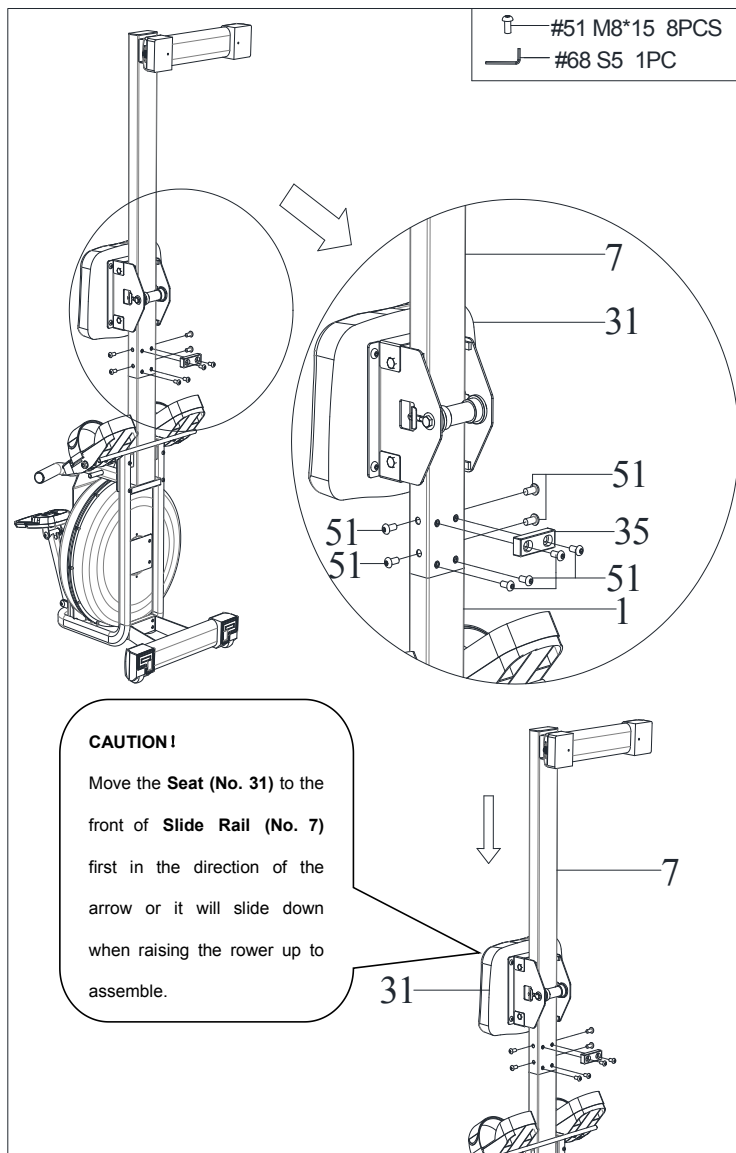


Please refer to this insert page to assemble the STEP 4



STEP 4:

Set the **Main Frame (No. 1)** upright, move the **Seat (No. 31)** to the front of **Slide Rail (No. 7)** first. Attach the **Slide Rail (No. 7)** to the **Main Frame (No. 1)** using 8 **Screws (No. 51)**. Insert all 8 **Screws (No. 51)** partially into the holes first, and then tighten with **Allen Wrench (No. 68)**. The two holes must be threaded with the **Stopper (No. 35)** before pinning into the **Slide Rail (No. 7)**.

NOTE: Beware of the rower falls over when set the rower upright to assemble!

The assembly is complete!