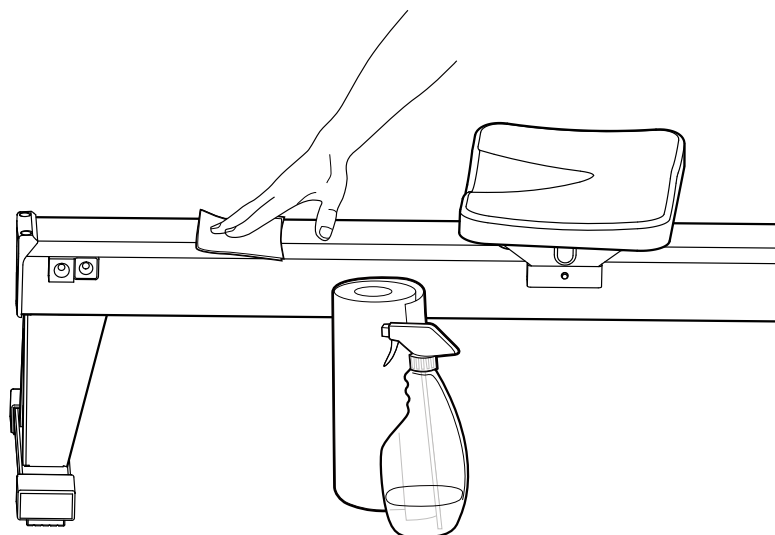


DAILY MAINTENANCE

Wipe the stainless-steel rail with a cloth or non-abrasive pad with soap or alcohol after use.

Note: Do not use bleach or acid cleaners.



EVERY 50 HOURS OF USE (Weekly for Commercial Setting)

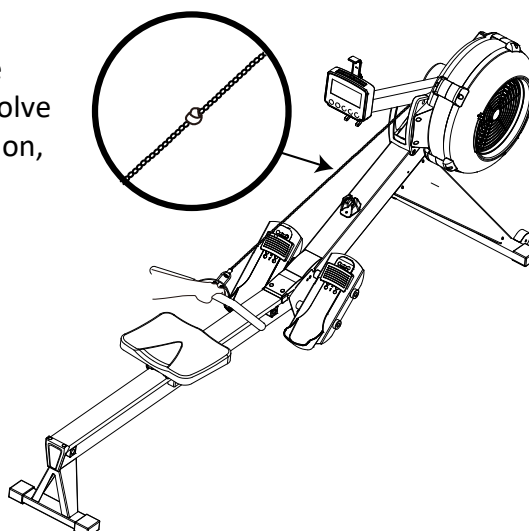
Lubricate the chain with a teaspoon of purified mineral oil, 20W motor oil, or 3-in1 oil. Apply the oil on a paper towel. Rub the paper towel along the full length of the chain. Wipe off excess. Repeat if not enough.

Note: Do not clean the chain with any kind of cleaner.

EVERY 250 HOURS OF USE (Monthly for Commercial Setting)

1. Inspect the chain

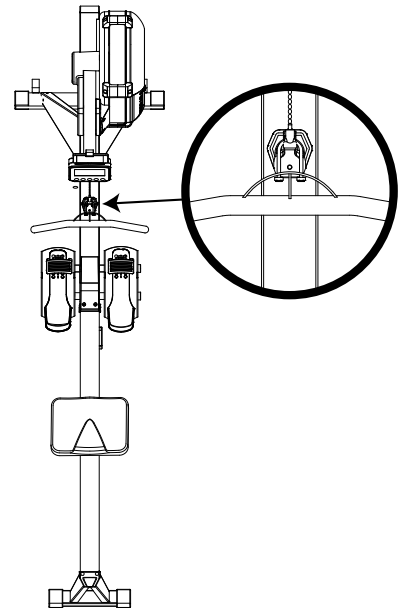
Inspect the chain for stiff links. If any are found, apply thorough lubrication to resolve the issue. If unable to remedy the situation, then a new chain should be fixed.



2. Inspect handle connection

Inspect the nuts on the U-bolt that holds the chain and handle together. Ensure that all bolts are tight and secure. Never use when loose.

See illustration below.



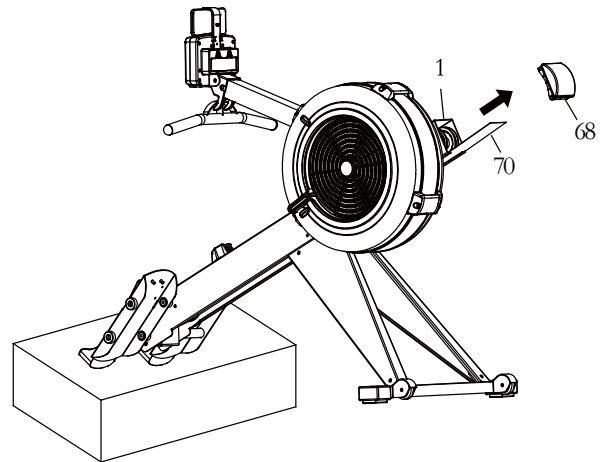
3. Inspect fasteners and fixings

Check all visible fixings on the Rower/ Monitor and tighten as required.

4. Adjust bungee cord

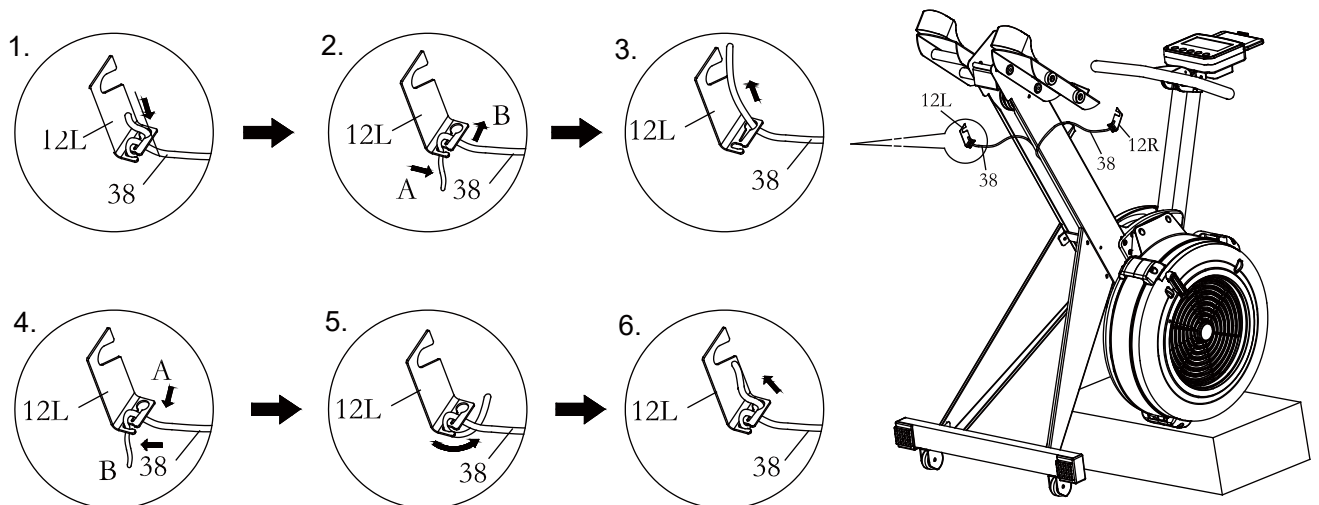
If the handle does not retract all the way to the fan or you feel the return action from the handle is slowing down over time, then the bungee cords may need tightening. Please refer to below steps.

- a. Position the **Main Frame Assembly** as shown in the illustration. Remove the **Main Frame Top Cap** from the **Main Frame**. Slide out the **Bottom Cover** from the **Main Frame**.

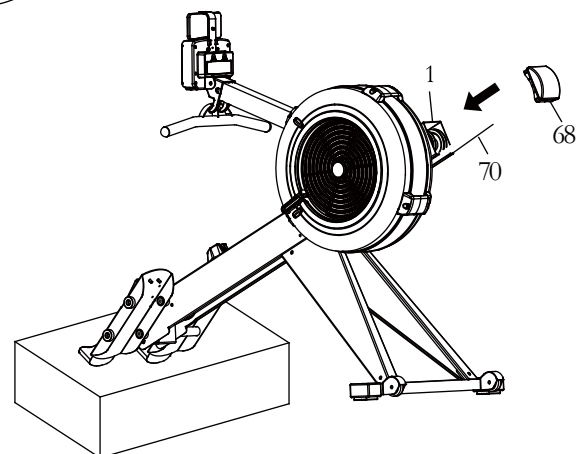


- b. Position the **Main Frame Assembly** as shown in the below illustration. Unhook the **Left Bungee Cord Hook** from the **Main Frame**. Make a mark on the **Bungee Cord** to move the hook forward 2 inches. Refer to **View 1** to **View 3** to untie the **Bungee Cord** from the **Left Bungee Cord Hook**, and move the hook forward 2 inches. Refer to **View 4** to **View 6** to retie the **Bungee Cord** to the **Left Bungee Cord Hook**. Hook the **Left Bungee Cord Hook** back into the **Main Frame** and push the hook to the left side to touch the inner wall of the **Main Frame**.

NOTE: Always use two hands with a secure grip when re-attaching the Bungee Cord Hooks. Unhook the **Right Bungee Cord Hook** from the **Main Frame**. Do the same as above to adjust the **Bungee Cord** on the right side.



- c. Position the **Main Frame Assembly** as shown in the illustration. Slid the **Bottom Cover** back into the **Main Frame**. Press the **Main Frame Top Cap** into the **Main Frame**.



5. Clean the flywheel

Over time, dust and lint may collect inside the flywheel and on the stainless-steel mesh. This will restrict airflow and lower the resistance of the fan. It is important to keep the flywheel and mesh clean at all times. The flywheel and mesh can be cleaned by following the instructions below.

