

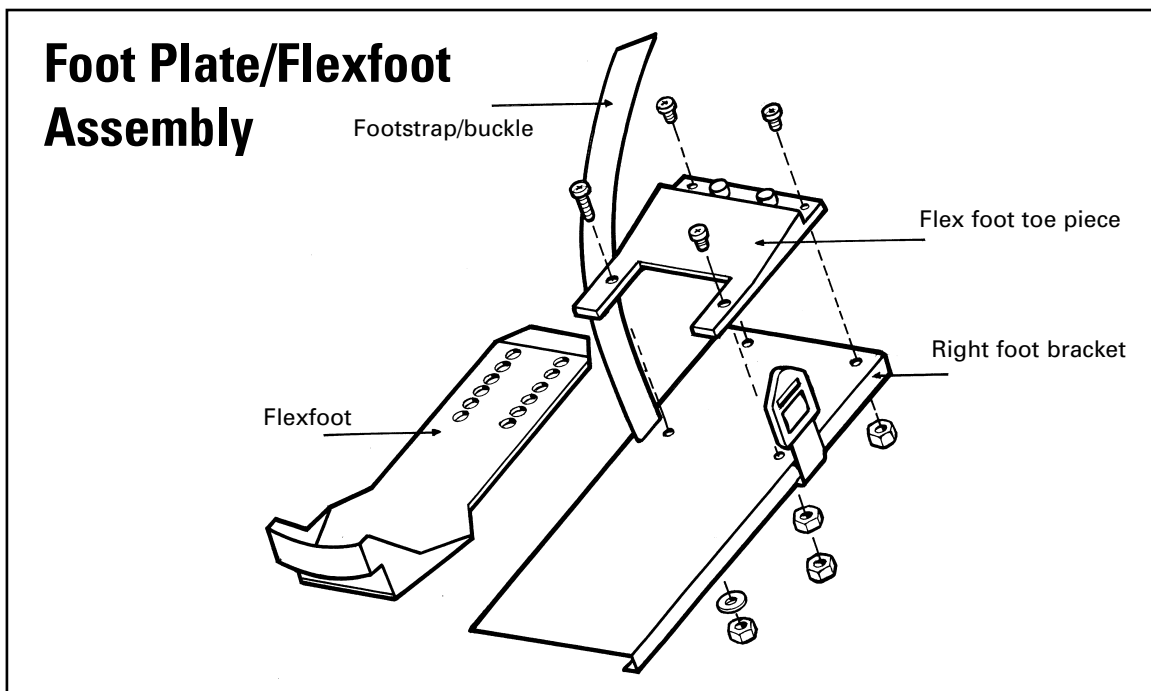
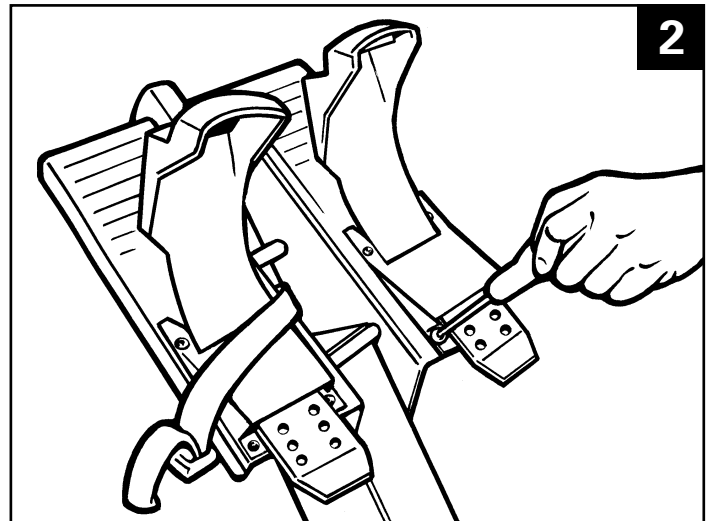
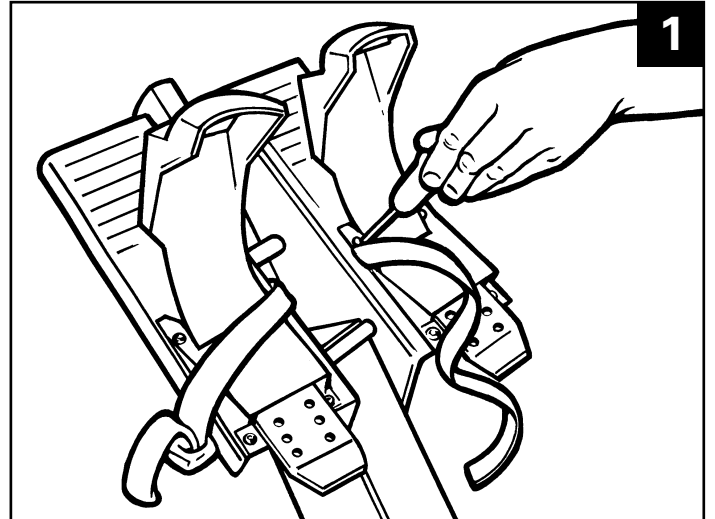
Footstrap, Toe Piece and Flexfoot Removal

Tools Required:

Phillips head screwdriver

3/8" (9mm) spanner

1. Undo footstrap bolt using the Phillips screwdriver and 3/8" (9mm) spanner.
2. Undo the toepiece bolt using the Philips screwdriver and 3/8" (9mm) spanner.



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)