

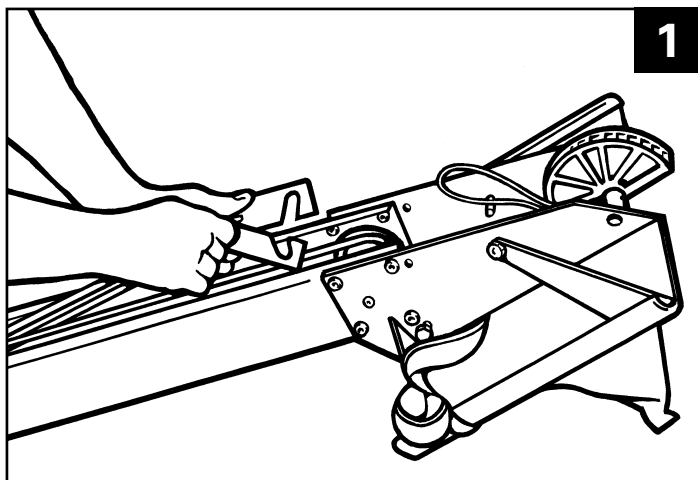
Foot Bracket Removal/Replacement

Tools Required:

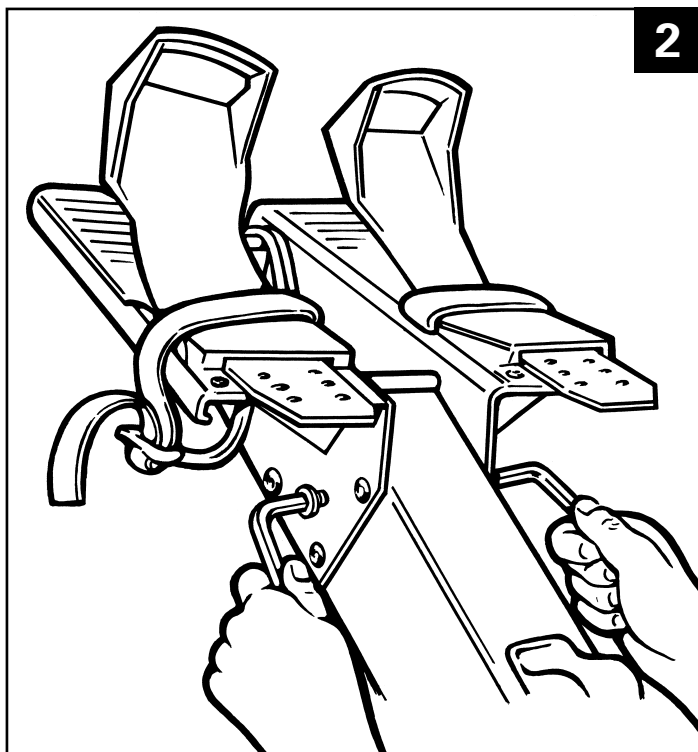
5/32" and 7/32" Allen keys

9/16" (14mm) spanner

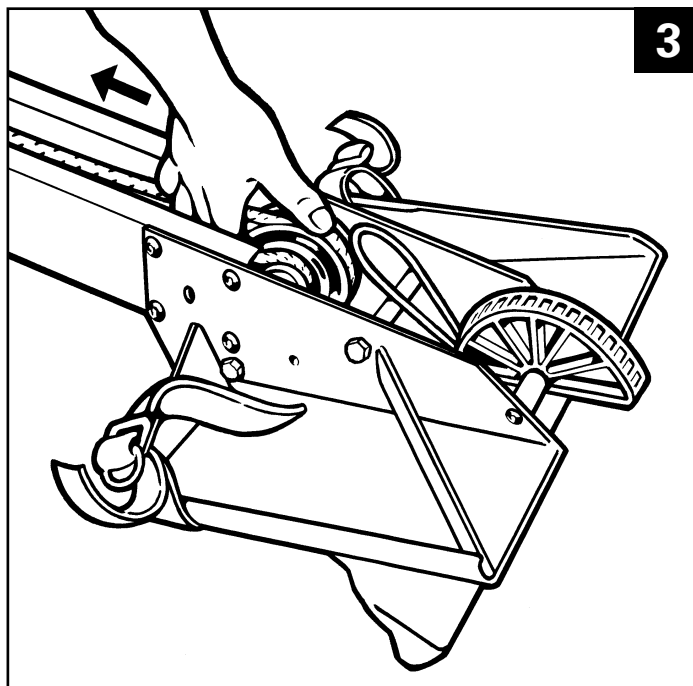
1. Unhook shockcord SCAMS taking care when unhooking as the shockcord is under tension.



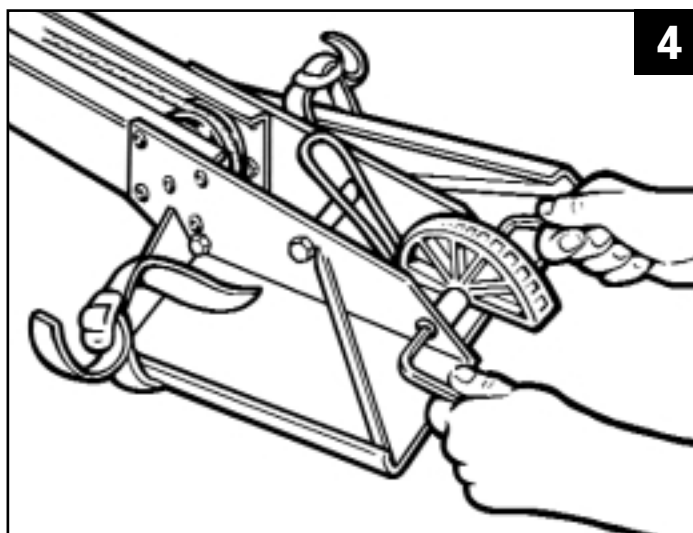
2. Remove Allen key bolts 5/32" from shock cord pulley axle (one each side).



3. Pull shock cord pulleys into the box frame.



4. Remove frame lock, undo Allen key bolts using the 5/32" Allen key.



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)

Foot Bracket Removal/Replacement cont.

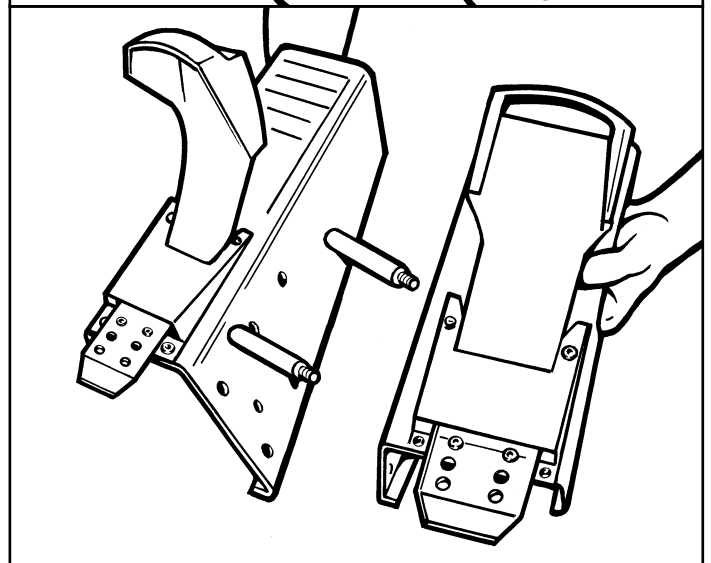
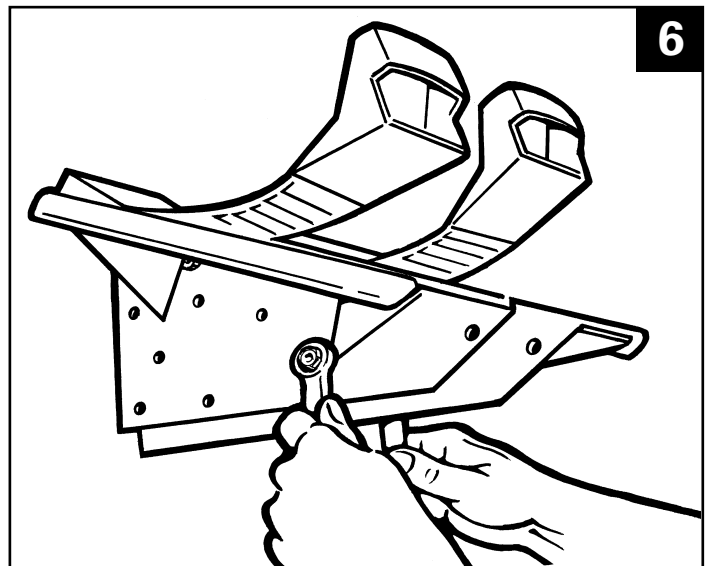
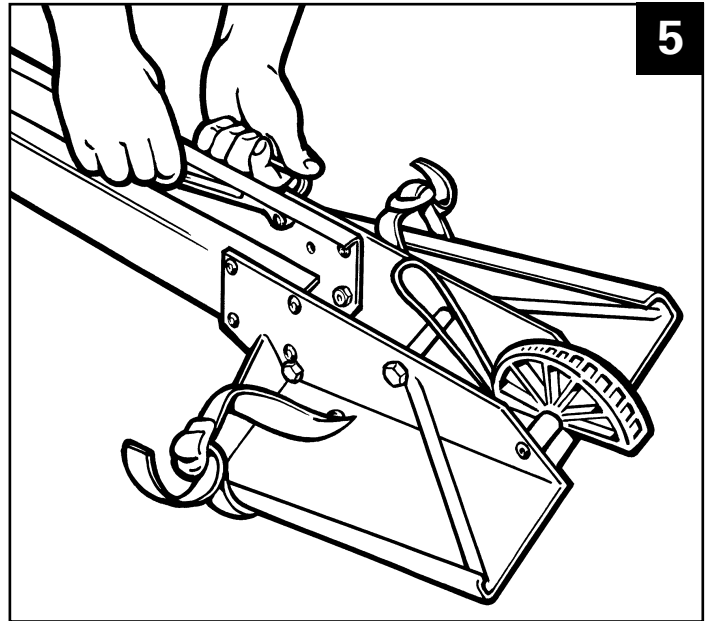
5. Remove eight Allen bolts using $7/32''$ Allen key. Holding $9/16''$ (14mm) nuts turn anticlockwise.

Note: The bolts will be very tight.

6. To remove foot bracket undo hanging bolt nuts using the $9/16''$ spanner.

Note: The box frame has been omitted from the illustration for clarity.

Reverse procedure to refit.



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)