

DISASSEMBLY INSTRUCTIONS: MONORAIL WATERROWER

PREP WHAT YOU'LL NEED...

Bucket



Syphon Pump



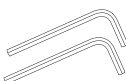
Plastic Bag



Ziplock Bag



Allen Key(s)

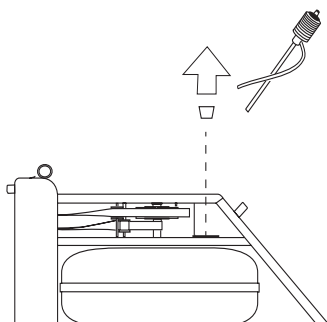


Rubber Band



PREP DRAIN THE WATER FROM YOUR TANK

Remove the tank stopper. Use the provided syphon pump to remove the water from your tank. There will be approximately $\frac{1}{2}$ cup of water left in the tank.



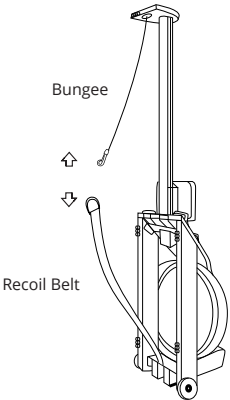
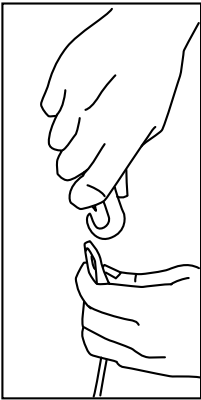
Place a plastic bag over the tank opening and insert tank stopper over the plastic bag.

This step is important to ensure the remaining water does not leak out of the tank during shipping causing damage and/or mold to the rower.

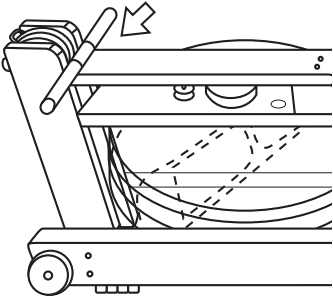
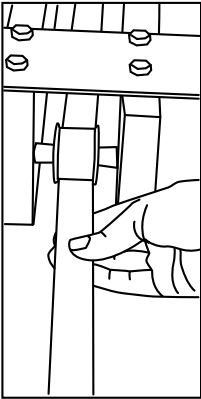
STEP 1

(A) Stand the WaterRower upright. Unclip the bungee from the recoil belt. (B) Pull the handle to the forward riser while pulling the recoil belt through the other side. Using an elastic band, secure the handle to the top deck (Band goes around one end of the handle, under the top deck, and then over the other end of the handle). (C) Wrap the recoil belt around the forward riser bracket. Tuck the end of the recoil belt through itself and pull tight to secure.

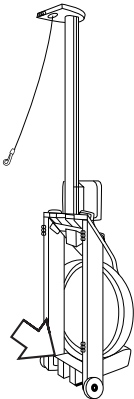
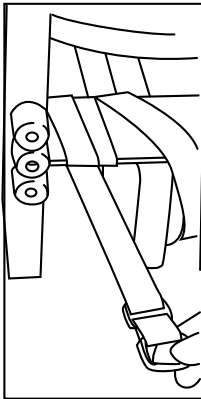
A



B

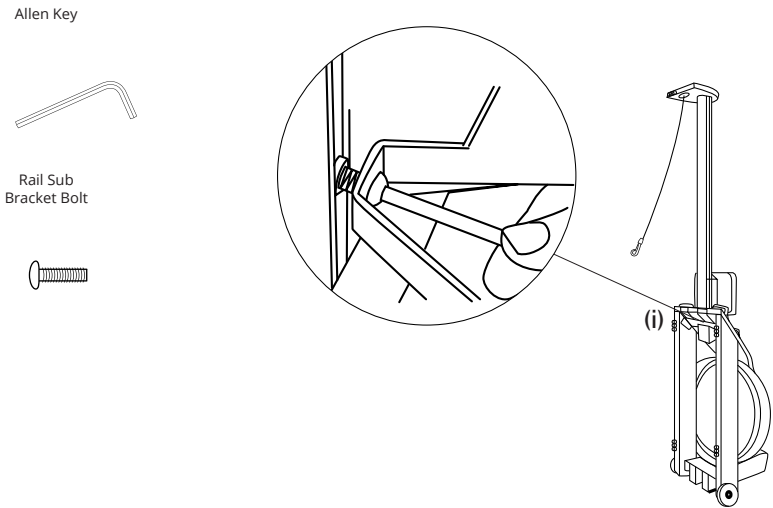


C



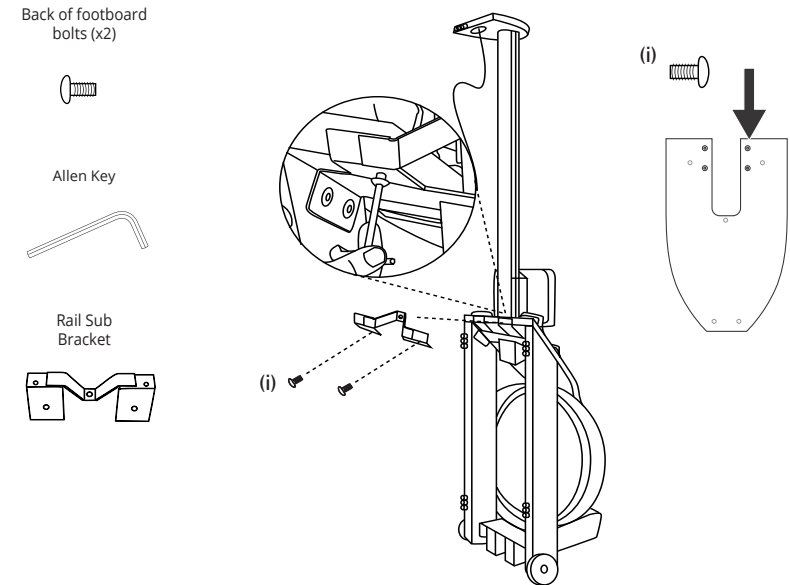
STEP 2

Remove the rail sub bracket bolt from the “U” in the rail sub bracket (i).



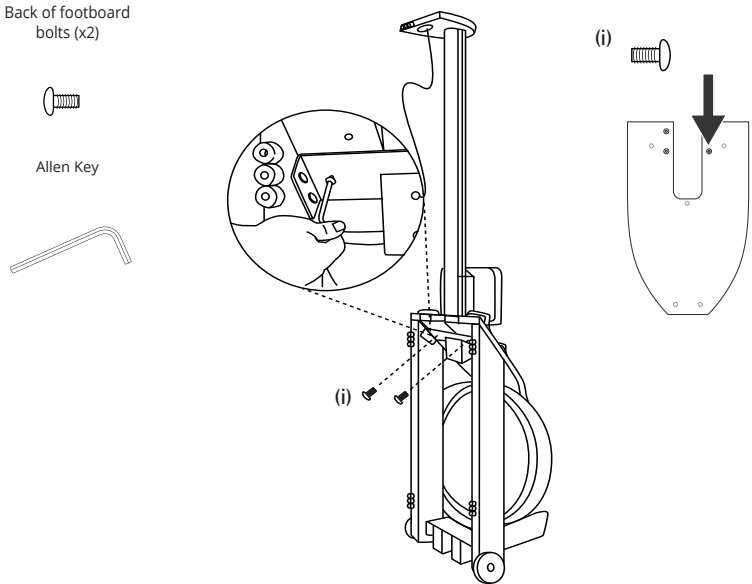
STEP 3

Remove the 2 footboard bolts (i) from rail sub bracket (U bracket) underneath the footboard. Then remove the rail sub bracket (U bracket).



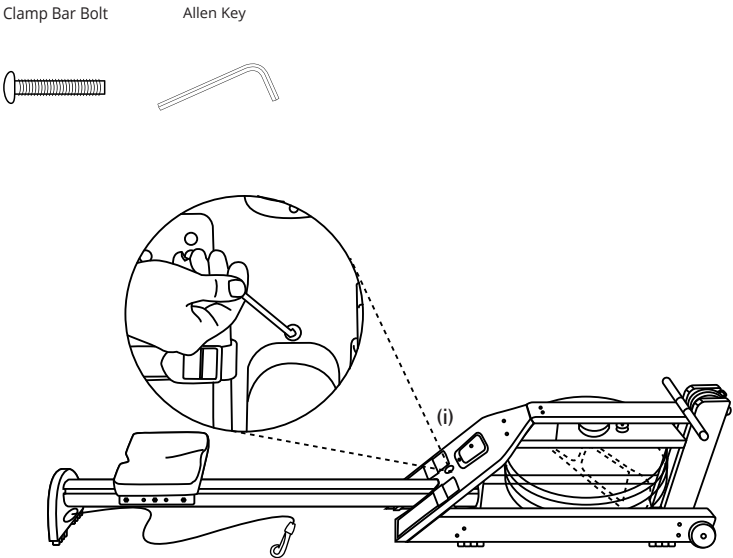
STEP 4

Remove the 2 footboard bolts (i) from rail sub bracket underneath the footboard.



STEP 5

Carefully lower your rower down so it is in rowing position. Unscrew and remove the clamp bar bolt from the center of the footboard (i).



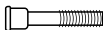
STEP 6

Remove the handle rests and bolts from the top of the footboard.

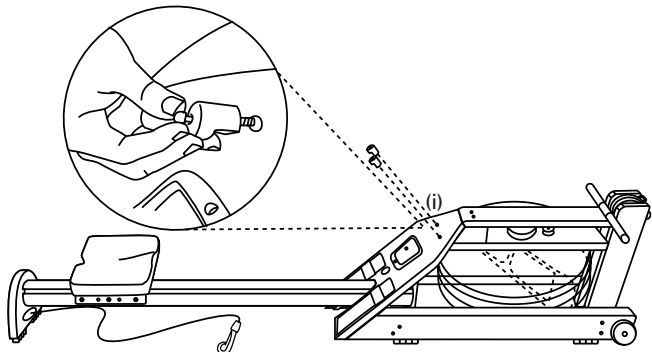
Handle Rest
(x2)



Handle Rest Bolt
(x2)

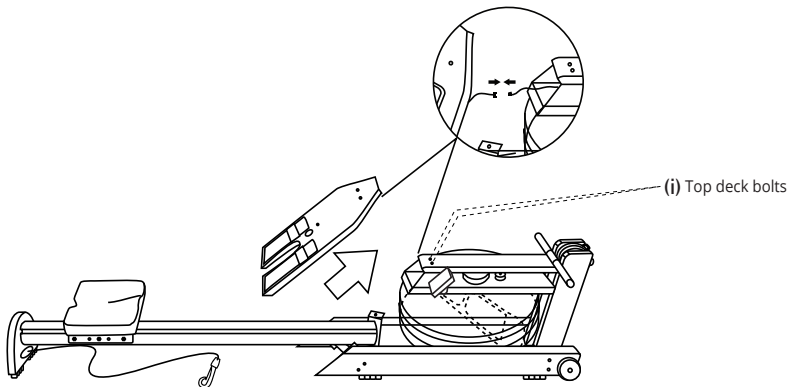


Allen Key



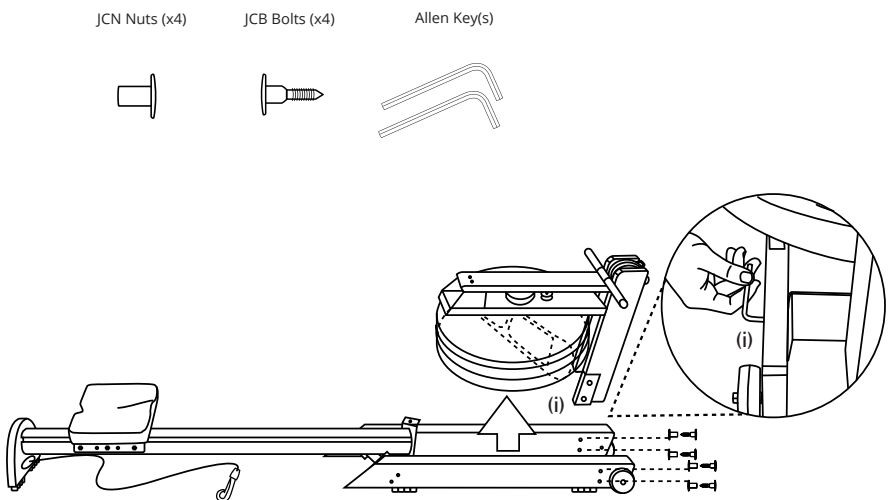
STEP 7

To remove the footboard, it may be necessary to slightly loosen the 2 bolts on the top deck (i) to allow the footboard clearance. Pull footboard 4-6 inches forward to detach the sensor cable from the monitor cable protruding from the back of the footboard. Then fully remove the footboard by lifting up and out.



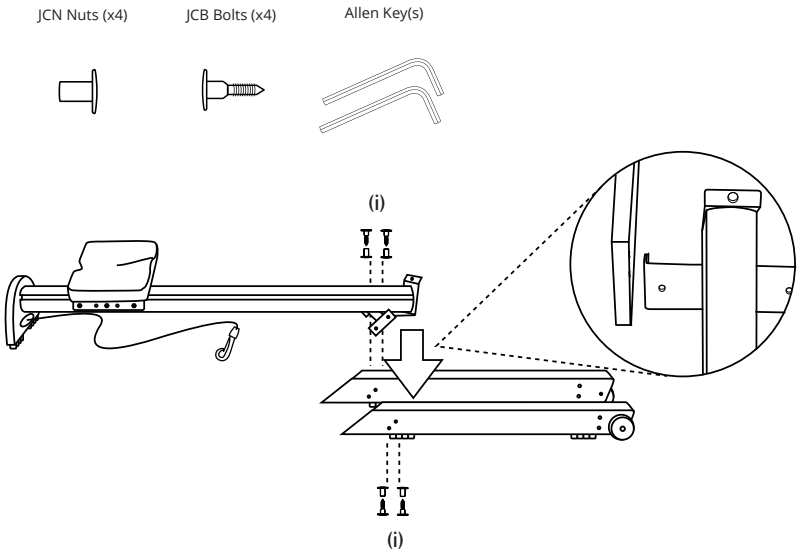
STEP 8

Using allen keys remove the JCN nuts and JCB bolts from the forward riser bracket (i) detaching the tank assembly from the rails. Grabbing by the key bracket and forward riser pulley, lift tank up to remove.



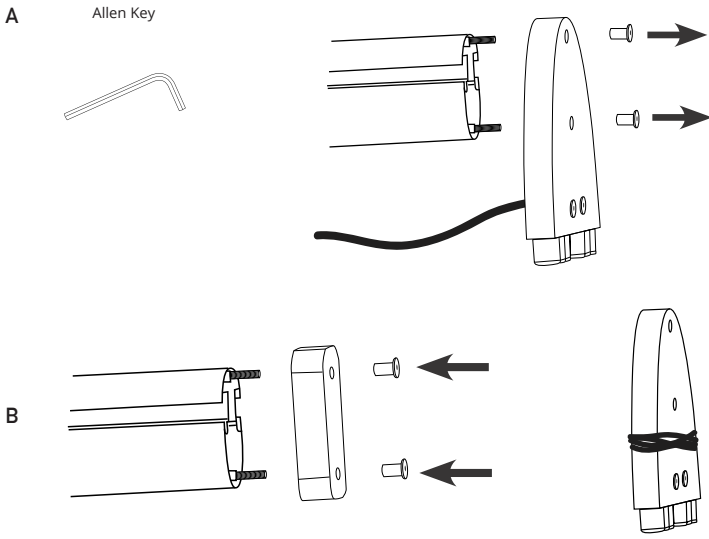
STEP 9

Using allen keys remove the JCN nuts and JCB bolts (i), detaching the monorail from the sub rails.



STEP 10

(A) Using the allen key, remove bolts in rear leg to detach from monorail. (B) Replace wooden block (if available) flush side against the monorail and replace bolts to secure. Then wrap bungee around rear leg and clip to itself.



FINAL CHECK- DO'S AND DONT'S

- DO NOT remove the seat.
- DO NOT remove the footpads.
- DO NOT remove the dolly wheels.
- DO NOT use tape on the equipment
- DO gather all small pieces and put into a small bag.
- DO wrap bungee around rear leg and clip to itself.
- DO tightly insert tank stopper over plastic bag to prevent any water spillage.

