

Stainless Steel Track Removal/Replacement

Tools Required:

5/32" Allen key

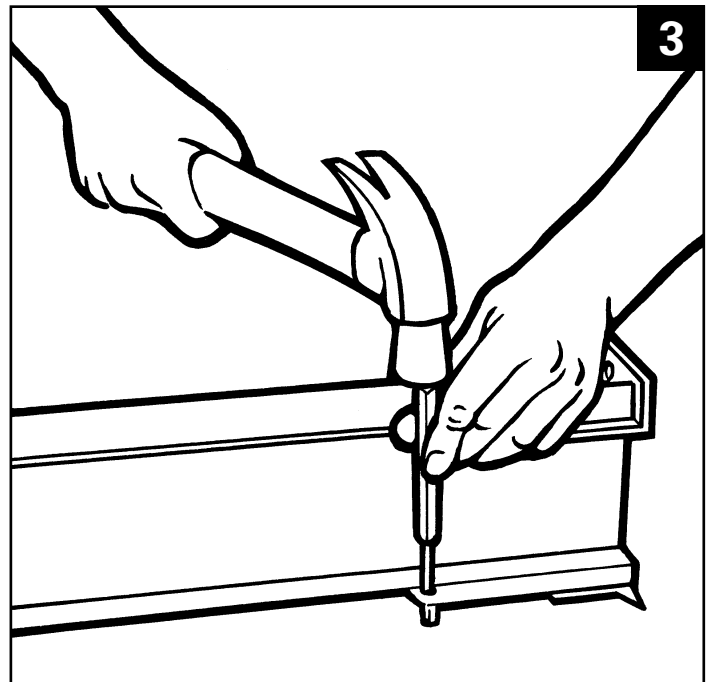
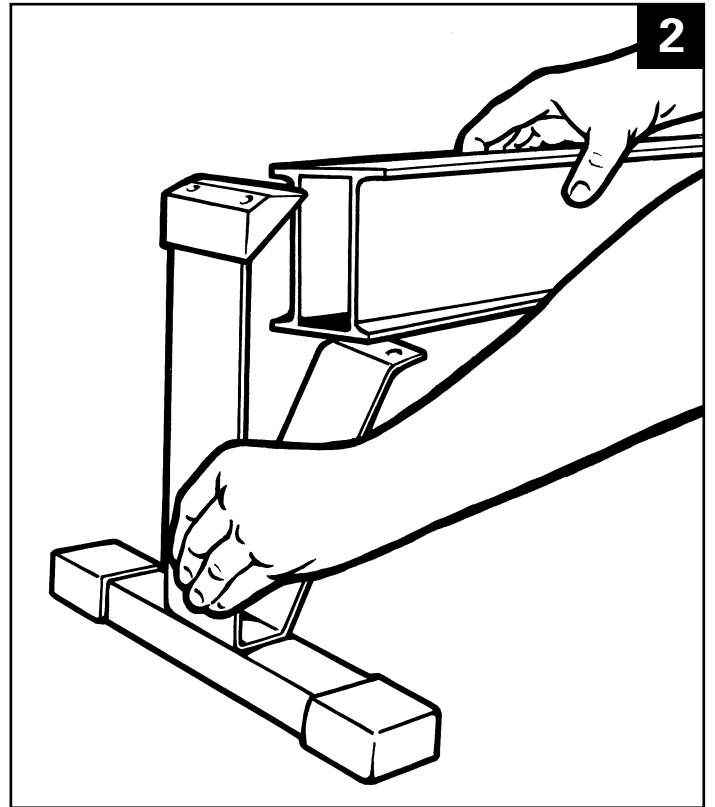
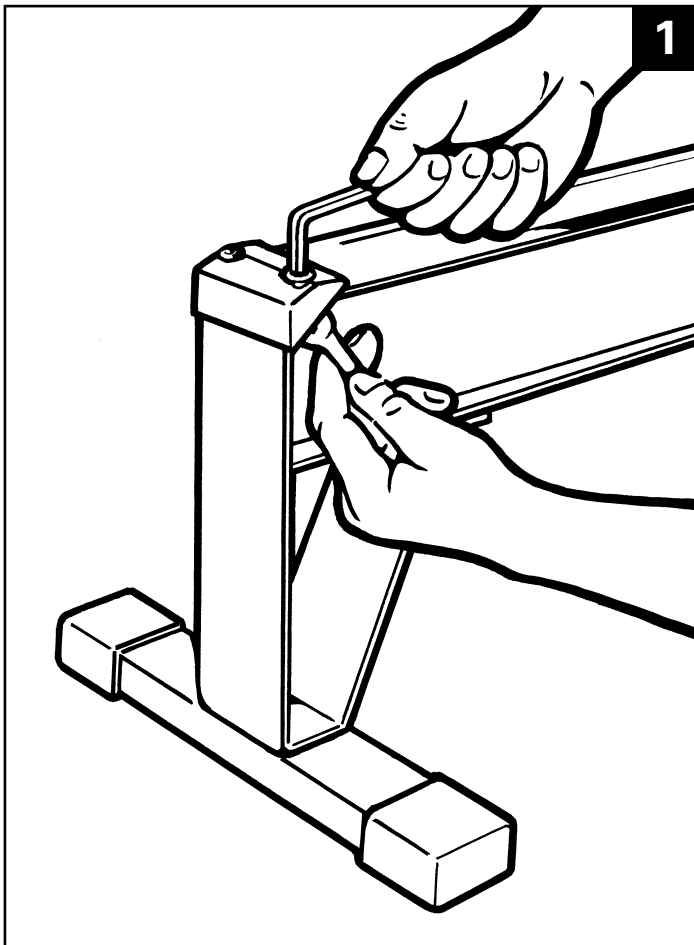
7/16" (11mm) spanner

1/8" (3mm) punch

Hammer

Scraper, white spirit and screwdriver

1. Remove rear leg assembly by undoing four bolts using the 5/32" Allen key and 7/16" (11mm) spanner.
2. Remove rear leg from monorail and slide seat off.
3. Remove plastic rivets using hammer and 1/8" (3mm) punch or screwdriver.

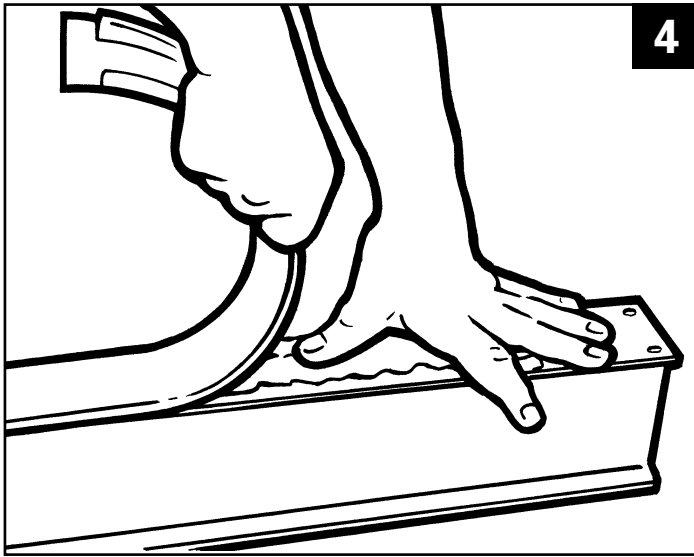


Continues overleaf.

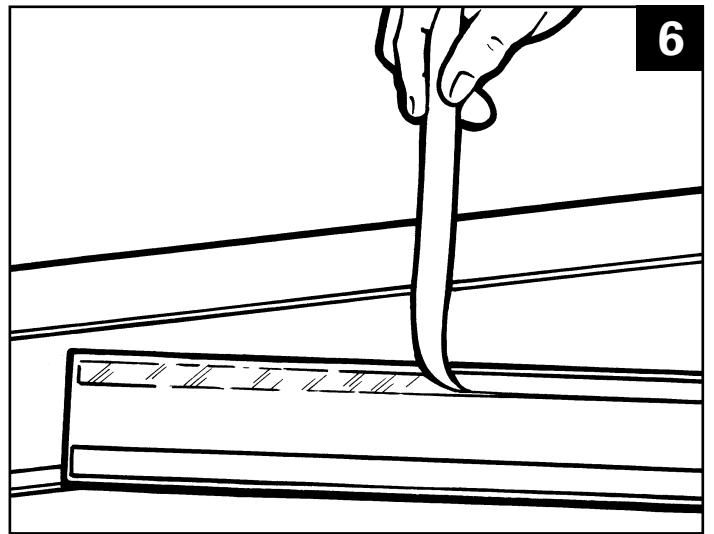
Note: the Indoor Rower is built to Imperial measurements, however you may have to use the closest Metric tool available in the UK (shown in brackets)

Stainless Steel Track Removal/Replacement cont.

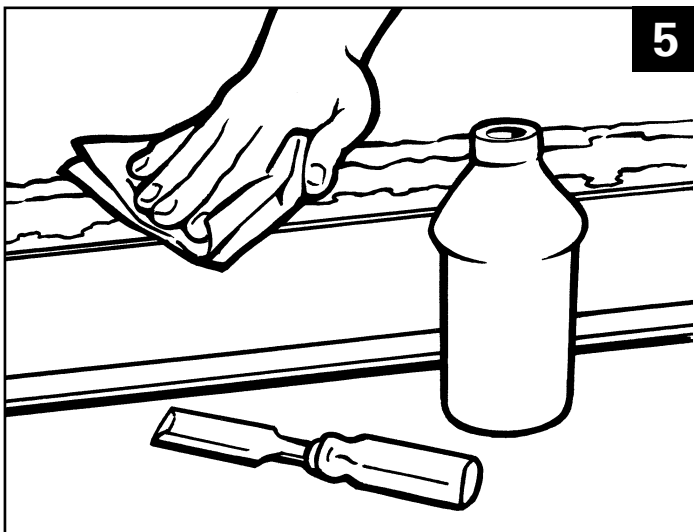
4. Remove track from monorail.



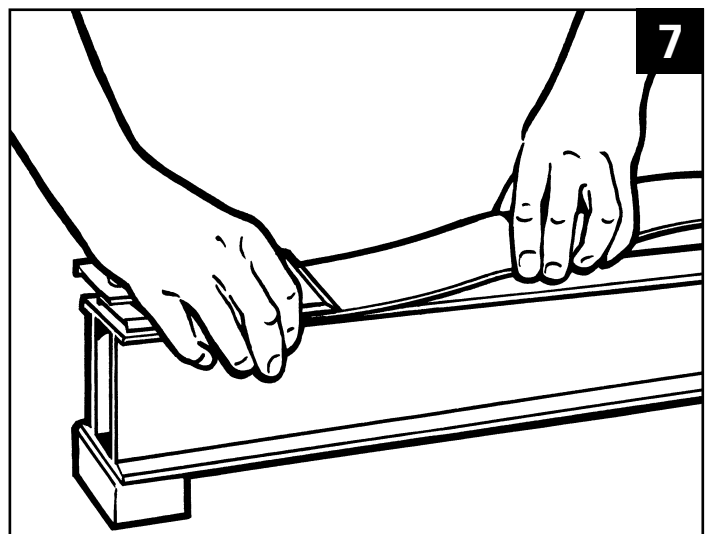
6. Remove backing paper from double sided tape on new track.



5. Ensure surface of monorail is free of all existing residue. Take care not to allow white spirit to drip onto the sides of the monorail.



7. Locate track under front and rear plastic bumpers on monorail. Fit new plastic rivets taking great care.



8. Refit seat assembly.

9. Refit rear leg.