

DUAL MODE ROWER

Enjoy the Sensation



ASSEMBLY INSTRUCTIONS

R9 DUAL MODE ROWER ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of the R9 Dual Mode Rower. This product has been designed and manufactured to meet the needs and requirements of domestic use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

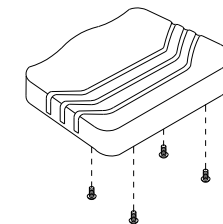
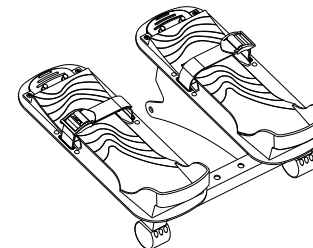
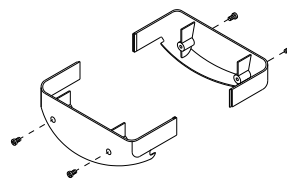
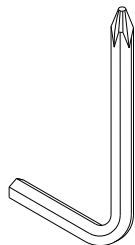
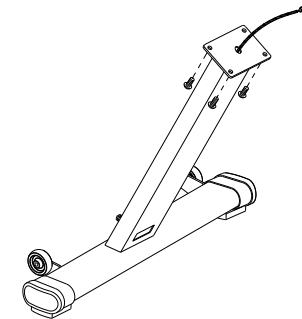
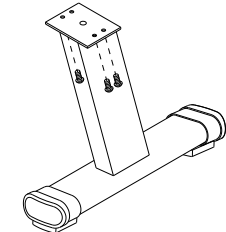
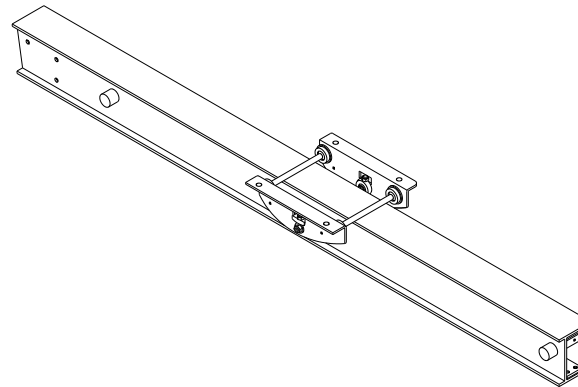
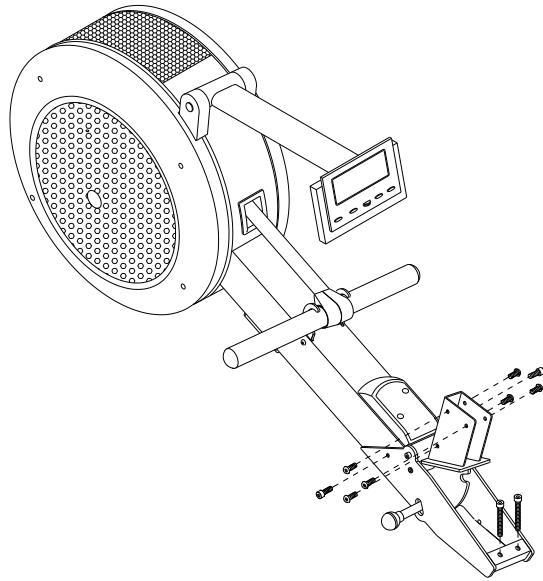
If you have any further questions, please contact us. We wish you lots of success and fun while training.

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Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.



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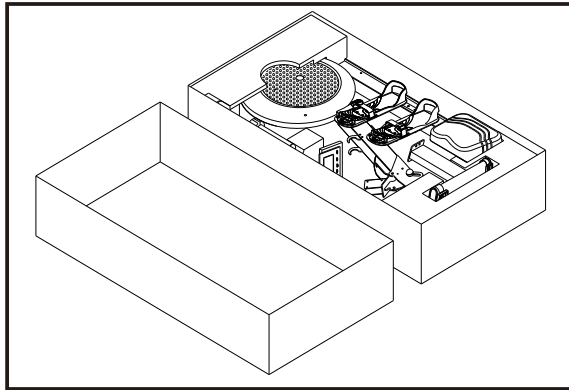
STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your R9 Dual Mode Rower.

STEP 2

Open the carton as shown in the diagram below.

NOTE: To protect the R9 Dual Mode Rower while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



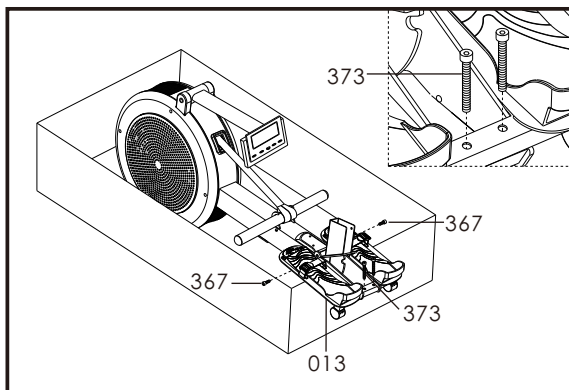
STEP 3

a) Remove the partly assembled rower from the carton lid and place it the correct way up as shown in the diagram below.

b) Remove the SAFETY STRAP HOLDER and discard. Place the HANDLE BAR in it's HOLDER.

c) Remove 2 x BOLT [367] from MAIN FRAME [002] and 2 x BOLT [373] with the TOOL provided.

d) Assemble FOOT PEDAL [013] with the same 2 x BOLT [367] with 2 x BOLT [373] then tighten firmly.



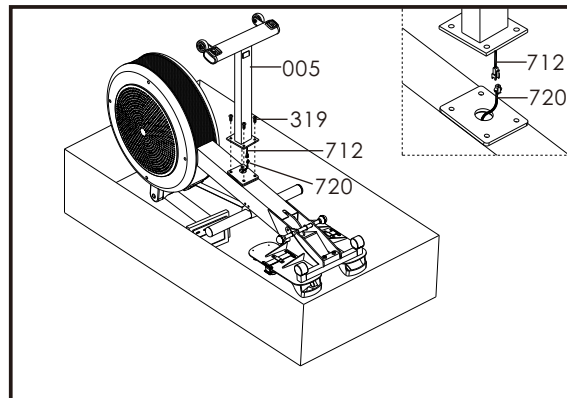
STEP 4

a) Turn over the MAIN FRAME [002] in the Carton Lid as shown in the diagram below.

b) Remove 4 x BOLT [319] from MAIN FRAME [002] with the tool provided.

c) Connect AC ADAPTOR CABLE [712] to COMPUTER CABLE [720]

d) Assemble the FRONT STABILIZER [005] with the same 4 x BOLT [319] and tighten firmly. Before assembling make sure the [005] FRONT STABILIZER is not pressing the [712] AC ADAPTOR CABLE & the [720] COMPUTER CABLE.



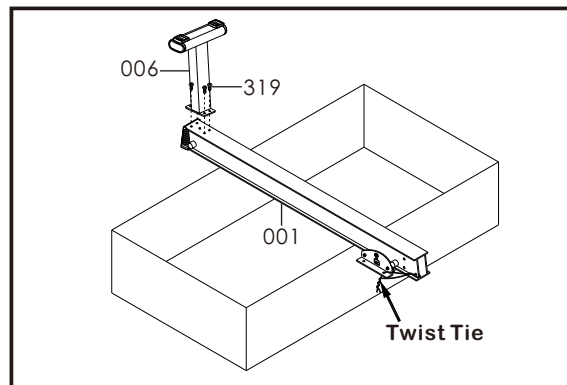
STEP 5

a) Remove the ALUMINUM BEAM [001] from the carton and place it on top of the carton lid as shown in the diagram below.

b) Remove 4 x BOLT [319] from ALUMINUM BEAM [001] with the TOOL provided.

c) Assemble REAR STABILIZER [006] with the same 4 x BOLT [319] and tighten firmly.

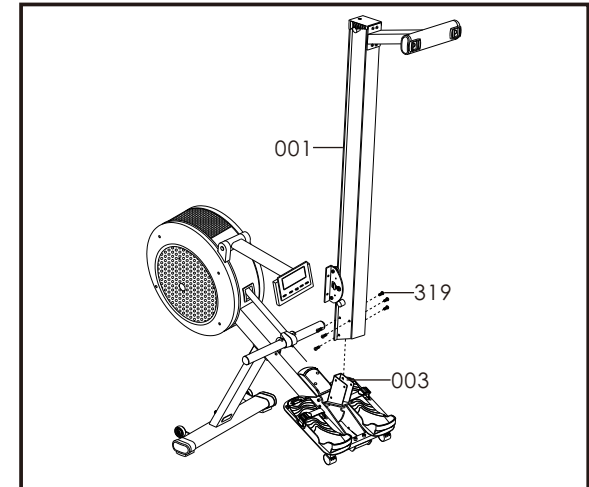
d) Remove the Twist Tie and discard.



STEP 6

a) Remove 6 x BOLT [319] from PIVOT BRACKET [003] with the TOOL provided.

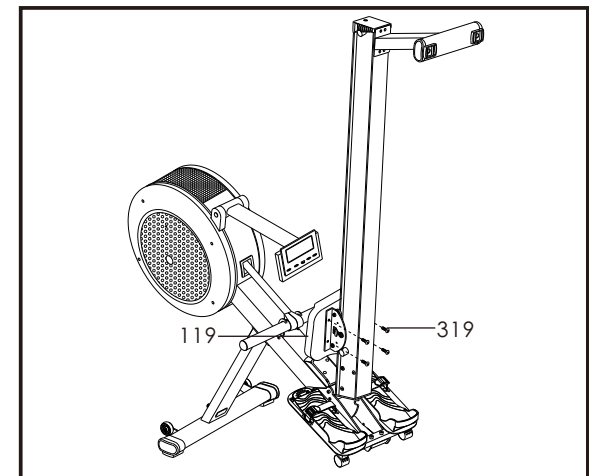
b) Assemble the ALUMINUM BEAM [001] with the same 6 x BOLT [319] and tighten firmly.



STEP 7

a) Remove 4 x BOLT [319] from SEAT [119] with the TOOL provided.

b) Assemble SEAT [119] with the same 4 x BOLT [319] and tighten firmly.



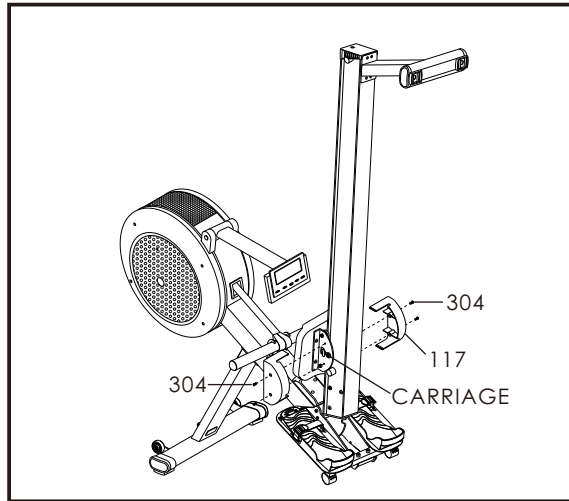
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STEP 8

a) Remove 4 x BOLT [304] from CARRIAGE with the TOOL provided.

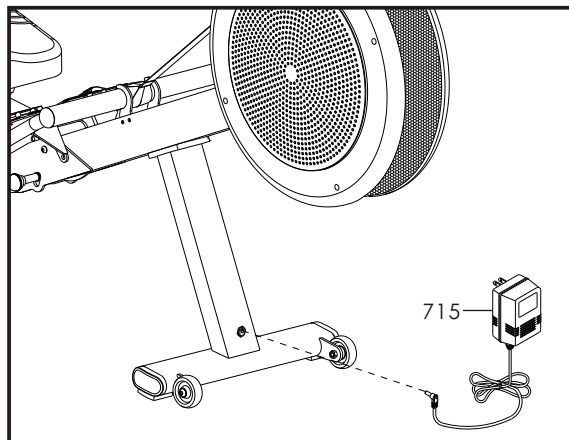
b) Assemble 2 x SEAT CARRIAGE COVER [117] with the same 4 x BOLT [304] and tighten firmly.

NOTE: Ensure that the 2 x SEAT CARRIAGE COVER [117] engage correctly into each other as shown in the diagram below.



STEP 9

a) Connect the AC ADAPTOR [715] into the main power socket.



STEP 10

Remove all Protective Packing Material and discard.

ASSEMBLY COMPLETE

It is important to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the R9 Dual Mode Rower before using it.

R9 DUAL MODE ROWER PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	ALUMINUM BEAM	1	123	FOAM GRIP	2	367	BOLT	4
002	MAIN FRAME	1	124	CARRIAGE STOPPER	4	370B	BOLT	2
003	PIVOT BRACKET	1	129	COVER VENT	1	373	BOLT	2
005	STABILIZER - FRONT	1	132	STRAP SLOT TRIM	1	376B	BOLT	2
006	STABILIZER - REAR	1	134	POLY "V" DRIVE BELT	1	386A	BOLT	4
007	REAR BRACKET	1	135	DRIVE PULLEY	1	412	WASHER	4
008	ALI HANDLE BAR	1	136	STRAP DRUM	1	414	WASHER	8
009	SEAT CARRIAGE	2	137	RETURN SPRING - DRUM	1	434	WASHER	2
010	SEAT CARRIAGE SHAFT	2	138	RETURN SPRING -COVER	1	460	WASHER	2
011	ROLLER ADJUSTMENT BOLT	4	139	RETURN SPRING - HOLDER	1	473	WASHER	4
012	ROLLER ADJUSTMENT PLATE	4	140	FLYWHEEL FAN	1	501	SCREW	5
013	FOOT PEDAL	1	142	SPECIAL SEAT ROLLER	2	508	SCREW	15
015	COMPUTER ARM	1	143	HEEL REST	2	512	SCREW	2
017	CLUTCH SHAFT	1	146	PLUG	1	519A	SCREW	12
018	RETURN SPRING	1	147	HEEL REST HOLDER	2	530	SCREW	2
019	ROLLER SPACER	2	148	END CAP	2	615	RETAINING RING	1
026	STOPPER BRACKET	1	149	BUSHING	2	700	TENSION CABLE	1
027	STRAP HOLDER	2	150	BALL KNOB	2	701	MOTOR with CABLE	1
028	KNOB STUD	1	151	SENSOR HOLDER	1	702	MOTOR SENSOR CABLE	2
029	SPRING	2	152	MAIN COVER JOINT POST	1	703	COMPUTER CABLE	1
030	HANDLE BAR HOLDER	2	153	RECEIVER COVER	1	704	COMPUTER CABLE	1
031	SENSOR HOLDER BRACKET	1	154	STRAP TRIM	4	708	SENSOR MAGNET	4
103	COMPUTER ARM PLUG	2	205	NUT	2	709	DRIVE STRAP ASSEMBLY	1
104	COMPUTER ARM PIVOT	2	207	NUT	2	710	FOOT STRAP	2
105	COMPUTER ARM PLUG COVER	2	211	NUT	1	711	CHEST BAND RECEIVER	1
106	COMPUTER CASE NUT COVER	2	212	NUT	4	712	AC ADAPTOR CABLE	1
107	COMPUTER ARM SPACER	2	213	NUT	10	714	COMPUTER	1
110	COVER - HUB	2	215	NUT	2	715	AC ADAPTOR	1
111A	COVER MAIN - RIGHT	1	225	NUT	1	720	COMPUTER CABLE	1
111B	COVER MAIN - LEFT	1	304	BOLT	4	766	BATTERY CASE with CABLE	1
112	MESH	1	313A	BOLT	4	802	BEARING	2
113	WHEEL	2	314A	BOLT	8	805	BEARING	1
115	STANDARD CAP	4	319	BOLT	18	809	BEARING	1
116	ALUMINUM BEAM END CAP	1	325	BOLT	2	831	CLUTCH	1
117	CARRIAGE COVER	2	342A	BOLT	2			
118	SEAT CARRIAGE ROLLER	4	349	BOLT	1			
119	SEAT	1	350	BOLT	1			
120	STRAP COVER - RIGHT	1	358	BOLT	1			
121	STRAP COVER - LEFT	1	359A	BOLT	1			
122	PLUG	2	360	BOLT	1			

