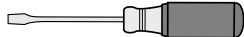# PM3 / PM4 RETROFIT ON MODEL A

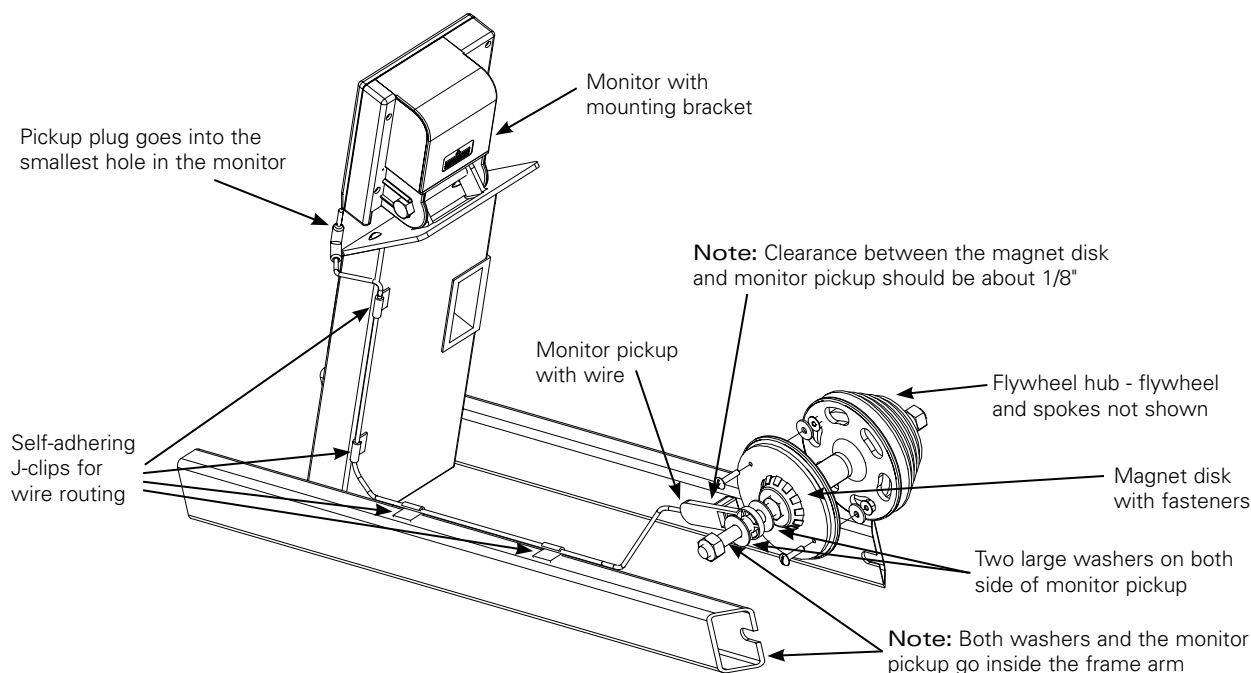0808

TOOLS AND MATERIALS NEEDED

- Performance Monitor
- (2) #6 nuts, screws and washers
- (2) large axle washers
- (2) #10 wood screws
- (4) self-adhering clips

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1. Remove the speedometer head and plastic card from the wooden guide board by removing the two screws.
2. Detach speedometer drive cable from the speedometer head.
3. Remove the flywheel from the indoor rower by lifting the chain off the sprocket cluster, loosening the two axle nuts and sliding the flywheel out of the slots.
4. Remove the axle nut, speedometer pickup and the two washers from the non-sprocket side of the flywheel axle.
5. Install the magnetic disk on the flywheel as shown, using the provided nuts, screws and washers. These should be snug but not so tight that they warp the magnetic disk.
6. Place the monitor pickup on the axle with one washer on either side of the monitor pickup. Replace the axle nut loosely on the axle.
7. Mount the flywheel back in the slots, keeping the pickup and washers within the arms. It may be helpful to loosen the screws that hold the flywheel arms to the wooden guide board. The monitor pickup should be oriented as shown.
8. Center the flywheel between the arms and snug the axle nuts down. Note that the clearance between the monitor pickup and the magnetic disk should be about 1/8." If it is significantly more or less than 1/8" you may need to disassemble and reposition a washer or the magnetic disk to achieve the proper clearance.
9. Route the monitor pickup wire as shown using the self-adhering clips.
10. Install the monitor/monitor bracket on the guide board. Plug the pickup cable into the monitor.

Monitor with mounting bracket

Pickup plug goes into the smallest hole in the monitor

Note: Clearance between the magnet disk and monitor pickup should be about 1/8"

Monitor pickup with wire

Flywheel hub - flywheel and spokes not shown

Self-adhering J-clips for wire routing

Magnet disk with fasteners

Two large washers on both side of monitor pickup

Note: Both washers and the monitor pickup go inside the frame arm

Note:

The monitor has been factory-programmed to prevent possible battery drainage during shipping. To restore power, perform ONE of the following procedures:

1. Insert and remove the LogCard into the monitor. A standard credit card will also work.
2. Plug in the pickup cable from your indoor rower and pull on the handle.

Troubleshooting:

For PM3: If your PM3 fails to activate, use a thick paper clip and press into the small hole on the back left side of the PM3. This will reset and activate your PM3.

For PM4: If your PM4 fails to activate, use a pencil or ball point pen and press into the hole on the back right side of the PM4. This will reset and activate your PM4.