Indoor Rower Parts

Seat Carriage

Return Mechanism

Schematic Diagrams with Part Numbers
UNPACKING YOUR
CONCEPT2 INDOOR ROWER

You should find the following parts in your Indoor Rower shipping box.
If any parts are missing, please call us toll-free at 1.800.245.5676.

1.

PN 1736
PN 1746
PN 296
PN 1118
PN 1117
PN 1735

Contents of Parts Bag (PN 1752)

2.

PN 1020
PN 1144
PN 1205
PN 1248
PN 1253
PN 1225
PN 1504
PN 1752
ASSEMBLY OF FRONT LEGS

Tool Needed:
Allen Wrench
(provided)

Parts needed:
4 washers
4 screws
(actual size)

3/4”
or
2 cm

23.5”
(60 cm)
Long
Leg

19”
(49 cm)
Short
Leg

Note that longer leg (I) attaches to same side as wheels.
Attaching Front Leg

Tool Needed: Allen Wrench (provided)

Parts needed:
4 washers
4 screws (actual size)

Front Leg Assembly

Insert socket screws in this order.

Parts needed:
4 washers
4 screws (actual size)

Tool Needed: Allen Wrench (provided)

Please note direction of wheels.

Correct Leg Assembly
Incorrect Leg Assembly
**Installation of Framelock**

Tool Needed: Allen Wrench (provided)

Parts needed:
- 2 washers
- 2 screws (actual size)

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6. Insert axle through axle tube on framelock.

7. Place framelock between footplates on Indoor Rower. The two footplates may need to be pulled apart slightly for the axle tube to fit. Be sure to line up axle tube to orient framelock as shown.

8. Insert 1/2" screw and washer into each end of framelock axle tube, through holes in footplates. Tighten with allen wrench.
**Using the Indoor Rower**

**ATTACHING THE MONORAIL**

1. Place the flywheel and monorail sections of the Indoor Rower end to end.

   Step 1. Using one of the footstraps as a handle, lift the footboard end of the flywheel section until it rolls on the caster wheels. Lift the end of the monorail to the same level.

2. Step 2. Bring the flywheel and monorail sections together between the footplates. The top hanger should be over the top bolt tube and the bottom hanger should hook over the bottom bolt tube.

3. Step 3. Lower both pieces until they connect securely and push down into place.

4. Step 4. Rotate the framelock around and push it into the locked position.

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**IMPORTANT Safety Notes:**

- Always have the framelock in the locked position when the flywheel and monorail sections are connected. Failure to do so may result in injury if the unit is lifted or moved.

- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the framelock.
**SETTING THE FLEXFOOT**

To set the Flexfoot, pull the toe piece toward you to release the footpiece from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down onto the pegs.

Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.

Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

Lowering the Flexfoot heel permits more seat travel.

Raising the Flexfoot heel cuts down on leg flexion.

**USING THE HANDLE HOOK**

Place the handle in the handle hooks to make it easier to reach when you are seated on the rower. NOTE: It is best to let the handle rest against the fan cage (as shown at left) rather than in the handle hooks when the machine is not in constant use (i.e. overnight, between workouts). This will prolong the life of the shock cord.
Adjusting the Performance Monitor

1. Release the framelock from the locked position by pulling up on the rope, allowing the framelock to rotate into unlocked position.

Detaching the Monorail

2. Lift the footstrap slightly with one hand to disengage the monorail.

3. Remove monorail with the other hand.

Seat Pad

Seat comfort varies from one individual to another. If you do not find the standard seat to be completely comfortable, you may wish to try the seat pad which is available from Concept2. Order PN1409.

Storage:

The two parts may be placed upright as shown here for more compact storage. CAUTION: Care should be taken when standing the flywheel section up as the balance may shift suddenly.
Do not let handle fly into chain guide.

Pull straight back with both hands.

Place handle against the chain guide or in handle hook before letting go.

Never twist chain or pull from side to side.

Do not row with one hand only. Abuse of the chain can result in injury.

Keep clothing free of seat rollers.

Abuse of the chain can result in injury.
Keep children and fingers away from seat rollers. Seat rollers can cause injury.

Perform proper maintenance as described in the Maintenance section on page 29 of the Users Manual that comes with the Indoor Rower.

ALWAYS PUT THE FRAMELOCK IN THE LOCKED POSITION (page 7) BEFORE MOVING THE INDOOR ROWER.

**IMPORTANT SAFETY NOTES:**
- Use of this machine with a worn or weakened part, such as the chain, sprocket, swivel connector, handle U-bolt, or shock cord, may result in injury to the user. When in doubt about the condition of any part, Concept2 strongly advises that it be replaced immediately with genuine Concept2 parts.
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the frame lock.

**BEFORE YOUR FIRST ROW**
1) Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
2) Carefully review the rowing technique information in the User’s Manual. Improper technique such as extreme layback or jumping off the seat can result in injury.
3) Start each workout with several minutes of easy rowing for a warm-up.
4) Start your exercise program gradually. Row no more than 5 minutes the first day to let your body adjust to the new exercise.
5) Gradually increase your rowing time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
6) Rowing with the damper setting too high can be detrimental to your training program by reducing your output and increasing risk of injury. It is better to err on the light side rather than on the heavy side.

Chain does not require oiling prior to first use.