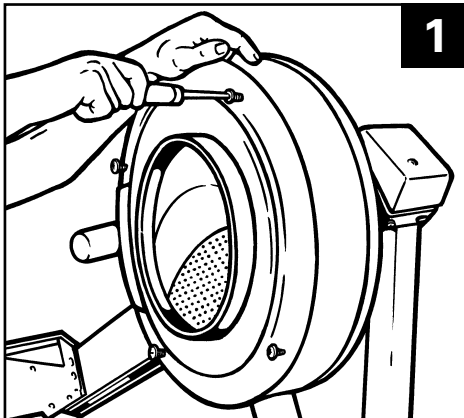
Vice

1. First remove damper panel assembly by removing four Phillips screws.
2. Remove cover by hand.

3. Hold flywheel and turn centre nut anticlockwise using 9/16" (14mm) spanner.
4. Remove by hand.
5. Remove bearing cover.
6. Remove anti-throw device using screwdriver.
7. Undo shockcord taking care when unhooking as the

8. shockcord is under tension.
8. Undo 9/16" (14mm) nut using clutch nut on axle.
9. As axle is withdrawn we recommend you temporarily replace the axle with a screwdriver to preserve chain routing.

Continues overleaf.

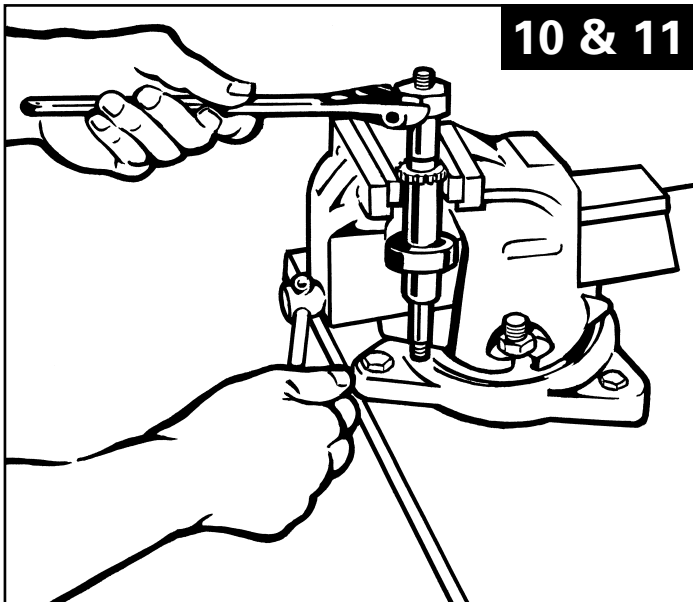


Note: the Indoor Rower is built to Imperial measurements, however you may have to use the closest Metric tool available in the UK (shown in brackets)

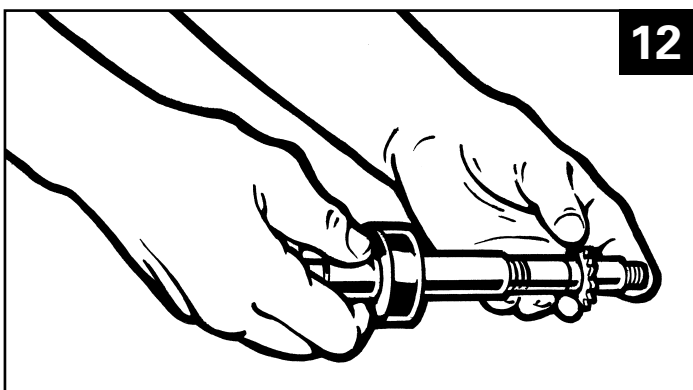
Flywheel & Sprocket Removal/Replacement cont.

10. Hold sprocket in vice.

11. Using one way clutch nut turn axle anticlockwise.

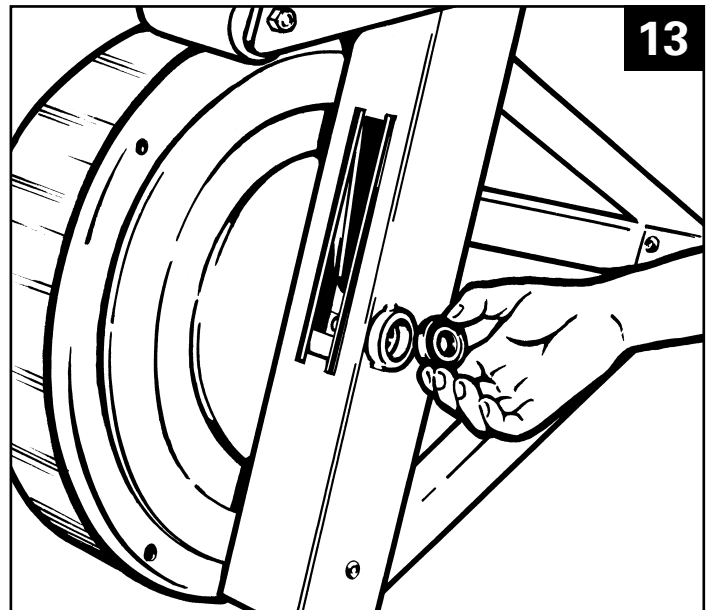


12. Remove sprocket by hand.



Note: It is advised to replace 17mm bearing and R8 bearing.

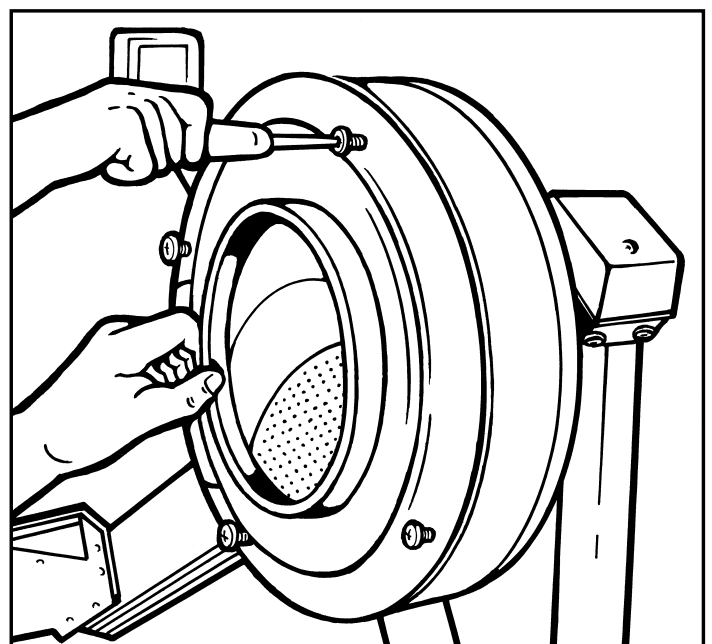
13. Remove R8 bearing.



Reverse steps 10-13 to refit sprocket. Sprocket can be tightened by hand. Do not tighten in vice.

Reverse steps 5-9 to refit axle.

Reverse steps 1-4 to replace the damper panel. While holding the damper panel close to the outlet perf (but not on) locate the four screws into the 'U' hole nuts, then push on the panel and tighten fully (see below).



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