Disassembly Instructions

Disassembly for re-boxing will be easier if you follow these instructions. Please disassemble the machine into the five subassemblies shown below. The re-boxing procedure requires that these five subassemblies are intact. They should not be broken down into smaller components.

Five Subassemblies

- Foot Carriage
- Flywheel Return Assembly
- Shuttle Channel
- Rail Assembly
- Front Leg/Monitor Arm Assembly
- Rear Foot

Materials Needed: (1) 6 Lobe Driver

Step 1:
Unplug the monitor cable from the generator located on the flywheel assembly under the seat rail. See photo A. Feed the end up into the rail assembly. See photo B. Pull the cable out of the rail assembly from the front. See photo C.
### Disassembly Instructions

#### Step 2:
Remove the front leg end cap.

#### Step 3:
Pass the handle through the monitor arm and over the top pulley.

#### Step 4:
Remove the eight screws that attach the front leg assembly to the rail assembly and the shuttle channel. Remove the front leg assembly and put it aside.

#### Step 5:
Remove the rail assembly end stop.

#### Step 6:
Slide the foot carriage off the rail assembly.

#### Step 7:
Remove the screw holding the seat bungee anchor.
Disassembly Instructions

Step 8:
Remove four screws attaching the rail assembly to the Flywheel return assembly. Remove the rail assembly and put it aside.

Step 9:
Remove the three screws that attach the shuttle channel to the flywheel return assembly.

Step 10:
Remove the shuttle channel and put it aside.

Step 11:
Turn the flywheel return assembly upside down to access the two screws that attach the rear foot. Remove the two screws and put the rear foot aside.

The subassemblies of the Dynamic Indoor Rower are now ready for re-boxing.