

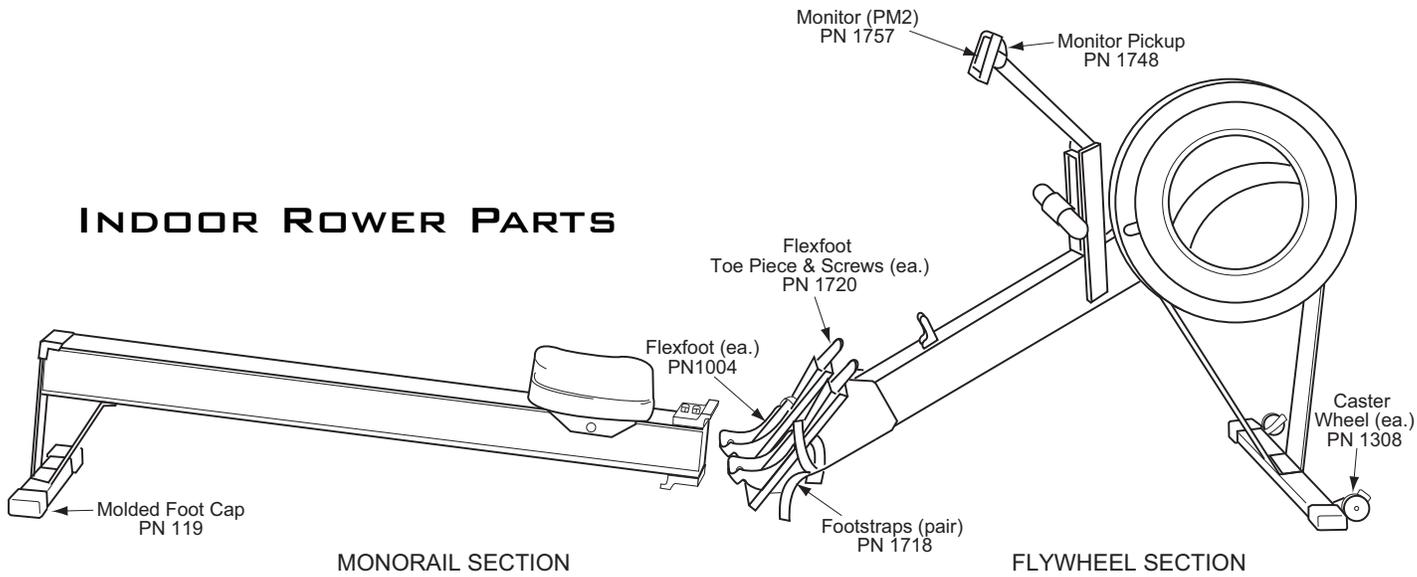
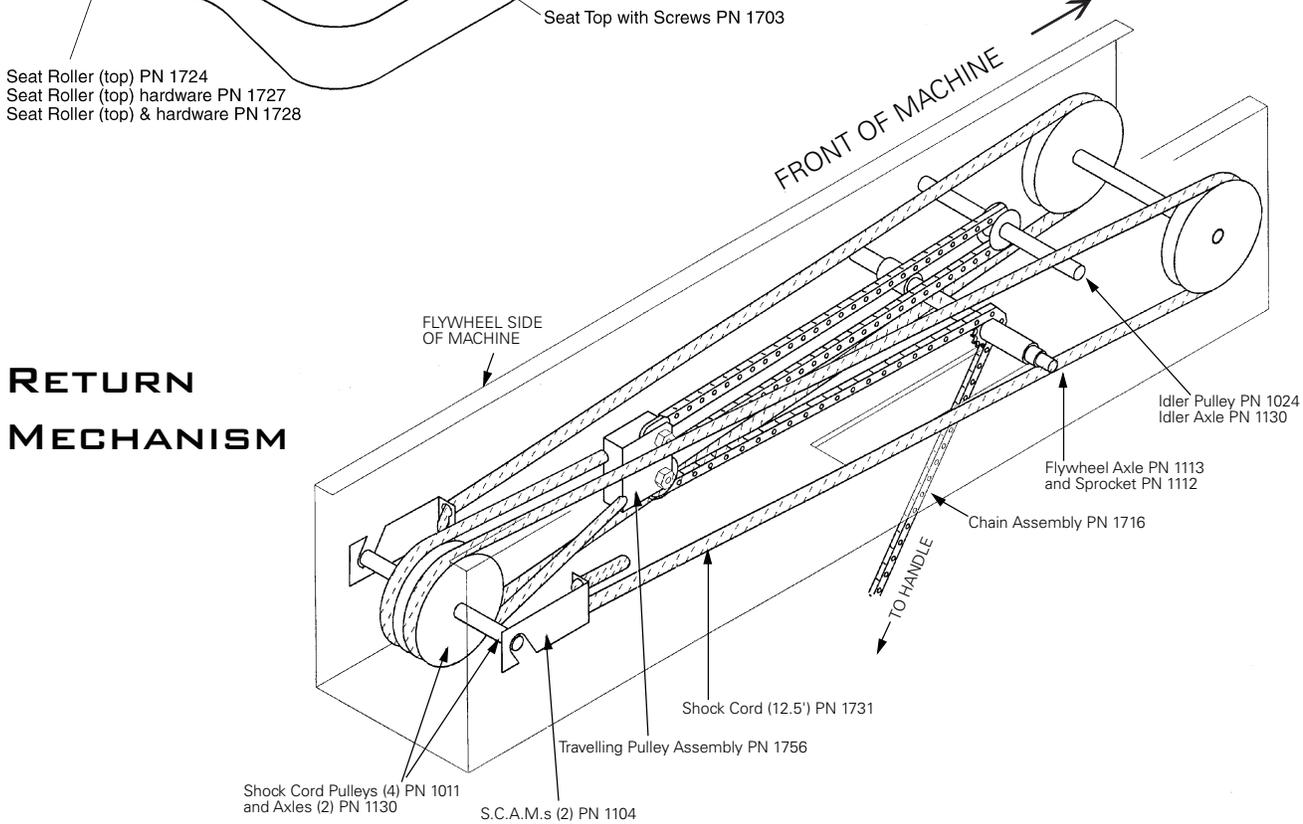
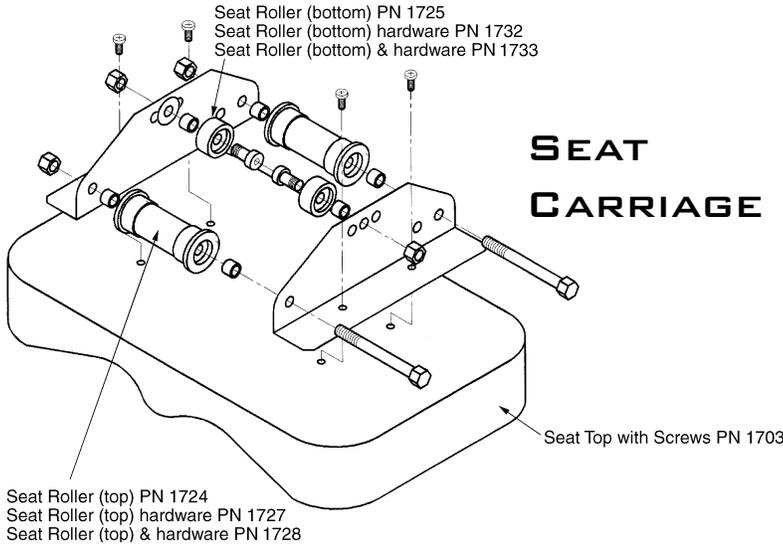


MODEL C INDOOR ROWER ASSEMBLY MANUAL



MORRISVILLE, VERMONT USA EMAIL: ROWING@CONCEPT2.COM WEB: WWW.CONCEPT2.COM

SCHEMATIC DIAGRAMS WITH PART NUMBERS

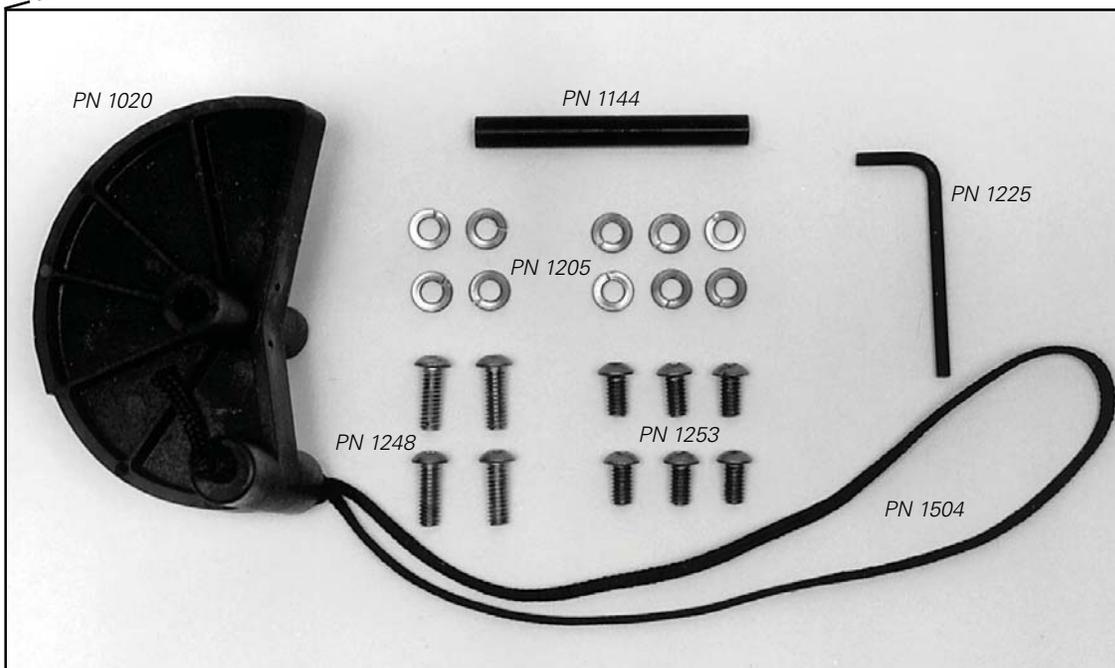


UNPACKING YOUR CONCEPT2 INDOOR ROWER

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.



CONTENTS OF PARTS BAG (PN 1752)

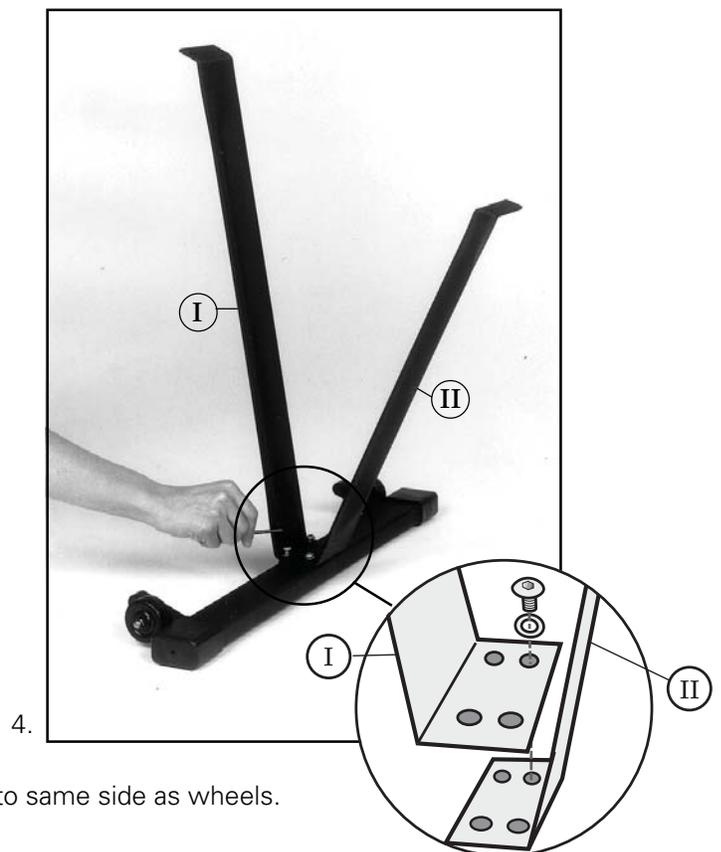
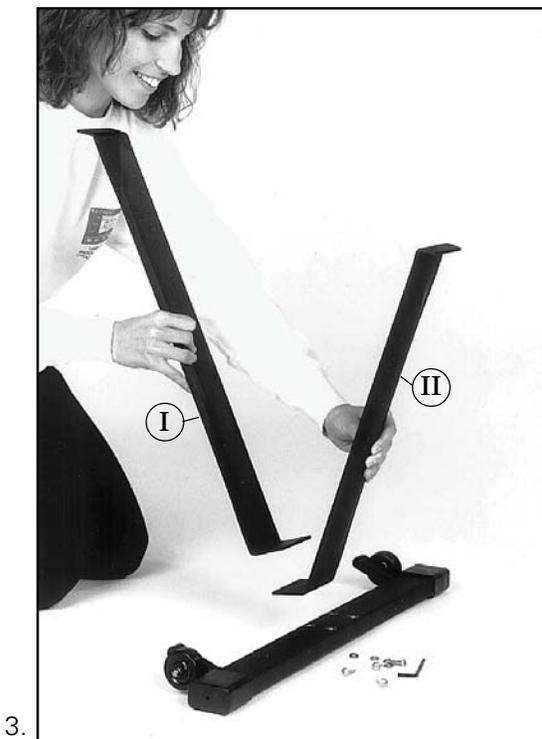
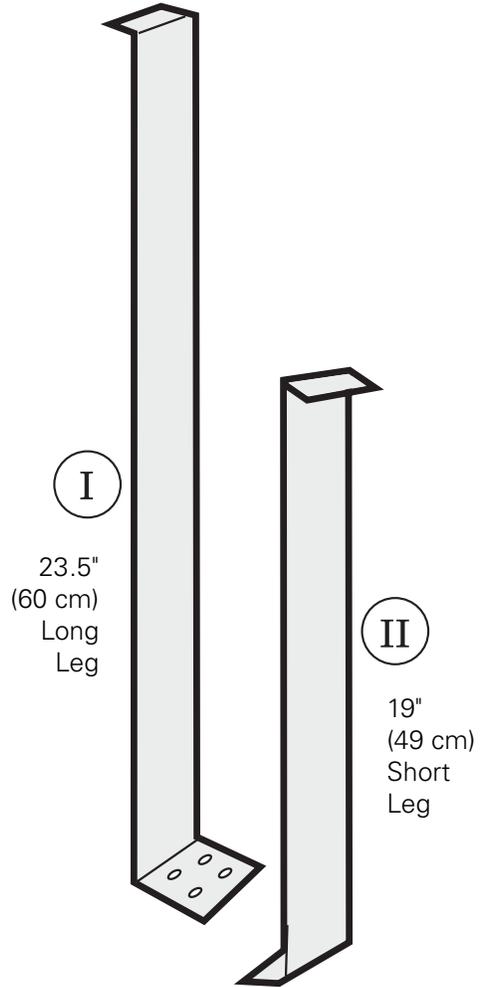
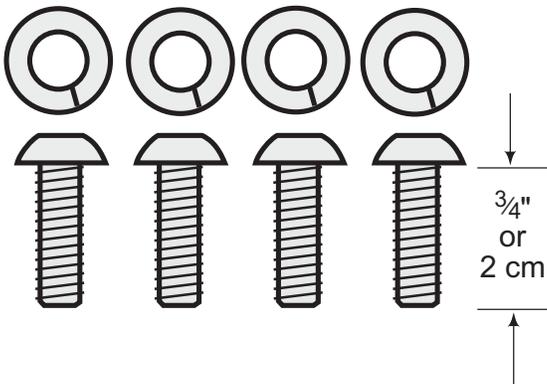


ASSEMBLY OF FRONT LEGS

Tool Needed:
Allen Wrench
(provided)



Parts needed:
4 washers
4 screws
(actual size)



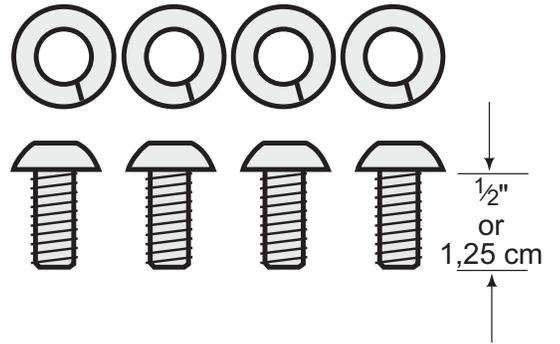
Note that longer leg (I) attaches to same side as wheels.

ATTACHING FRONT LEG

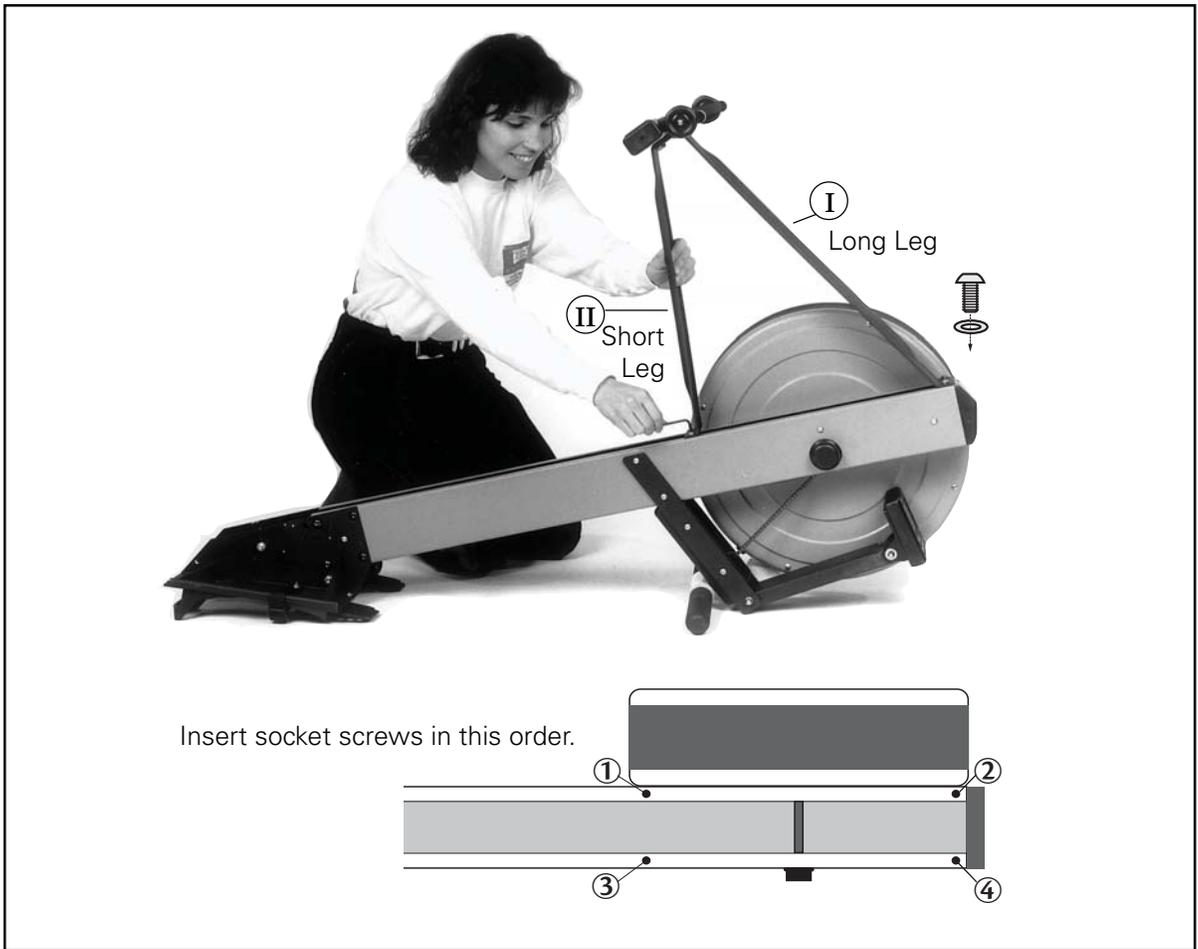
Tool Needed:
Allen Wrench
(provided)



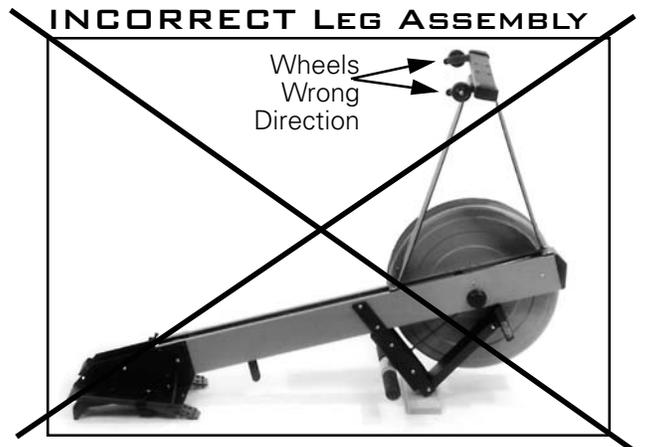
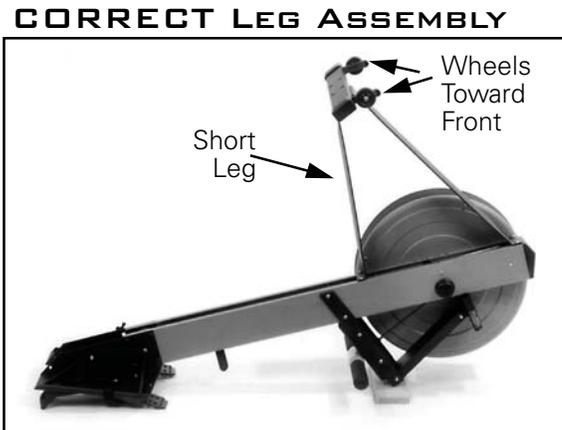
Parts needed:
4 washers
4 screws
(actual size)



FRONT LEG ASSEMBLY

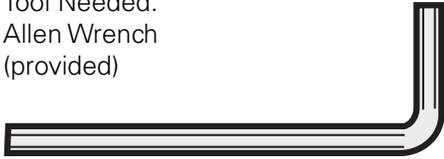


Please note direction of wheels.

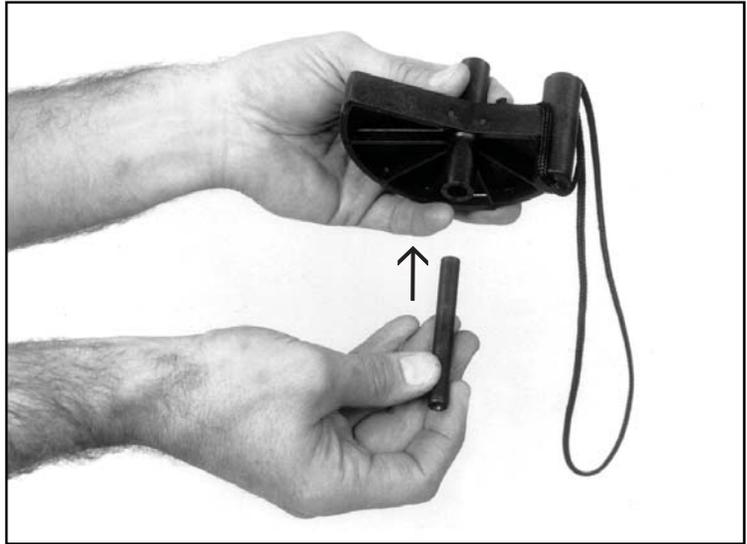
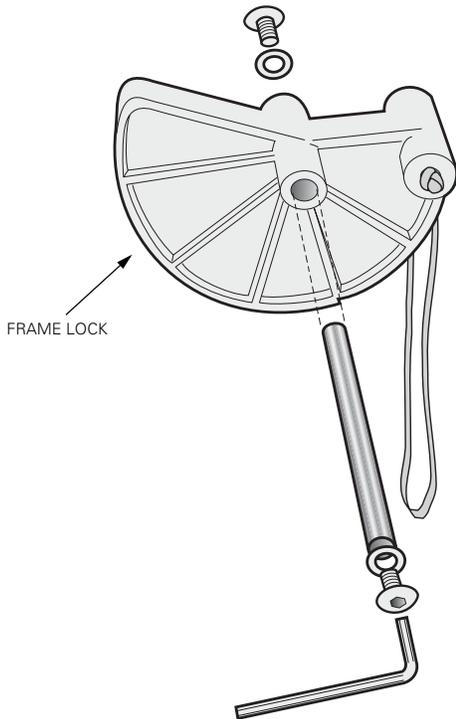
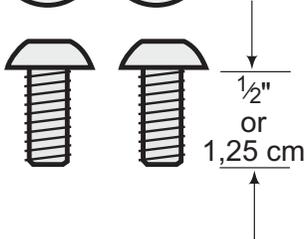


INSTALLATION OF FRAMELOCK

Tool Needed:
Allen Wrench
(provided)

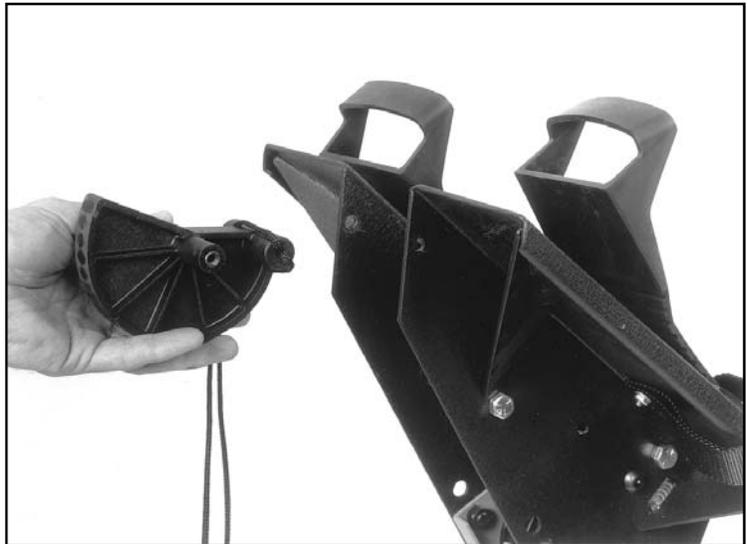


Parts needed:
2 washers
2 screws
(actual size)



6.

Insert axle through axle tube on frame lock.



7.

Place frame lock 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 frame lock as shown.

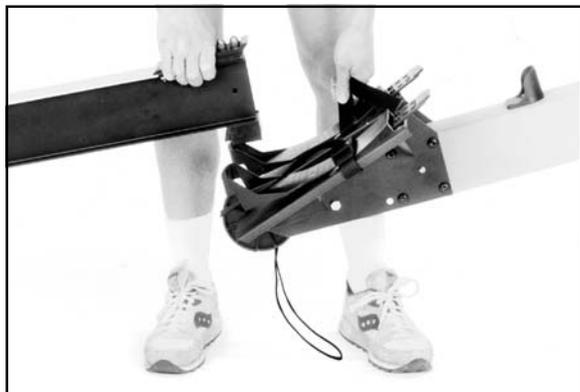


8.

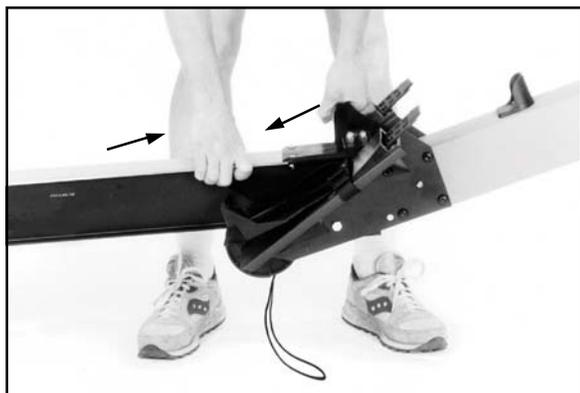
Insert 1/2" screw and washer into each end of frame lock axle tube, through holes in footplates. Tighten with allen wrench.

USING THE INDOOR ROWER

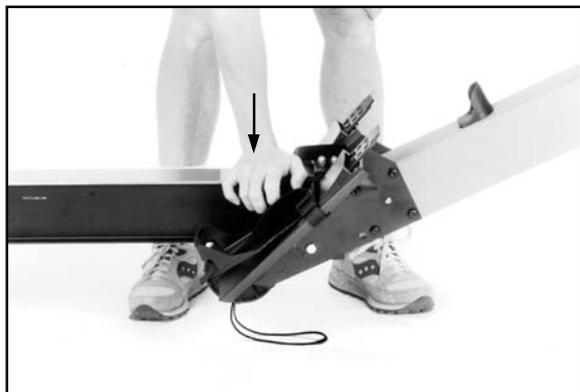
ATTACHING THE MONORAIL



1.



2.



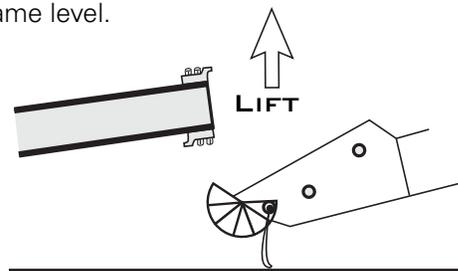
3.



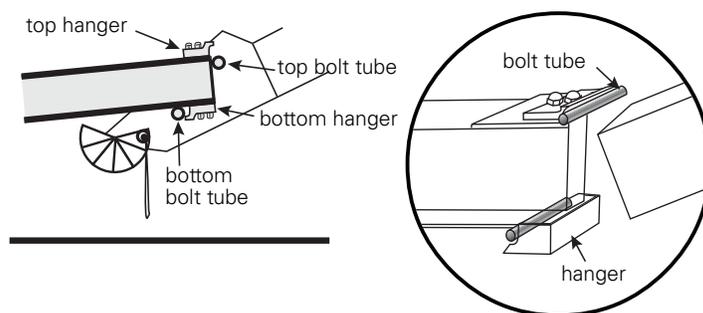
4.

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.

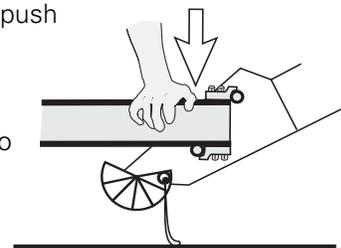


Step 2. Bring the flywheel and monorail sections together between the footplates. The top hanger should be over the top bolt tube and the bottom hanger should hook over the bottom bolt tube.

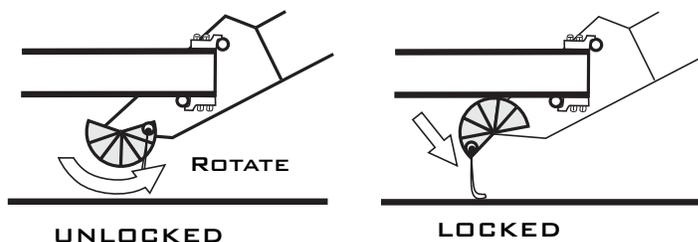


Step 3. Lower both pieces until they connect securely and push down into place.

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

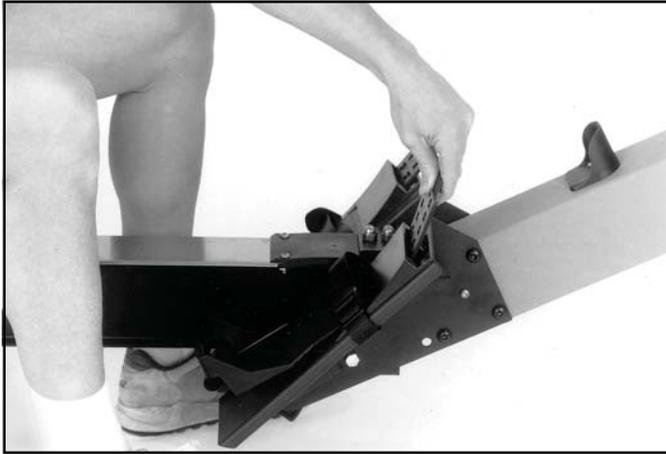


PUSH FIRMLY TO LOCK



IMPORTANT Safety Notes:

- Always have the frame lock 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 frame lock.

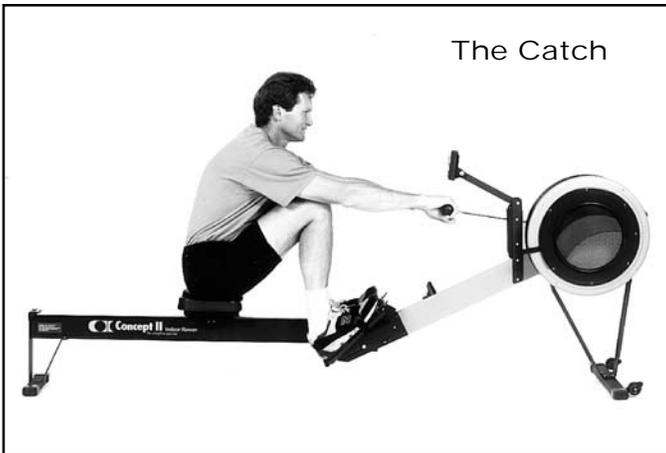


SETTING THE FLEXFOOT

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.



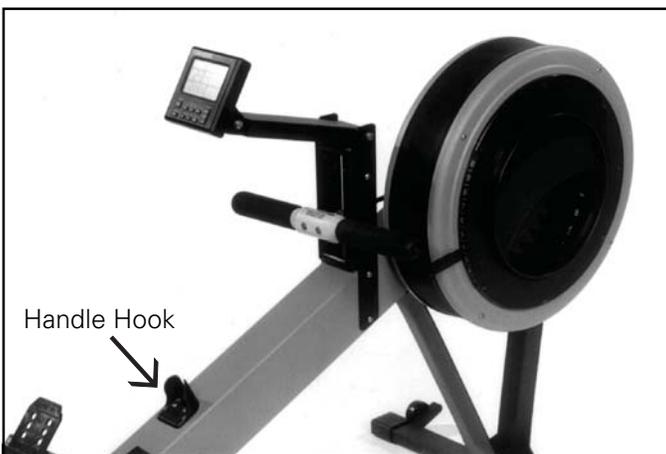
Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.



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.

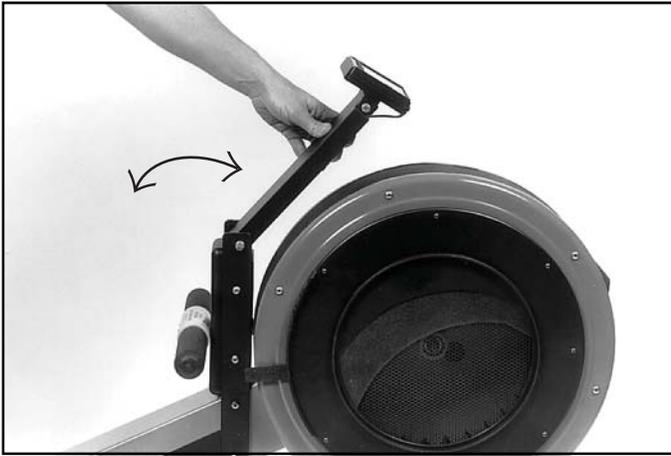
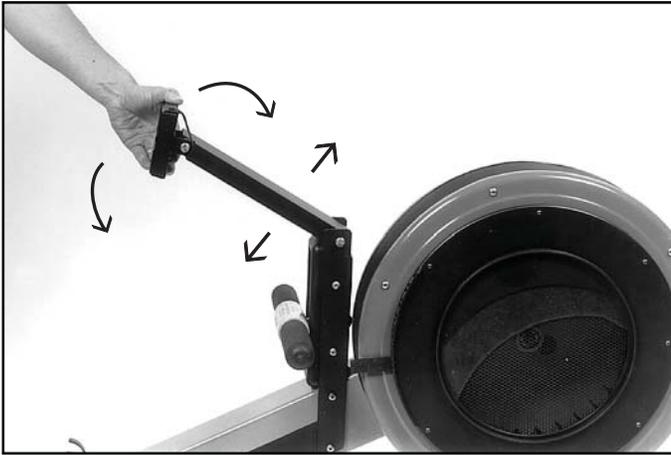
Raising the Flexfoot heel cuts down on leg flexion.



USING THE HANDLE HOOK

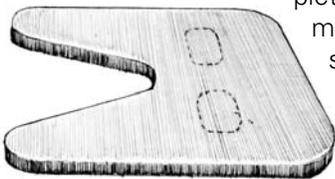
Place the handle in the handle hooks to make it easier to reach when you are seated on the rower. NOTE: It is best to let the handle rest against the fan cage (as shown at left) rather than in the handle hooks when the machine is not in constant use (i.e. overnight, between workouts). This will prolong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

ADJUSTING THE PERFORMANCE MONITOR



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:

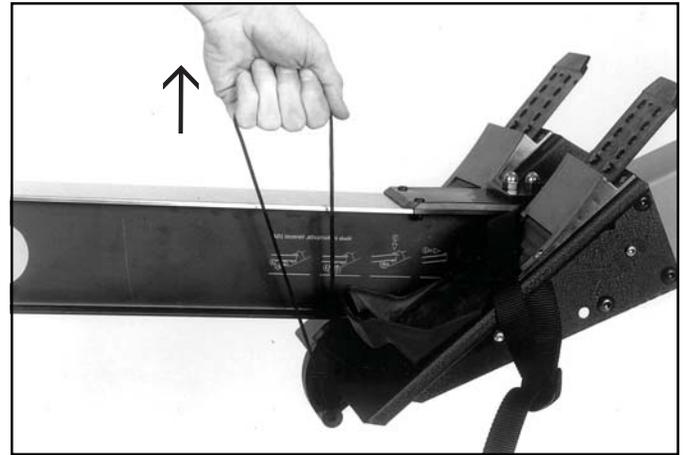
The two parts may be placed upright as shown here for more compact storage.

CAUTION:

Care should be taken when standing the flywheel section up as the balance may shift suddenly.

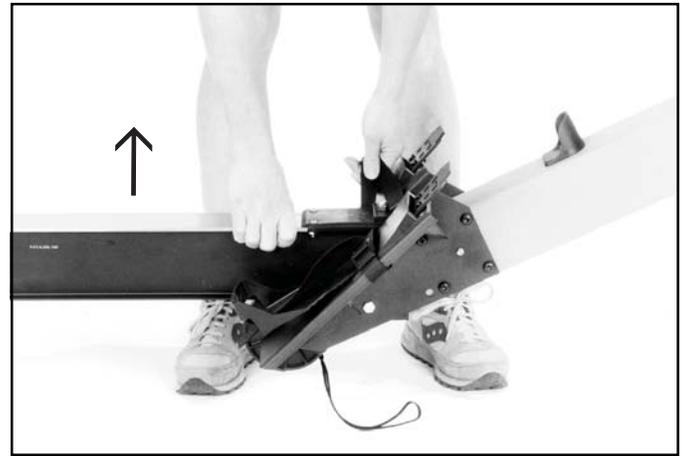


DETACHING THE MONORAIL



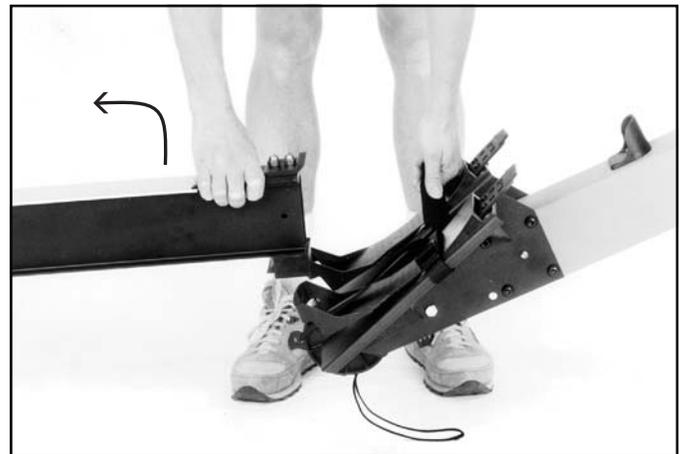
1.

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



2.

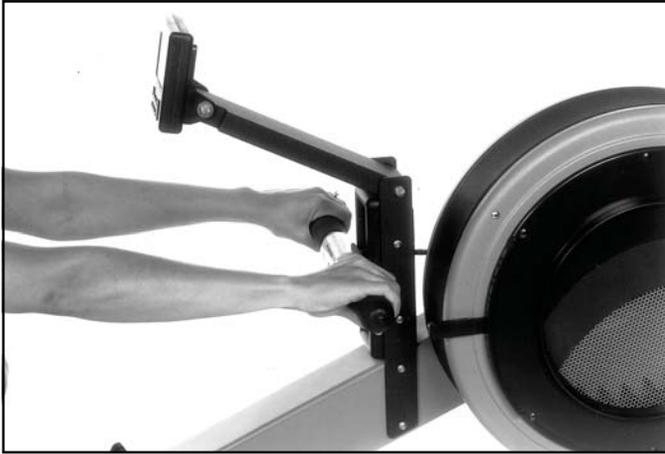
Lift the footstrap slightly with one hand to disengage the monorail.



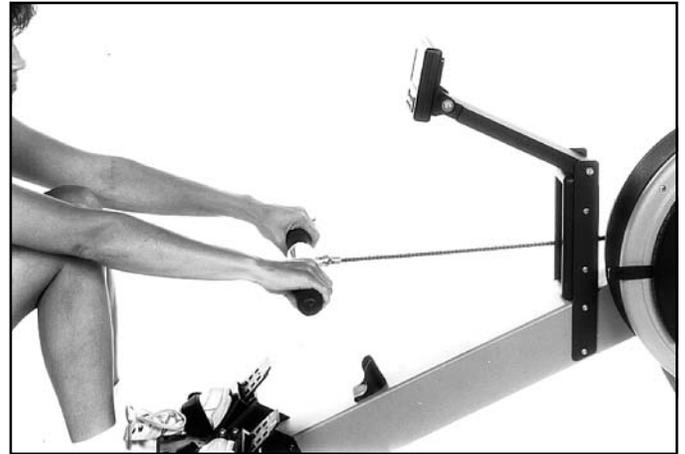
3.

Remove monorail with the other hand.

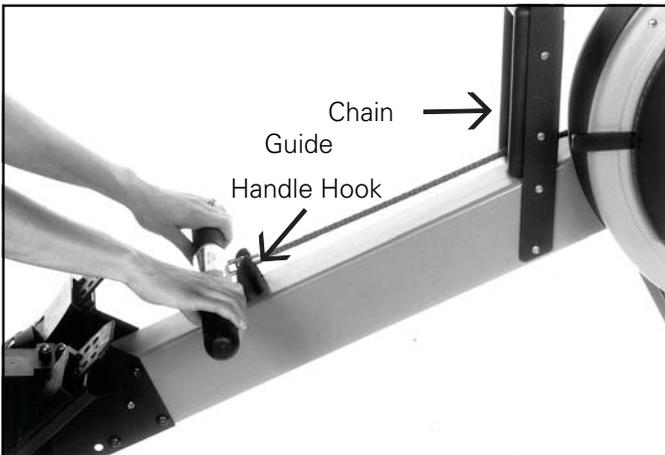
SAFETY



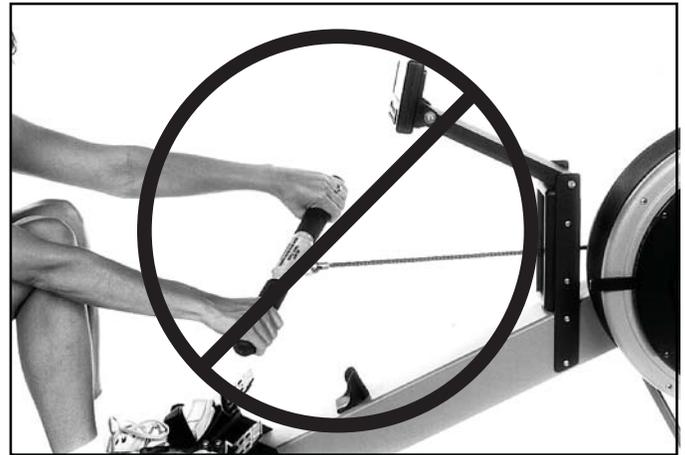
Do not let handle fly into chain guide.



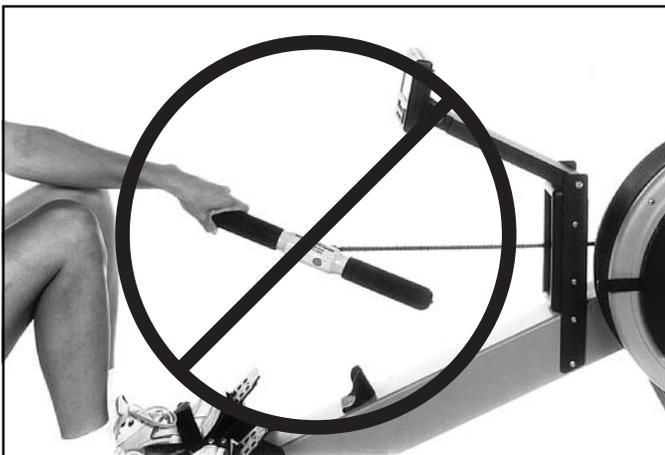
Pull straight back with both hands.



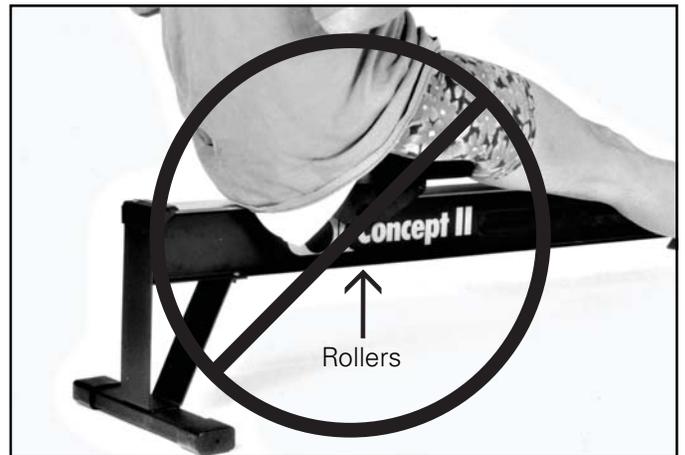
Place handle against the chain guide or in handle hook before letting go.



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.

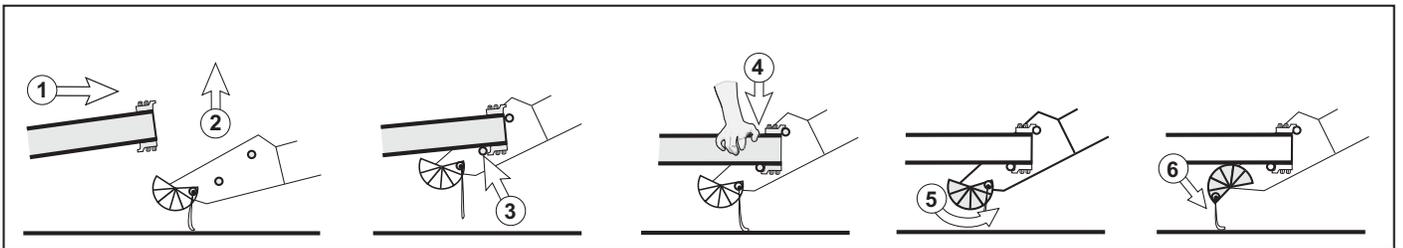


Keep children and fingers away from seat rollers. Seat rollers can cause injury.

Chain does not require oiling prior to first use.



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.

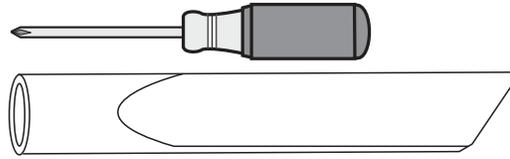
BEFORE YOUR FIRST ROW

- 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.

FLYWHEEL OPENING AND CLEANING

Every 250 Hours of Use

Tools Needed:



Check for dust with flashlight. Vacuum if needed.

