

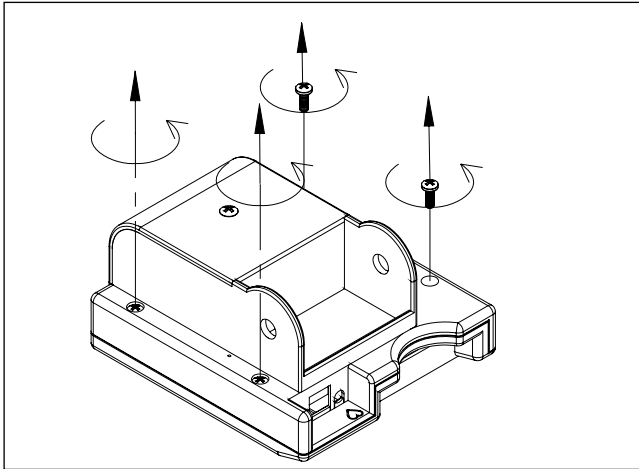
PM3 Monitor Disassembly/Reassembly Instructions

TOOLS REQUIRED: #0 or #1 Phillips head screwdriver
9/16" wrench

NOTE: Handle all components very carefully.

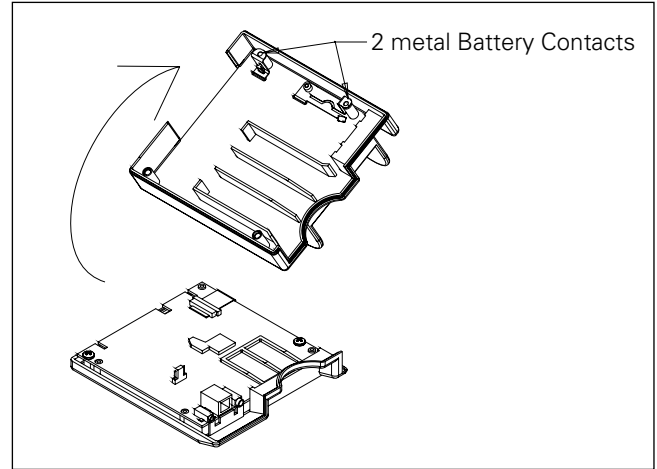
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1



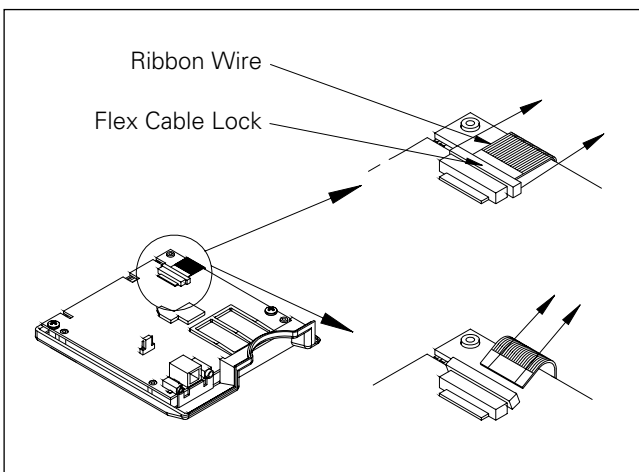
Unplug all wires and remove the PM3 from the indoor rower. Loosen the four PM3 case screws. Do not remove the two left screws

2



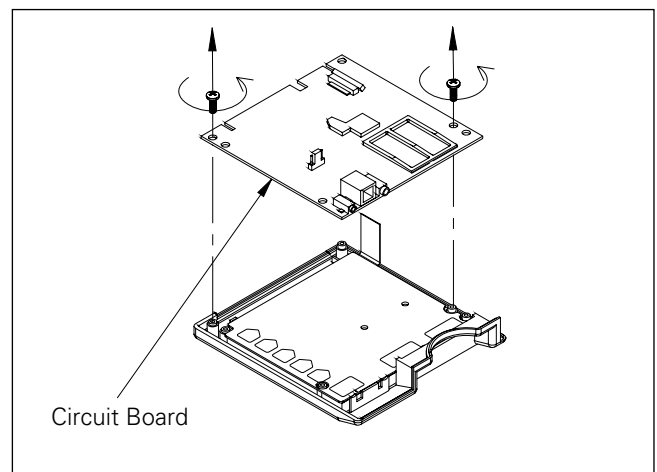
Remove case back. Note the position of the two metal battery contacts.

3



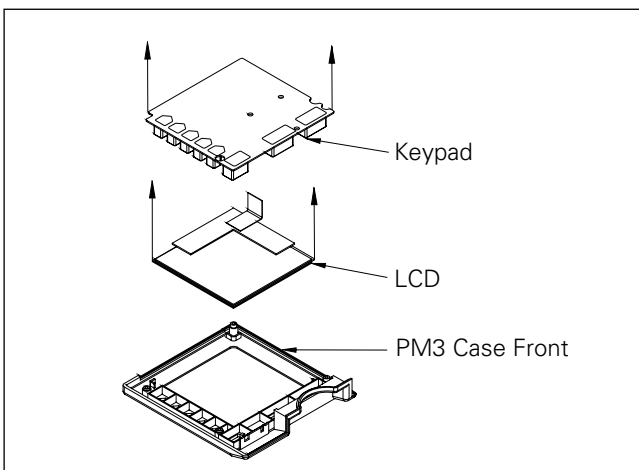
Detach flex cable from socket:
1. pull to the right and lift up on the flex cable lock.
2. pull flex cable out.

4



Remove the two Phillips head circuit board screws and remove the circuit board.

5



Remove rubber keypad and LCD from the PM3 case front.

6

Reassemble in reverse order of disassembly.

IMPORTANT TIPS:

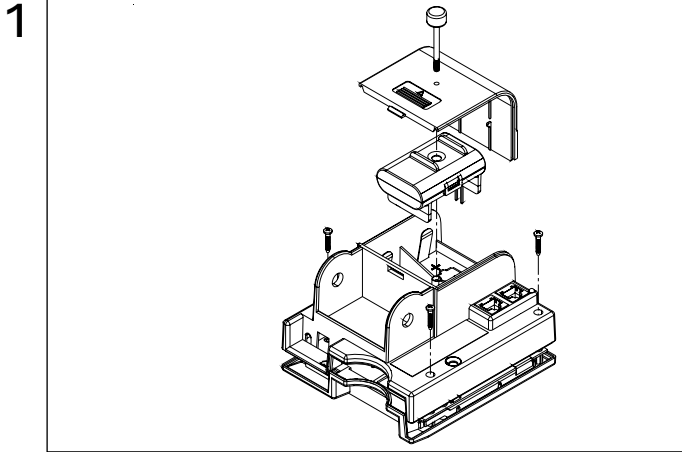
- Carefully position the LCD and keypad in the PM3 case front.
- Use the two holes marked with arrows for the two circuit board screws. Tighten the two screws evenly and firmly.
- Be sure the flex cable is fully inserted in the socket before pushing down and to the left to close the flex cable lock.
- Be sure the metal battery contacts are positioned correctly and that the two assembly screws go through them.
- The four case screws should be tightened firmly (4-6 in. lbs), but not stripped out.
- You will be prompted by the PM3 to reset the language, date, and time. Note that internal workout memory will be lost.
- If you have replaced the LCD, you may want to adjust the LCD contrast setting located at MAIN MENU > MORE > UTILITIES > SET CONTRAST.

PM4 Monitor Disassembly/Reassembly Instructions

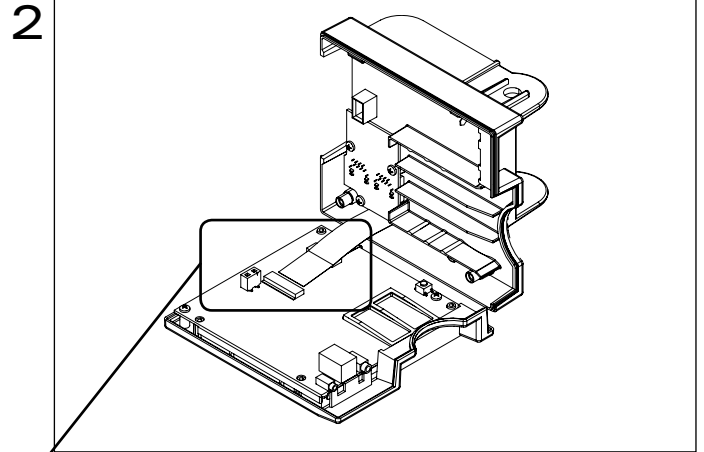
TOOLS REQUIRED: #0 or #1 Phillips head screwdriver
9/16" wrench

NOTE: Handle all components very carefully.

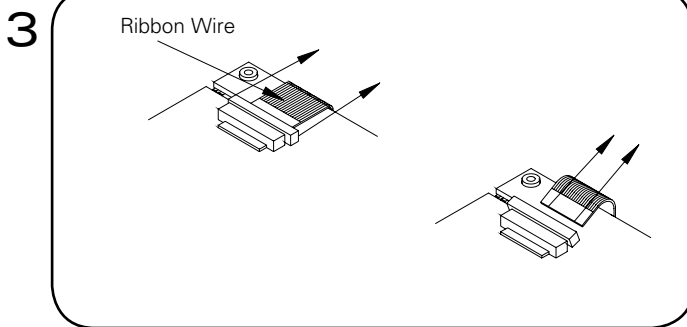
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1 Unplug all wires and remove the PM4 from the indoor rower. Remove the battery door fastener and remove the battery pack (shown) or D cell batteries. Remove the four PM4 case screws.

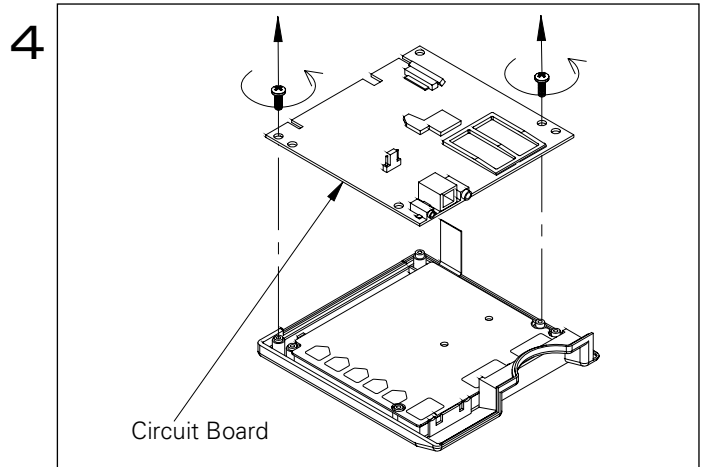


2 Carefully separate the case back from the case front, noting the position of the metal battery contacts.

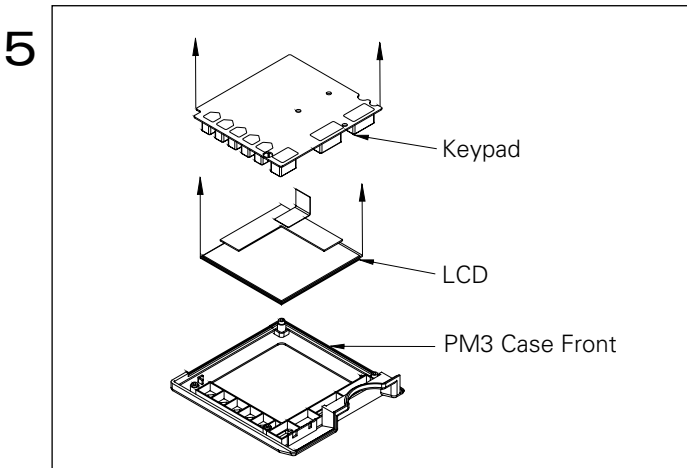


3 Detach the two flex cables from their sockets on the circuit board:

1. Pull the flex cable lock to the right and up.
2. Pull flex cable out of socket.



4 Remove the two Phillips head circuit board screws and remove the circuit board.



5 Remove rubber keypad and LCD from the PM4 case front.

- 6 Reassemble in reverse order of disassembly.
- IMPORTANT TIPS:**
- Carefully position the LCD and keypad in the PM4 case front.
 - Use the two holes marked with arrows for the two circuit board screws. Tighten the two screws evenly and firmly.
 - Be sure the flex cables are fully inserted in their sockets before pushing down and to the left to close the flex cable locks.
 - Be sure the metal battery contacts are positioned correctly and that the two assembly screws go through them.
 - The four case screws should be tightened firmly (4-6 in. lbs), but not stripped out.
 - You will be prompted by the PM4 to reset the language, date, and time. Note that internal workout memory will be lost.
 - If you have replaced the LCD, you may want to adjust the LCD contrast setting located at MAIN MENU > MORE > UTILITIES > SET CONTRAST.