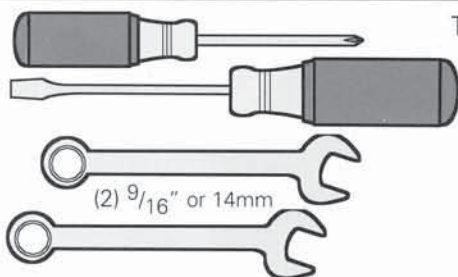
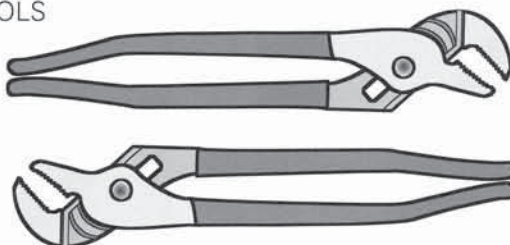


SPROCKET REPLACEMENT

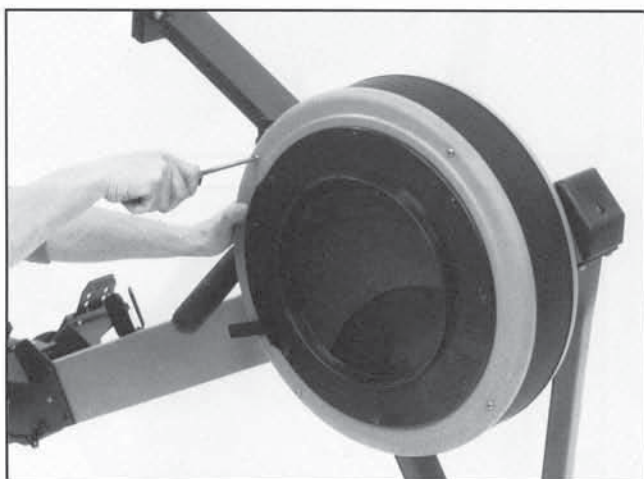


TOOLS

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Use Concept2 PN 1112

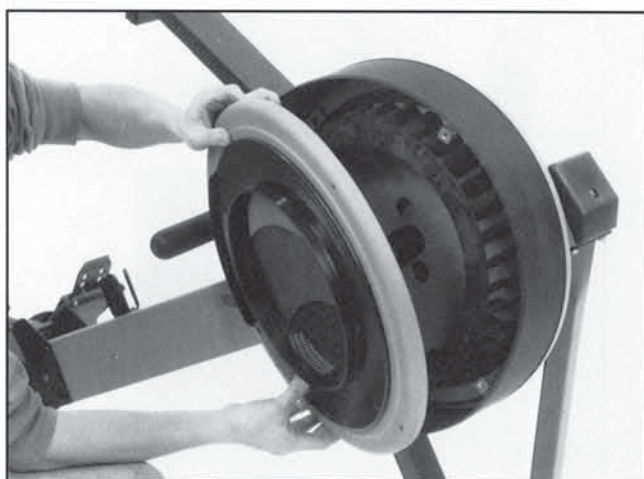
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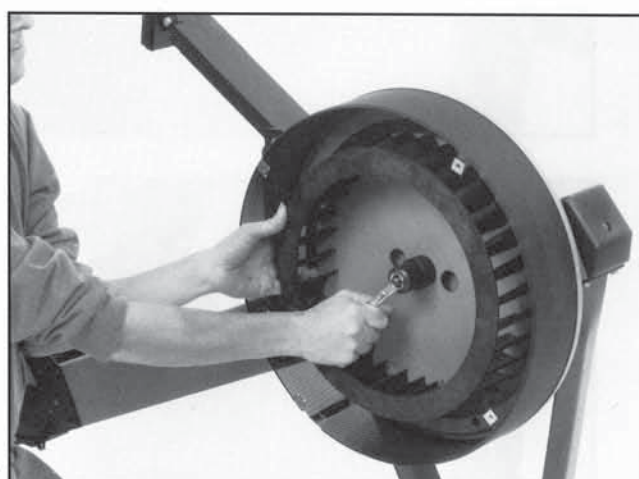
2.



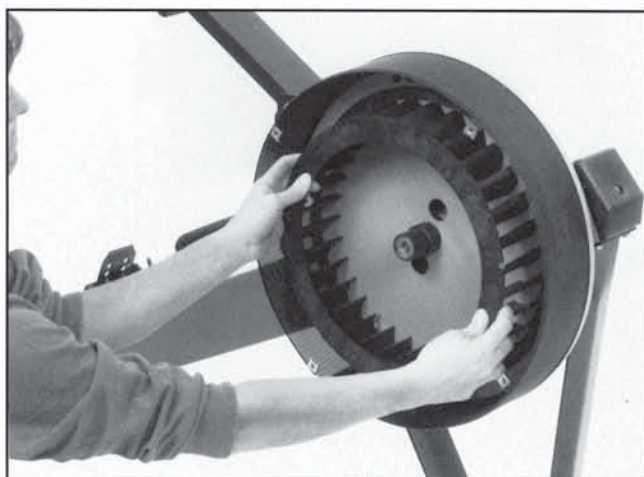
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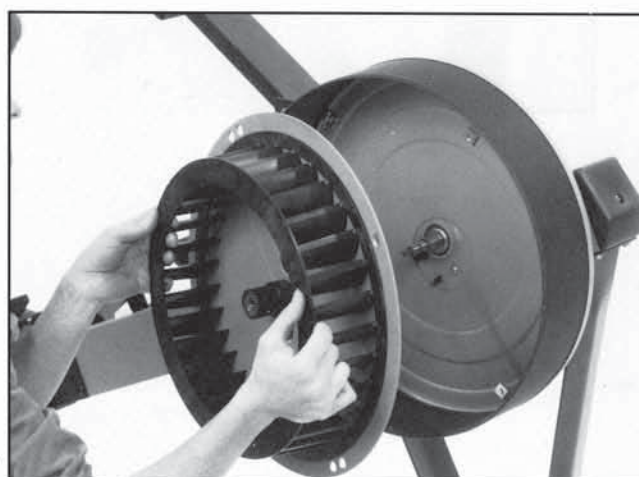
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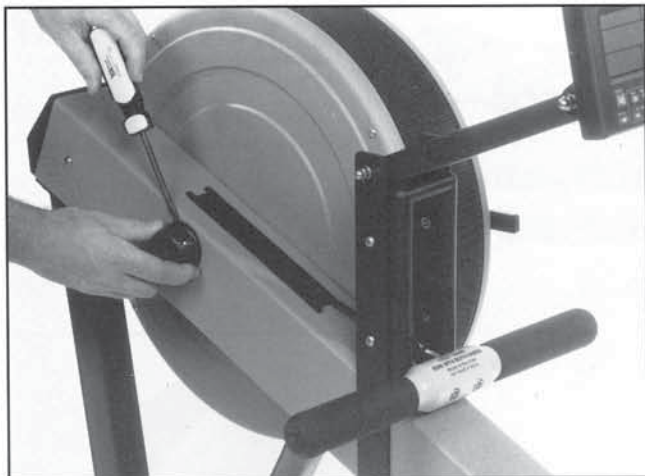
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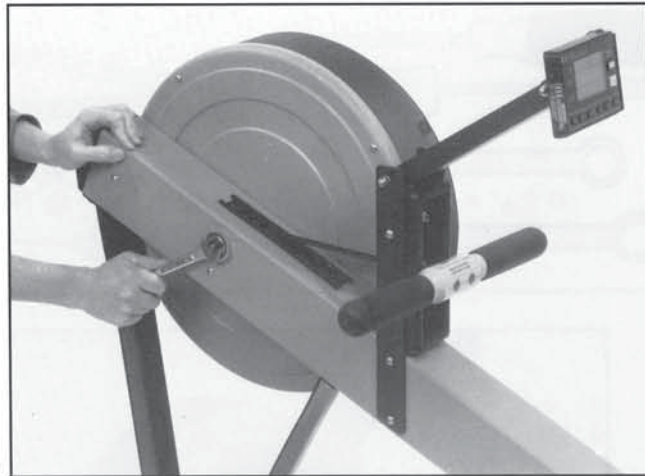
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7.



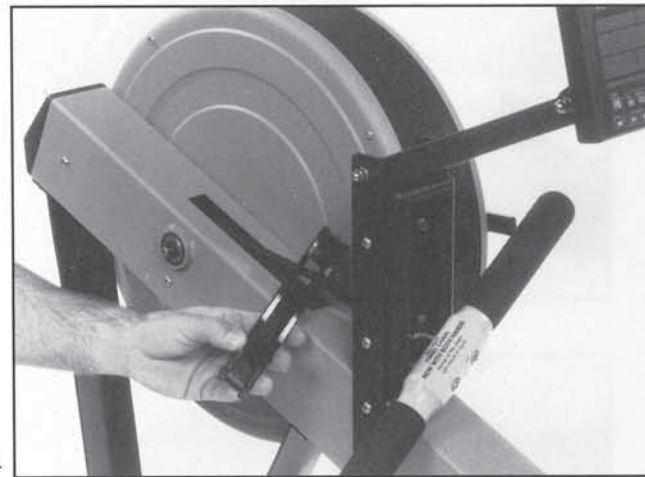
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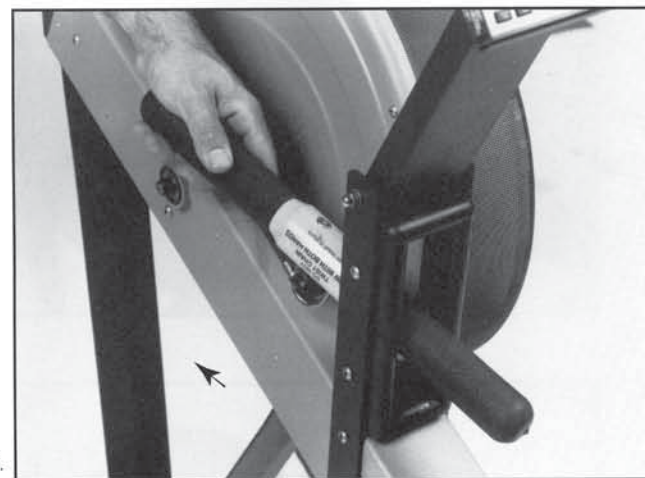
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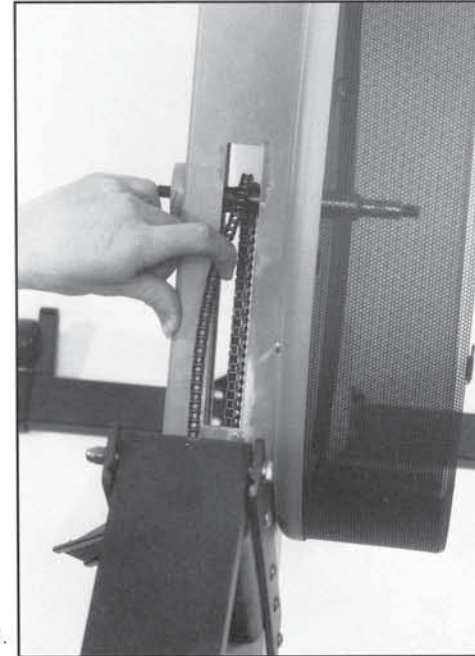
10.



11.



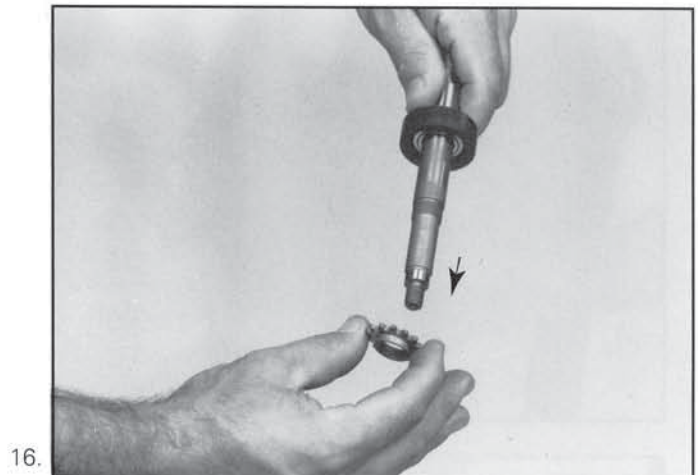
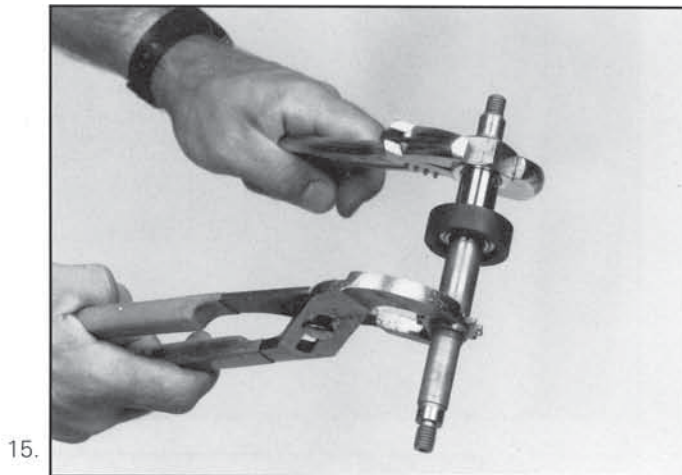
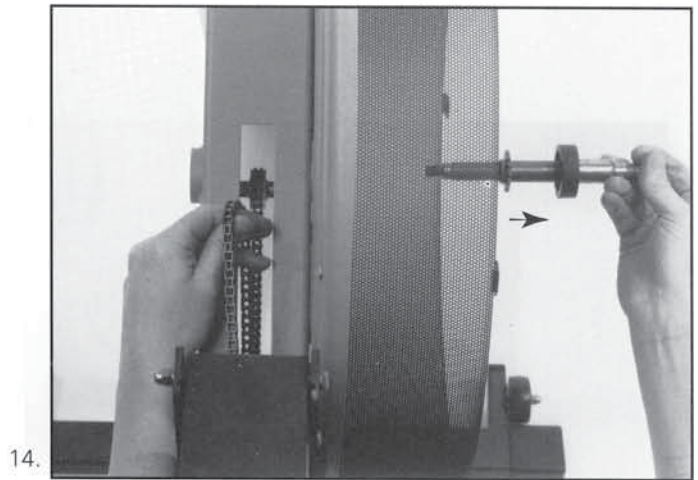
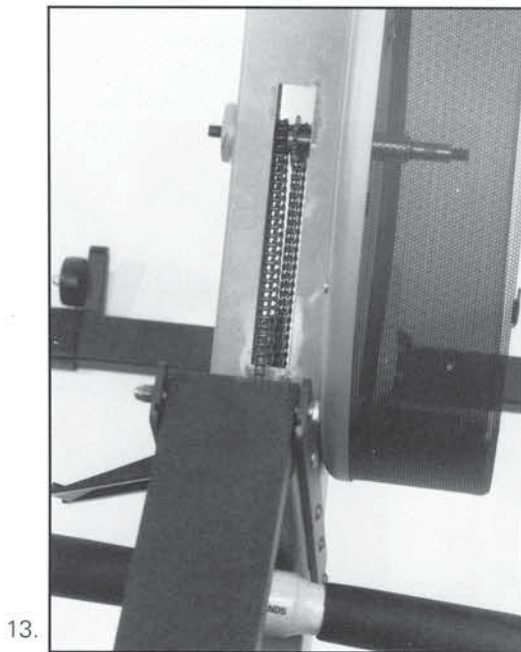
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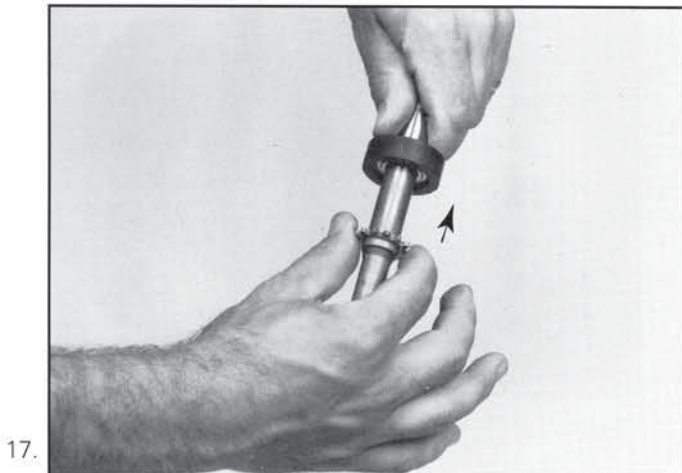
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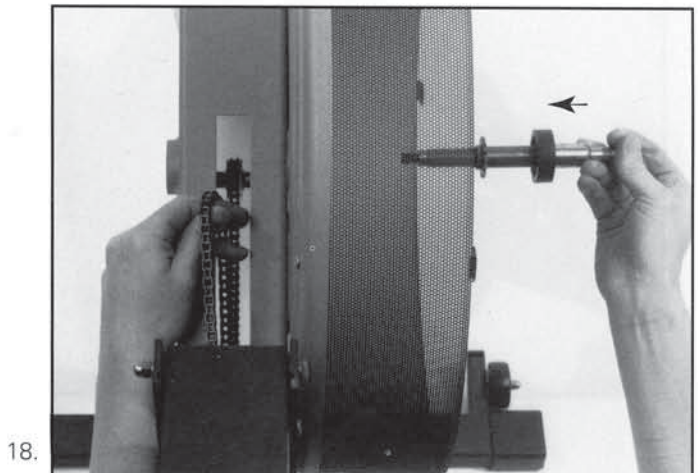
SPROCKET REPLACEMENT



Replace with Concept2 PN1112



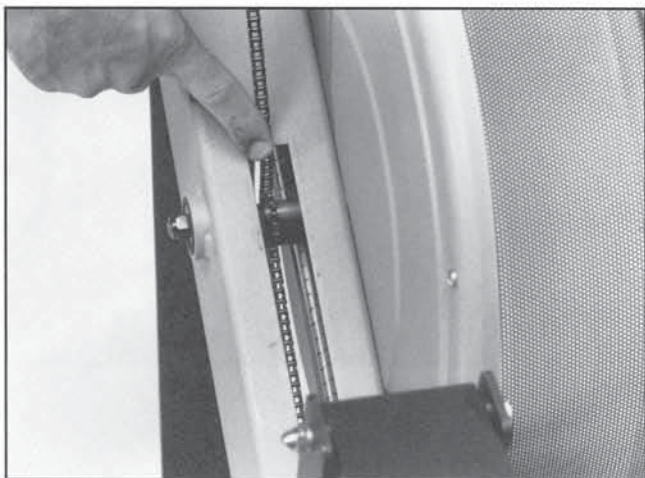
Finger tighten only.



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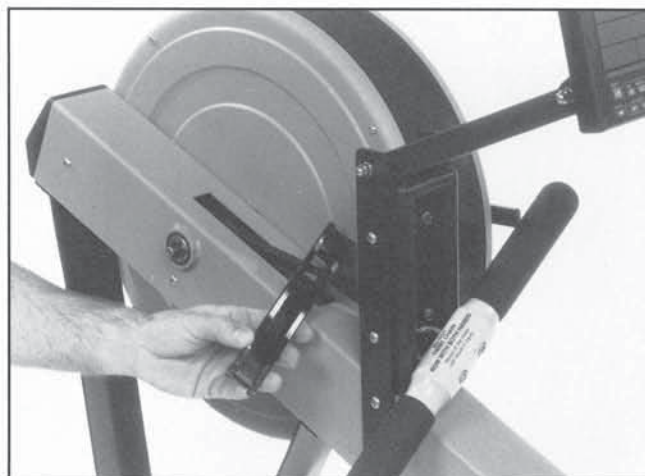
19.



20.



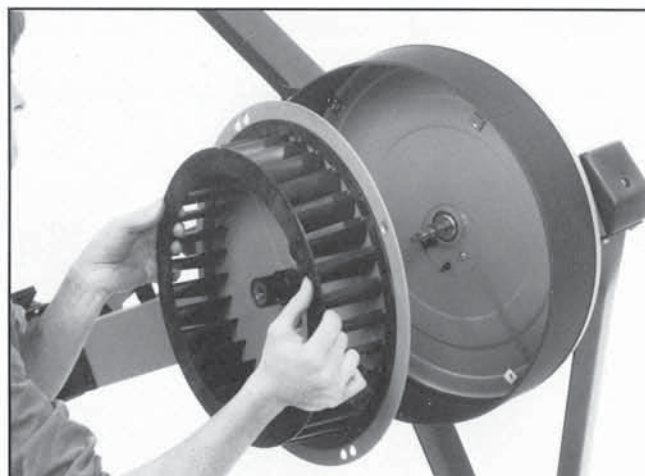
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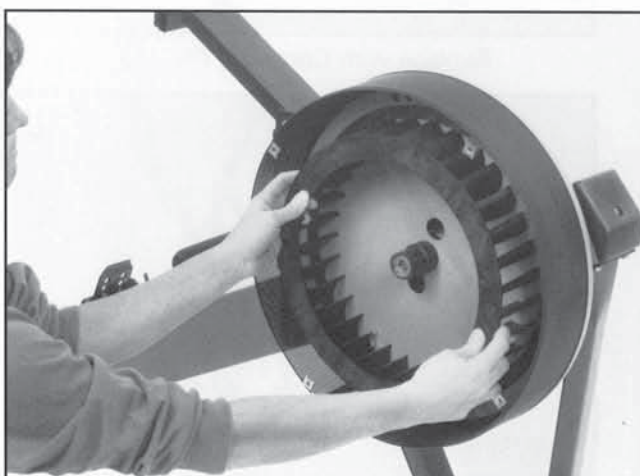
22.



23.



24.

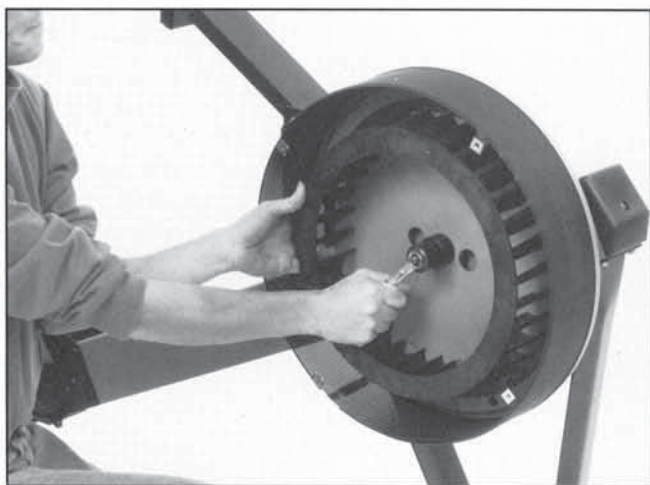


concept 2
ROWING

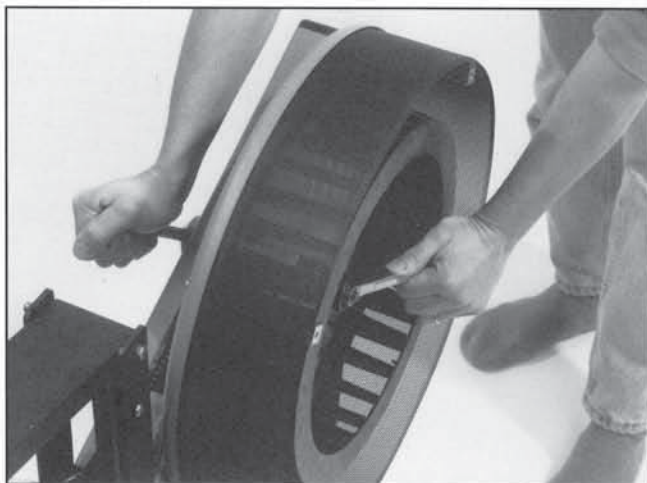
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SPROCKET REPLACEMENT

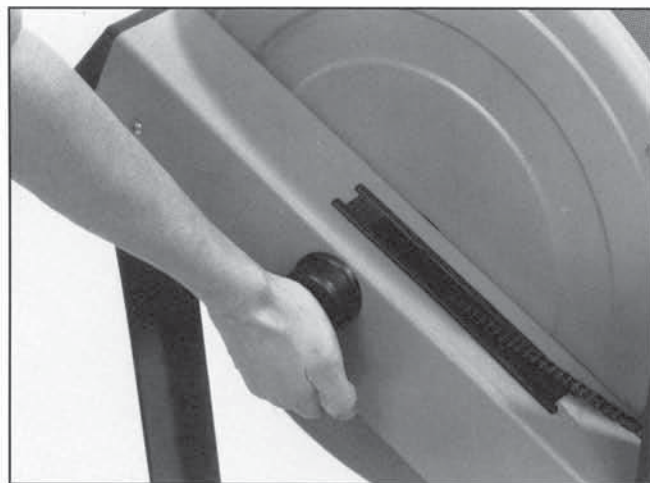
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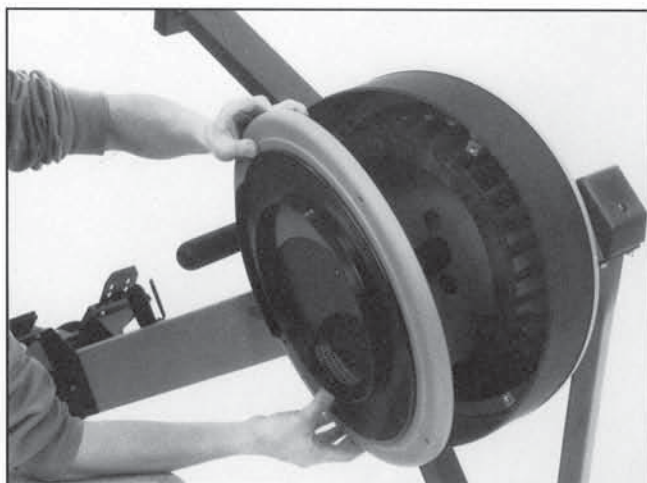
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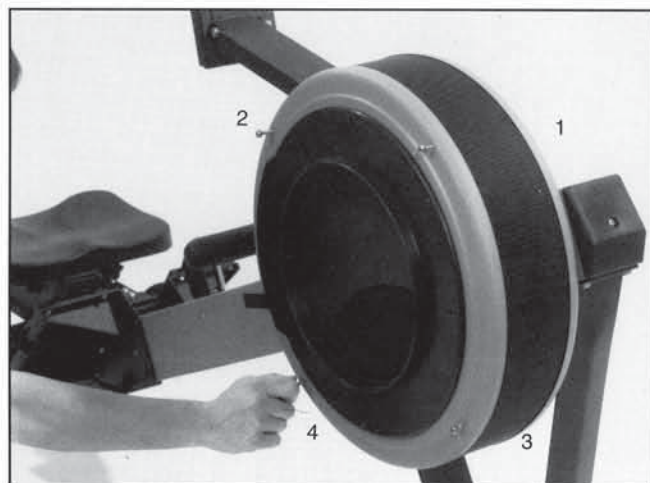
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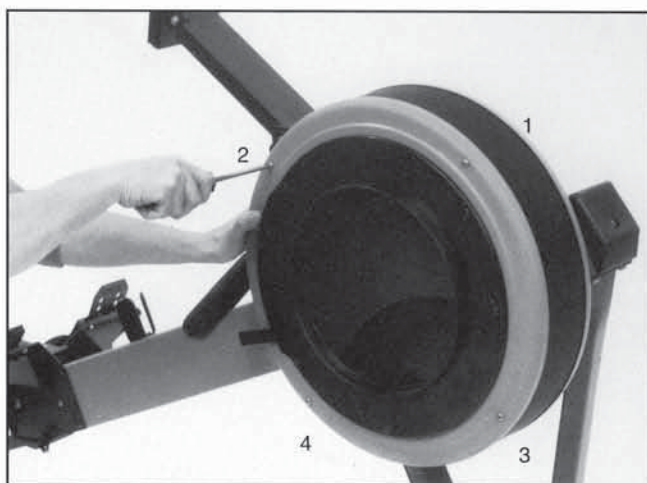
28.



29.



30.

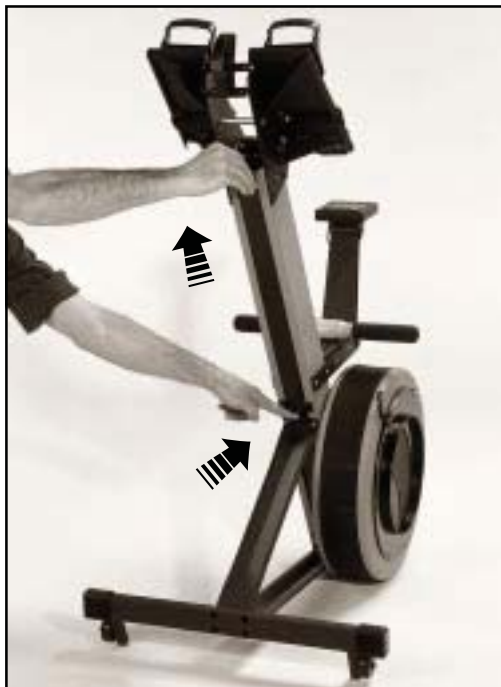


REMOVING AND INSTALLING THE RETURN MECHANISM COVER

Concept2 part number PN 1526

Removing

1.

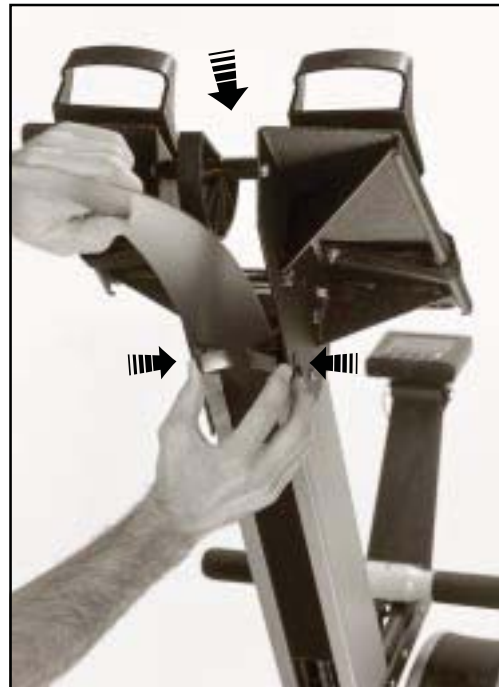


2.



Installing

1.



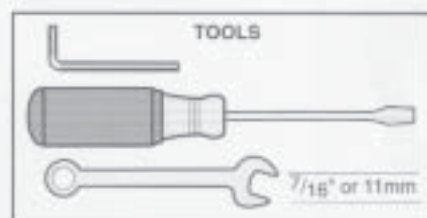
2.



Assembled



Performance Monitor Pickup Replacement



CII Part # PN 1401

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1.



2.



3.



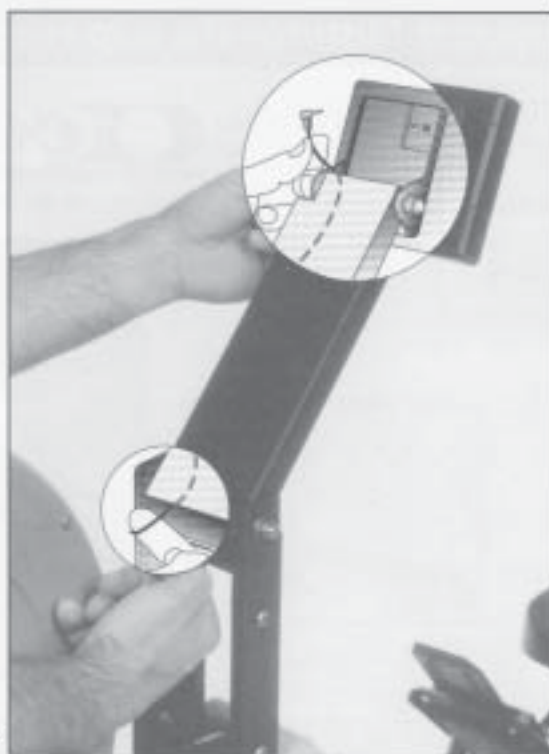
4.



5.

Replace with PN 1401

6.



7.



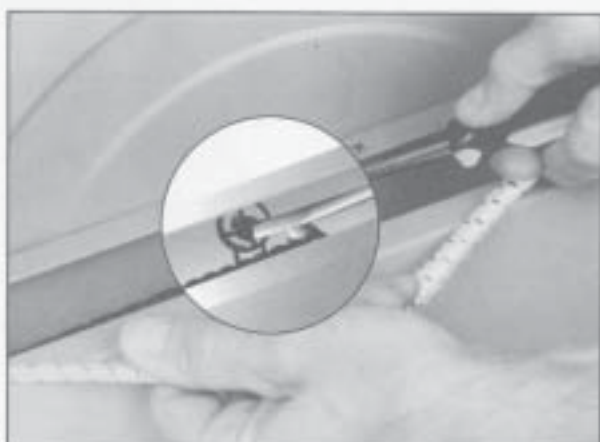
8.



9.

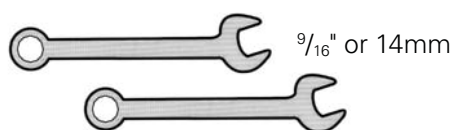


10.



MODEL C FRAMELOCK RETROFIT - INSTALLATION & OPERATION

TOOLS REQUIRED



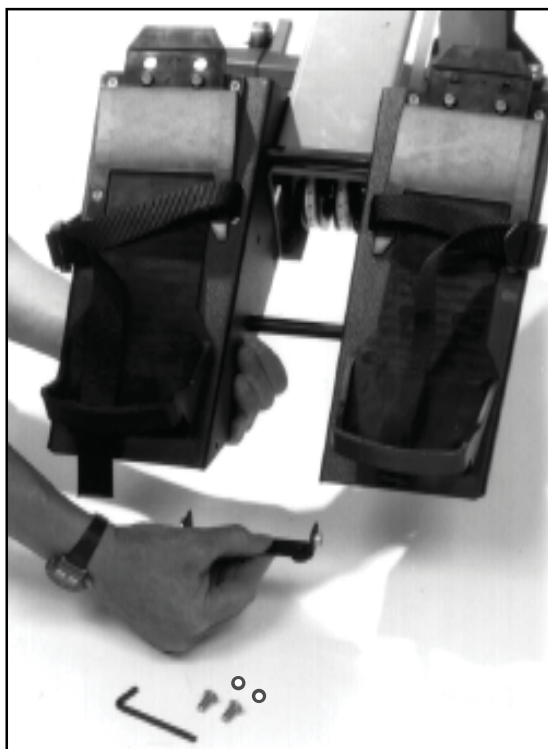
Wrenches will be needed to install new style bottom monorail hanger.

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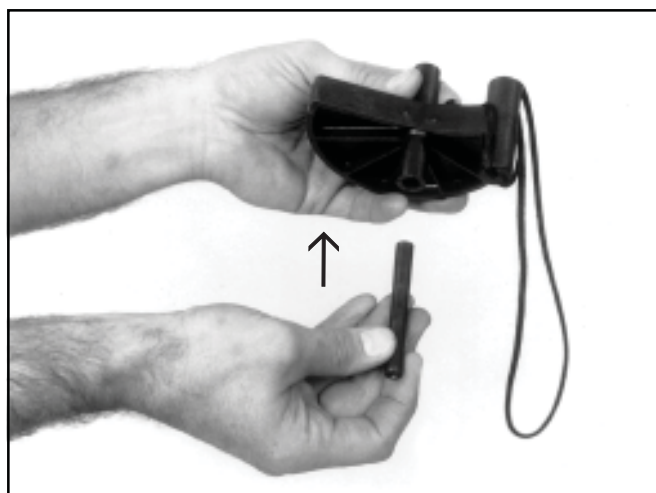
MORRISVILLE, VT USA

Included in this package:

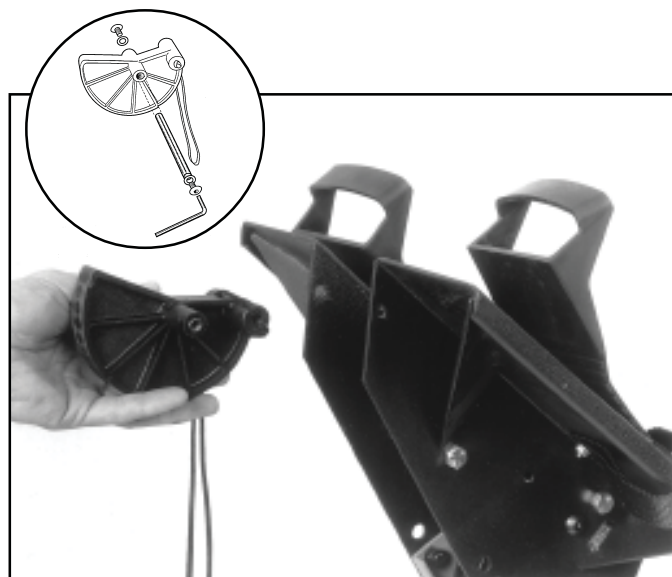
- 1 Framelock
- 1 Framelock axle
- 1 Monorail label
- 1 Allen wrench
- 1 Monorail hanger
- two (2) 1/4" x 1/2" buttonhead screws
- two (2) 1/4" lock washers



1. Remove tie bar bracket.



2. Insert axle through axle tube in frame lock.



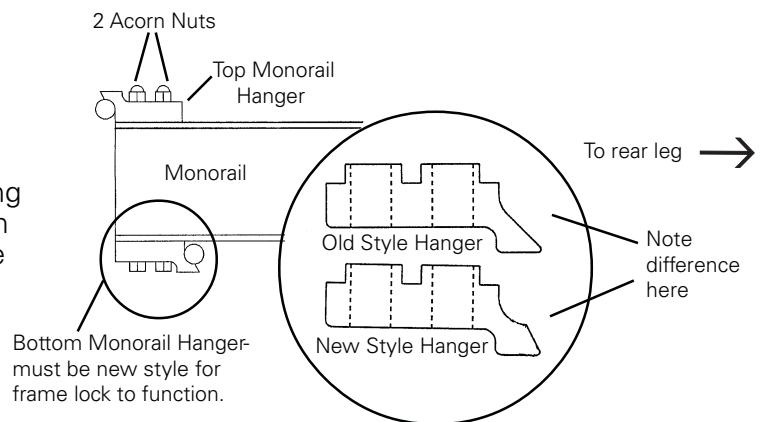
3. Place frame lock between footplates on Indoor Rower. The two footplates may need to be pulled apart slightly for the axle tube to fit. Be sure to line up axle tube to orient frame lock as shown.



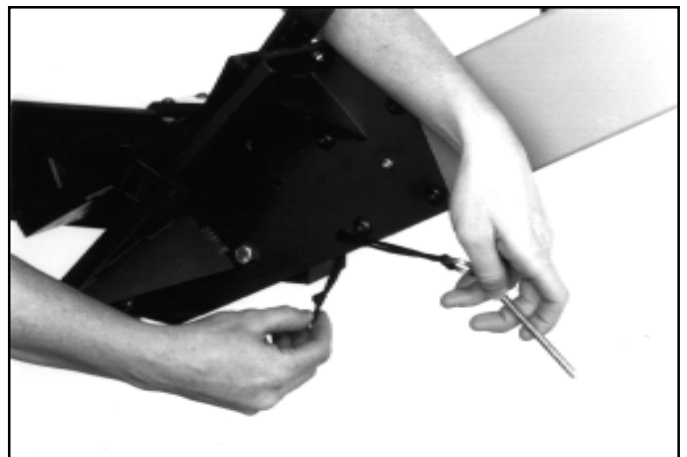
4. Insert a screw and washer into each end of frame lock axle tube, through holes in footplates. Tighten with allen wrench.

5. Check to see if your machine has a new style bottom monorail hanger (see drawing at right). The frame lock will not work correctly if your machine has the old style hanger on the bottom. It is OK if you have the old style hanger on the top.

To install the new bottom hanger, use two(2) $\frac{9}{16}$ " wrenches to remove the two acorn nuts and the long bolts holding the hangers in place. Reassemble with the new hanger, noting the proper orientation of the hangers. Tighten nuts firmly.



6. Adhere label to front of monorail.

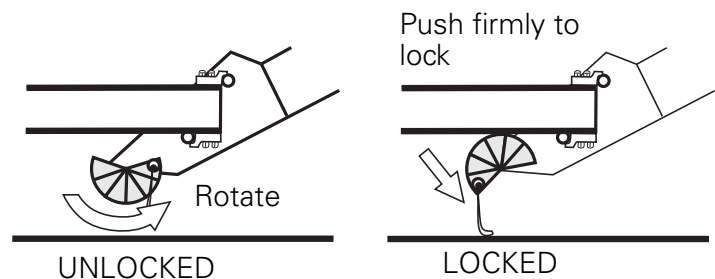


7. Remove safety pin and cord.



8. To lock, rotate and push down firmly.

Step 8. Rotate the framelock around and push it into the locked position.

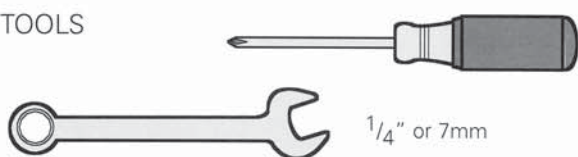


IMPORTANT SAFETY NOTES:

- 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.

FLEXFOOT REPLACEMENT

TOOLS



Use Concept2 Part # 1004

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1.



2.



3.

4.



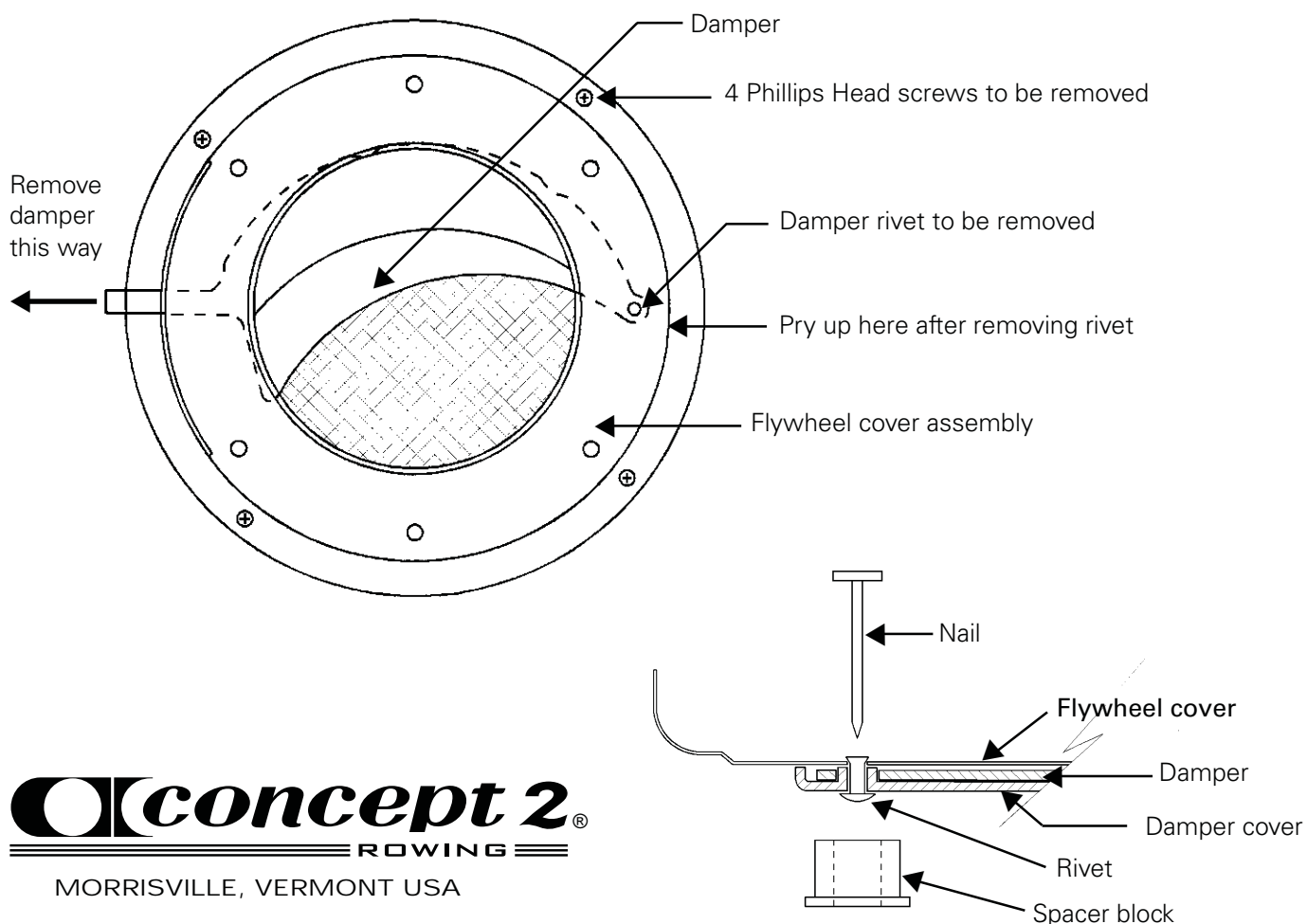
DAMPER REPLACEMENT

01/02

PARTS LIST: 1 damper, 1 spacer block, 1 nail, 1 screw with nyloc nut

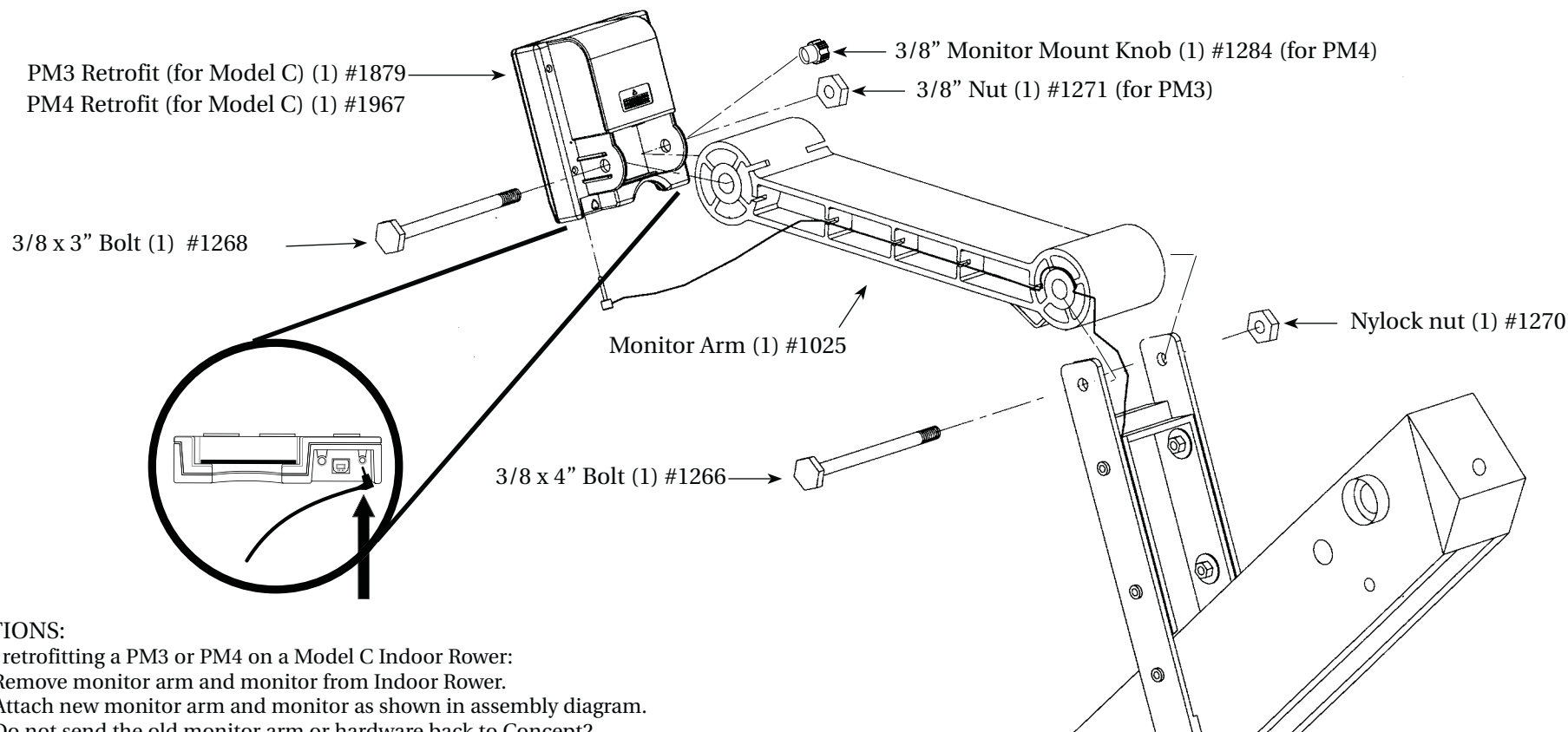
TOOLS REQUIRED: Phillips screwdriver, hammer, adjustable wrench

1. Remove the four Phillips head screws holding the right flywheel cover assembly in place.
2. Remove the right flywheel cover. Note that the cover fits tightly on the outer perforated metal part and may require some pulling.
3. There are seven rivets holding the plastic damper cover to the metal flywheel cover. Locate the one that also acts as a pivot for the damper (see drawing).
4. Position the rivet over the hole in the provided spacer block with the head of the rivet facing down (see drawing). Drive the rivet out using a hammer and the provided nail.
5. Once the rivet is removed, gently pry the plastic damper cover away from the metal flywheel cover about 1/4". This will let the old damper disengage from the plastic boss and allow its removal through the damper handle slot.
6. Install the new damper in the same place as the old one, being sure that the damper engages the plastic boss and the damper cover lays flat on the metal flywheel cover. Fasten in place using the provided nut and screw, putting the nut on the inside of the flywheel cover assembly. Tighten firmly, then check for smooth motion of the damper.
7. Reinstall the flywheel cover assembly using the four Phillips head screws.



Retrofitting or Replacing a PM3 or PM4 on a Model C Indoor Rower

Performance Monitor Assembly



INSTRUCTIONS:

1. If you are retrofitting a PM3 or PM4 on a Model C Indoor Rower:
 - a. Remove monitor arm and monitor from Indoor Rower.
 - b. Attach new monitor arm and monitor as shown in assembly diagram.
 - c. Do not send the old monitor arm or hardware back to Concept2.
2. If you are replacing a PM3 with another PM3 or PM4:
 - a. Unplug monitor wire from monitor and see assembly diagram.

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

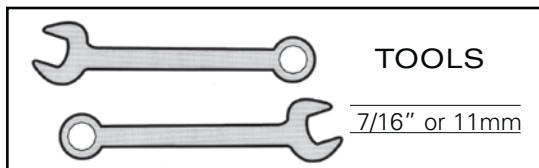
1. Insert and remove the LogCard into the monitor. A standard credit card will also work.
2. Plug in the pickup cable from your Indoor Rower and pull on the handle.

Troubleshooting:

For PM3: If your PM3 fails to activate, use a thick paper clip and press into the small hole on the back 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.

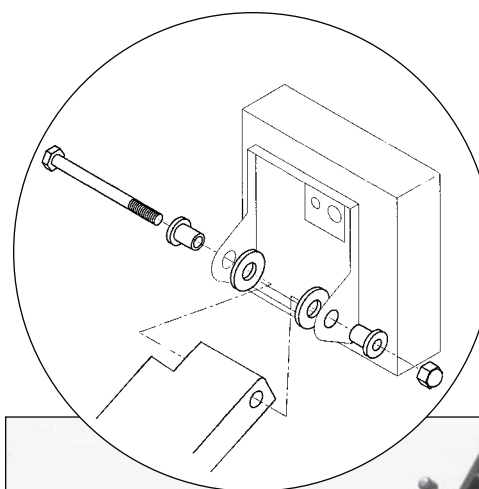
PM2+ RETROFIT FOR MODEL C



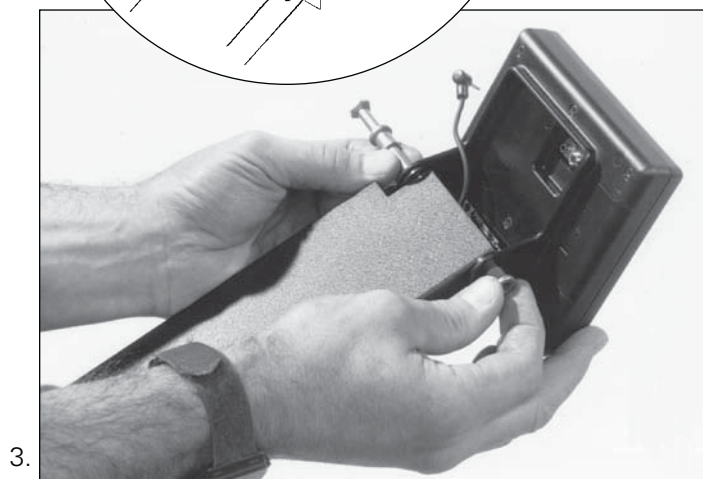
Use Concept2 part #1769



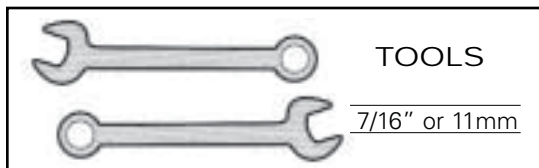
MORRISVILLE, VERMONT USA
CONCEPT2.COM



Replace with
PN 1769



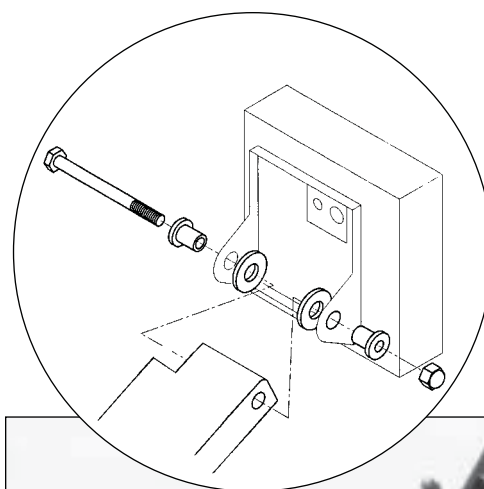
PM2 RETROFIT FOR MODEL C



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Use Concept2 part #1757



Replace with
PN 1757

