

DISASSEMBLY INSTRUCTIONS: METAL DUAL RAIL WATERROWER

PREP WHAT YOU'LL NEED...

Bucket



Syphon Pump



Plastic Bag



Rubber Band



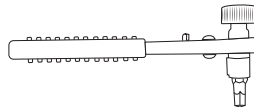
Card



Ziplock Bag

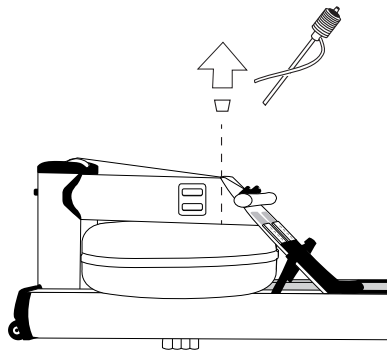


5mm Ratchet



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.



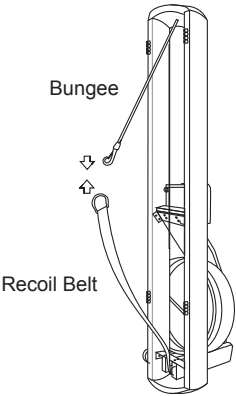
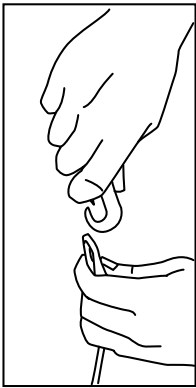
Place a plastic bag over the tank opening and insert tank stopper over the plastic bag.

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.

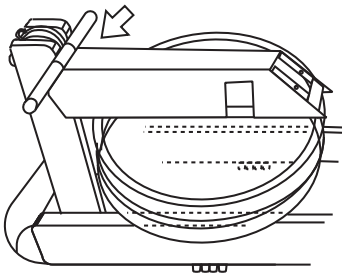
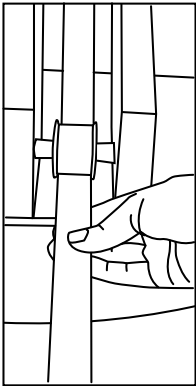
STEP 1

(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.

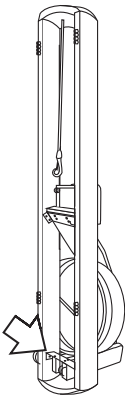
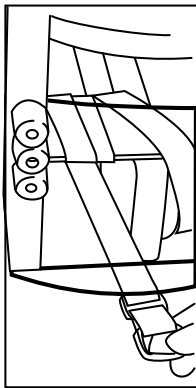
A



B

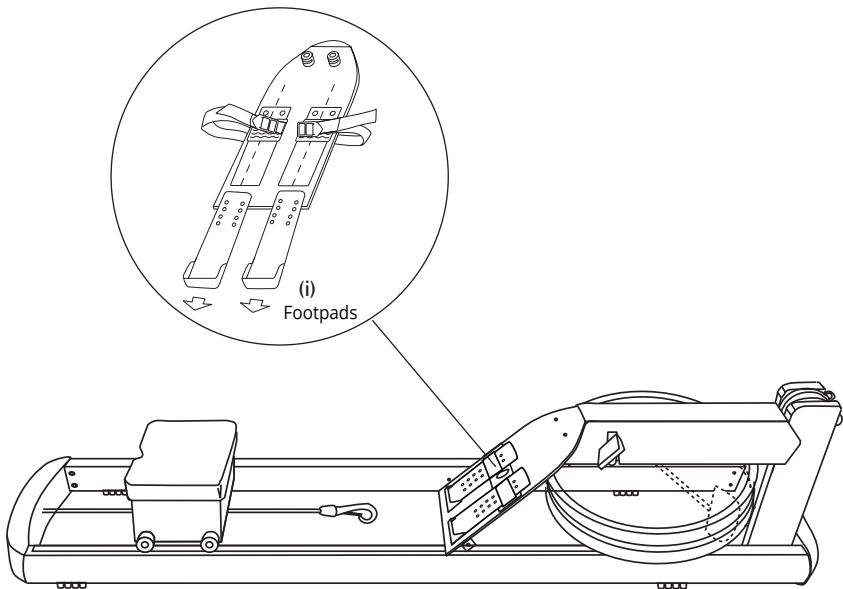


C



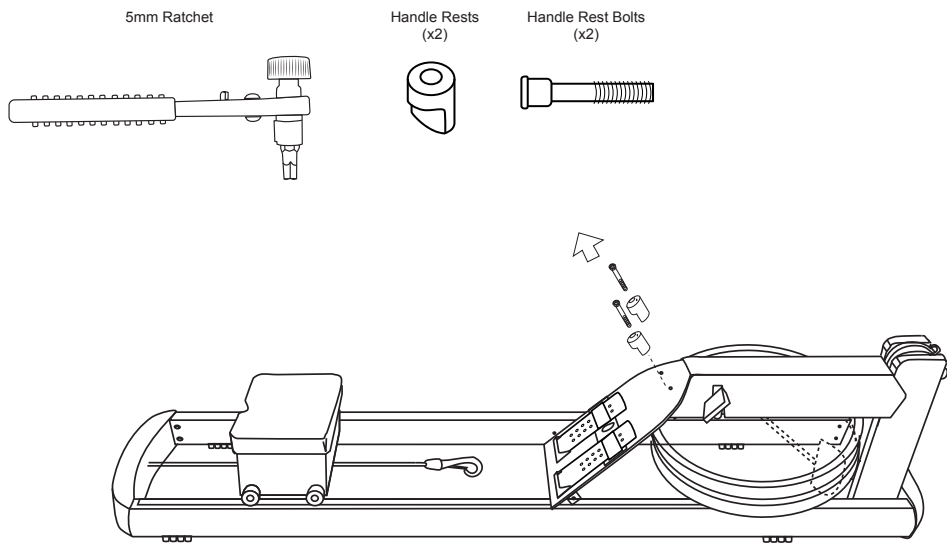
STEP 2

Pull down the Footpads (i) to remove. It may be required to slide a card between the footpad cover and the top of the footpads to allow the pads to slide under the cover to remove.



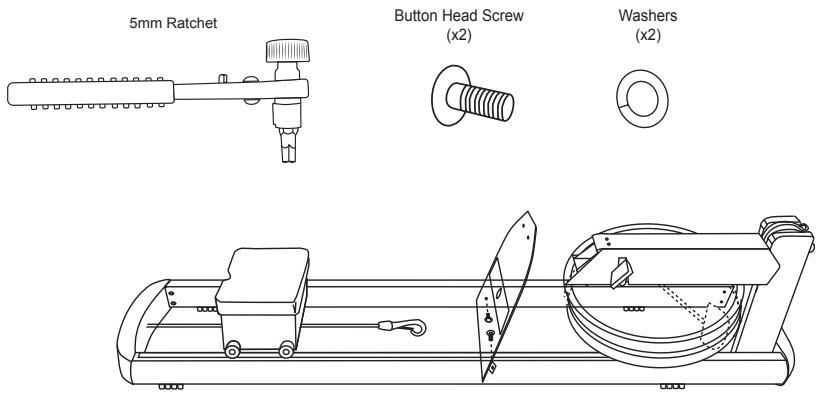
STEP 3

Using the ratchet, unfasten the handle rest bolts and remove the handle rests.



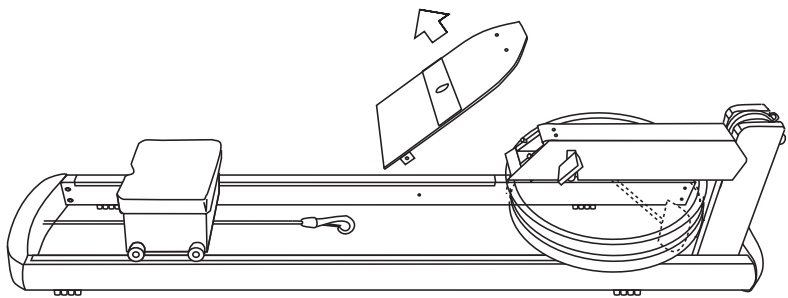
STEP 4

Using the ratchet, remove the 2 button head cap screws and 2 washers from the footboard assembly to the rails, as shown.



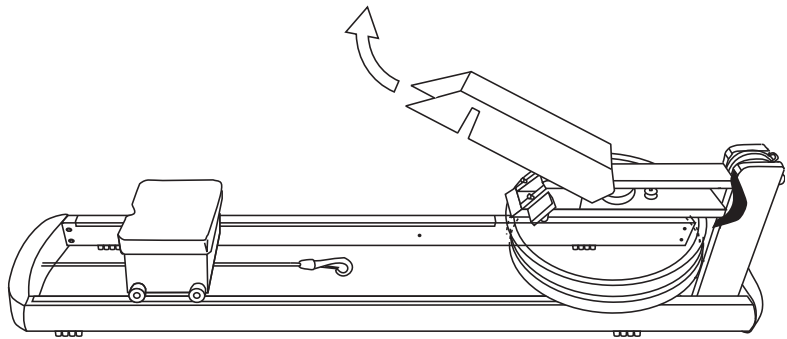
STEP 5

Remove the footboard from the rower. Carefully slide the footboard assembly out from between the rails, as shown.



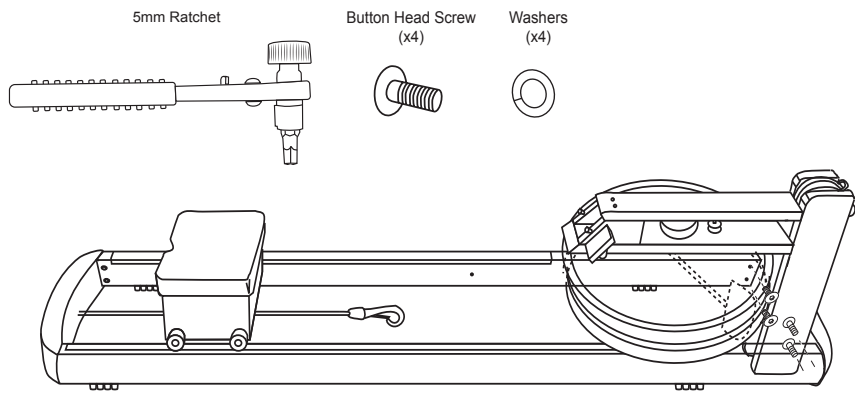
STEP 6

Remove the tank assembly cover from the rower and wrap with foam for shipping.



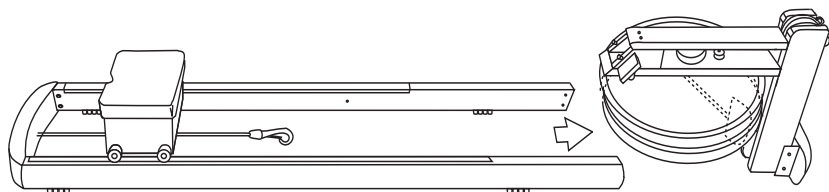
STEP 7

Using the ratchet, remove the 4 button head cap screws and 4 washers to remove the front end pad assembly from the rails as shown.



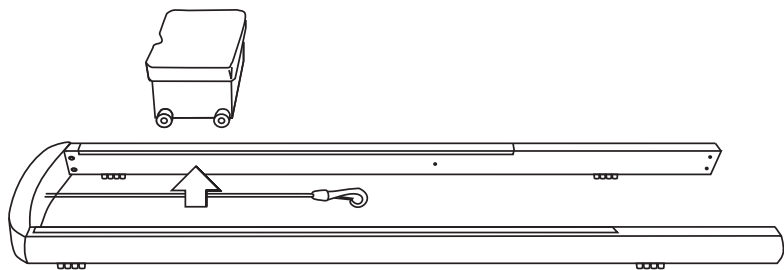
STEP 8

Carefully slide the tank assembly from the rails as shown.



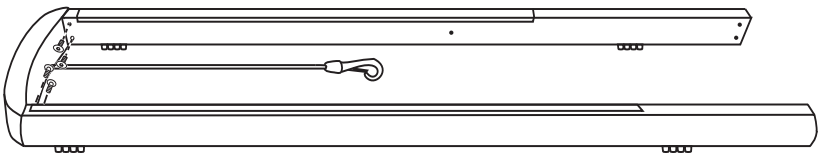
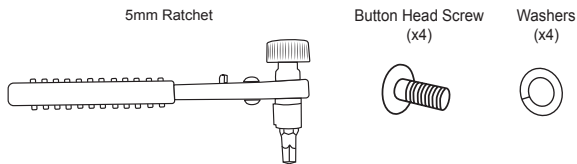
STEP 9

Remove the seat assembly from the rails. It may be necessary to separate the rails slightly to allow the guide wheels to slide out from between the rails.



STEP 10

Using the ratchet, remove the 4 button head cap screws and 4 washers to remove the rear end pad assembly from the rails as shown.



STEP 11

Carefully slide the two rear end pad bracket ends (with bungee connected) from the rails. Wrap bungee around end and clip to itself.



FINAL CHECK- DO'S AND DONT'S

- 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.

