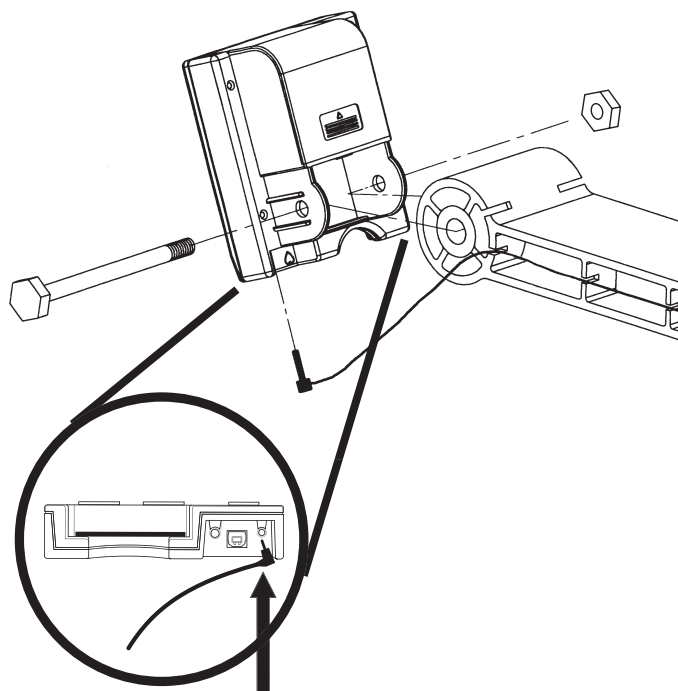


Retrofitting or Replacing a PM4 on a Model D Indoor Rower

1. Remove old monitor.
2. Attach PM4 to monitor arm and plug in monitor cable as shown.



Note: The PM4 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 PM4. A standard credit card will also work.
2. Plug in the pickup cable from your Indoor Rower and pull on the handle.

Troubleshooting: If your PM4 still 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.

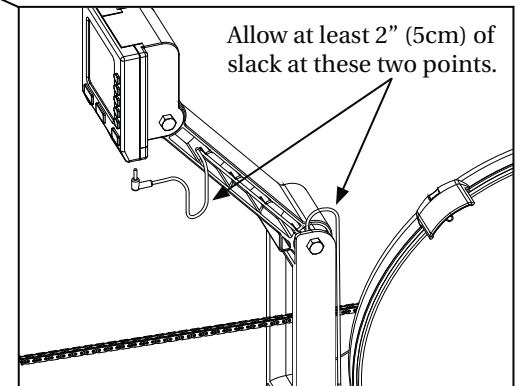
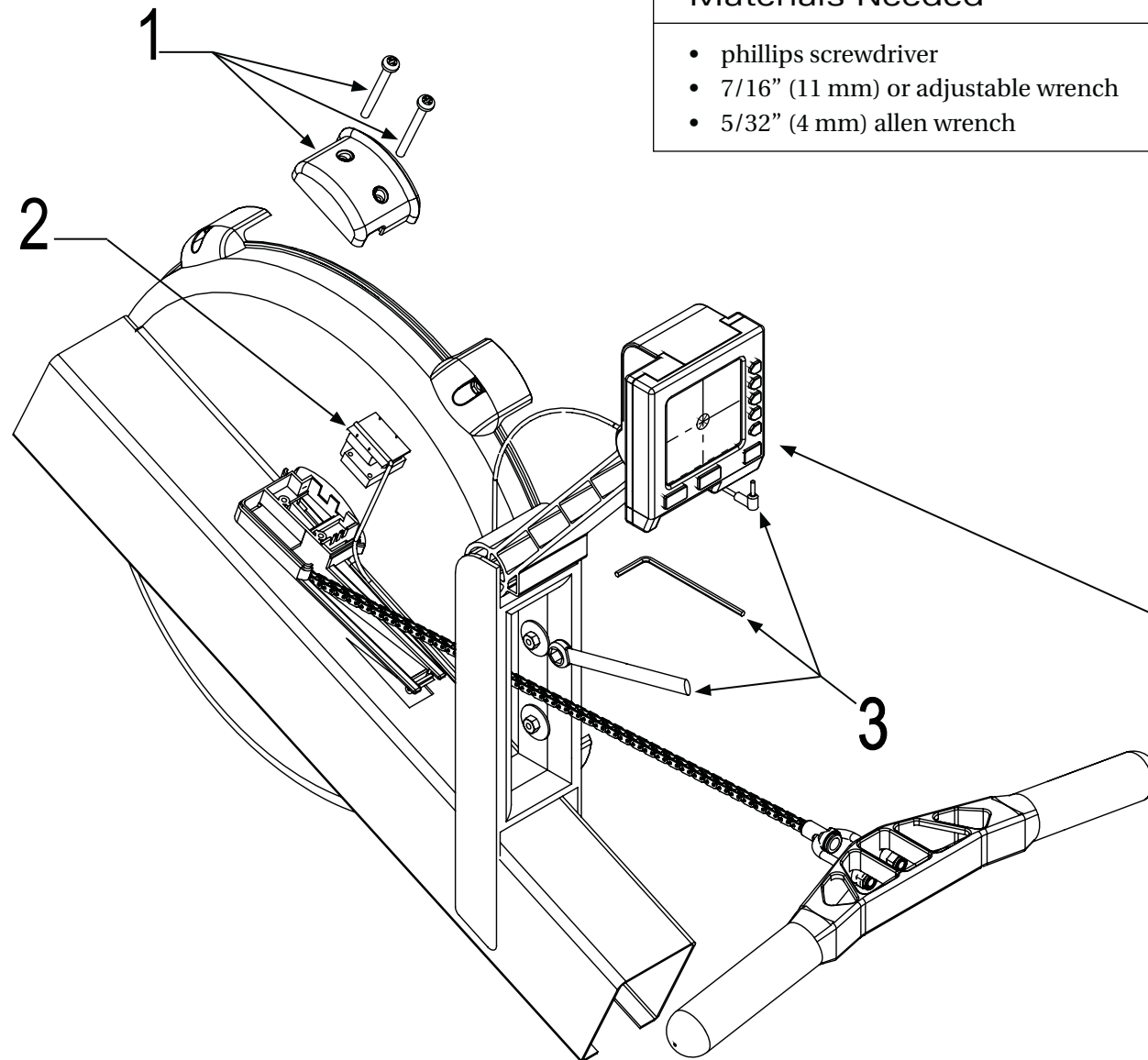
MODEL D GENERATOR COIL REPLACEMENT

Materials Needed

- phillips screwdriver
- 7/16" (11 mm) or adjustable wrench
- 5/32" (4 mm) allen wrench

Procedure

- 1) Remove two generator cover screws with the phillips screwdriver. Remove generator cover.
- 2) Note wire routing before removing generator coil unit from the generator base.
- 3) Using the allen wrench and 7/16" wrench, loosen the two chain guide fasteners. Unplug the generator wire from the monitor and remove wire and generator coil unit.
- 4) Install the new generator coil back into the base and install the cover. Route the wire back up to the monitor. Avoid bending, pinching or kinking the wire by allowing adequate slack as shown in the inset below. The monitor arm and monitor should be able to move freely. Tighten chain guide fasteners.



MODEL D GENERATOR BASE & COIL REPLACEMENT

Materials Needed

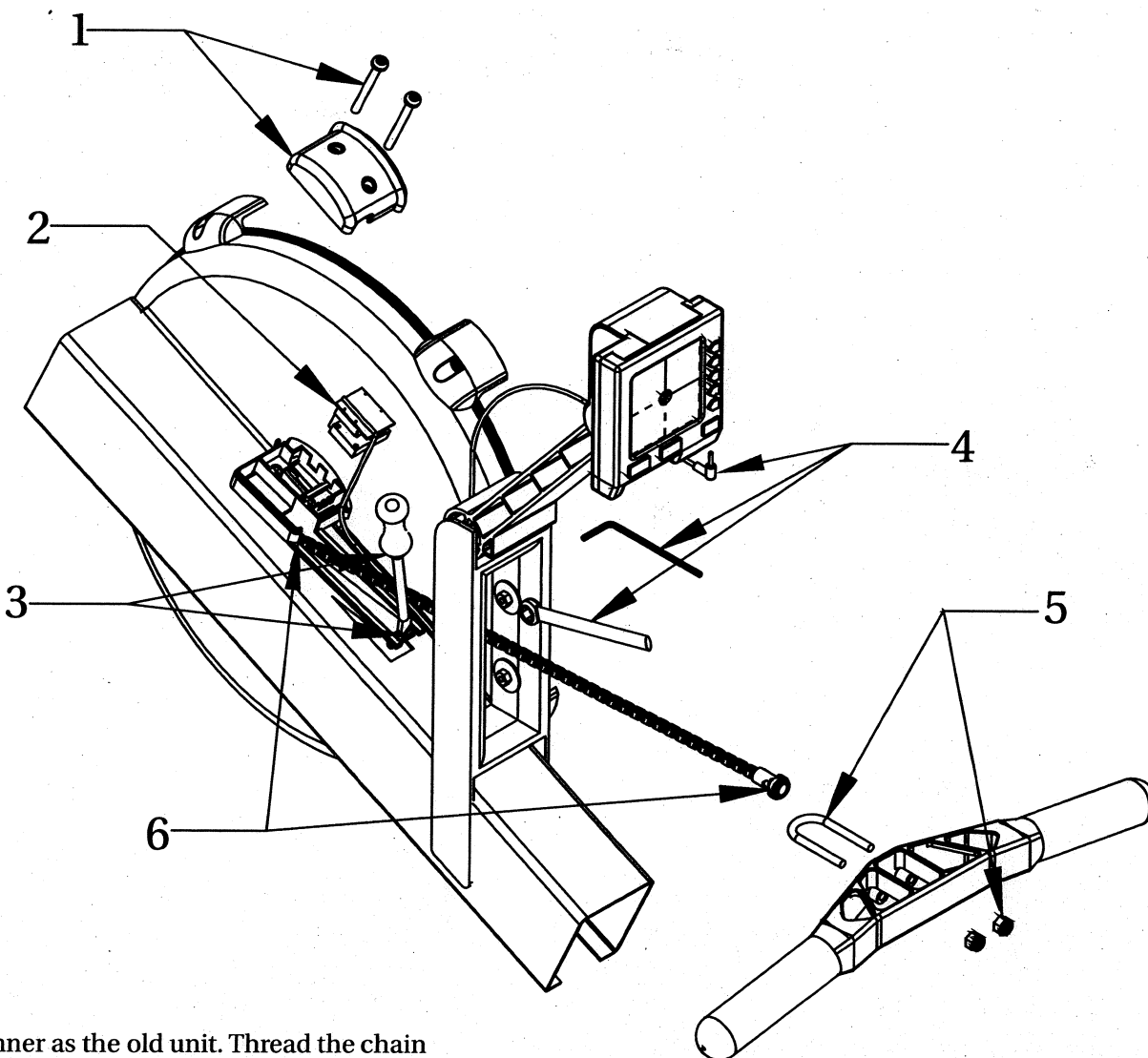
- flat blade screwdriver
- phillips screwdriver
- 7/16" (11 mm) or adjustable wrench
- 5/32" (4 mm) allen wrench

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800.245.5676 (U.S. & Canada only)



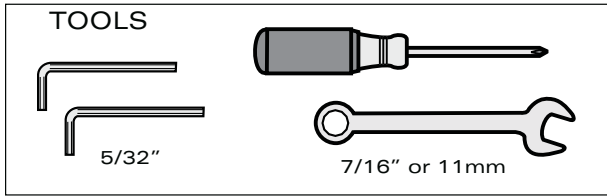
Procedure

- 1) Remove two generator cover screws with the phillips screwdriver. Remove generator cover.
- 2) Note wire routing before removing generator coil unit from the generator base.
- 3) Using the flat blade screwdriver, pry the generator base catch open while pushing upward from inside the frame. Remove generator base.
- 4) Using the allen wrench and 7/16" wrench, loosen the two chain guide fasteners. Unplug the generator wire from the monitor and remove wire and generator coil unit.
- 5) Using the 7/16" wrench, remove the two nuts from the handle U-bolt. Remove handle and U-bolt from the chain.
- 6) Thread chain out through the generator base.
Note: This will be a tight fit.
- 7) Disassemble the new generator unit in the same manner as the old unit. Thread the chain through the new generator base and snap the base into place in the frame. Reinstall handle back onto the chain. **BE SURE HANDLE NUTS ARE TIGHT!** Install the new generator coil back into the base and route the wire back up to the monitor. Tighten chain guide fasteners.



REPLACING THE MOUSE ON THE INDOOR ROWER

0409



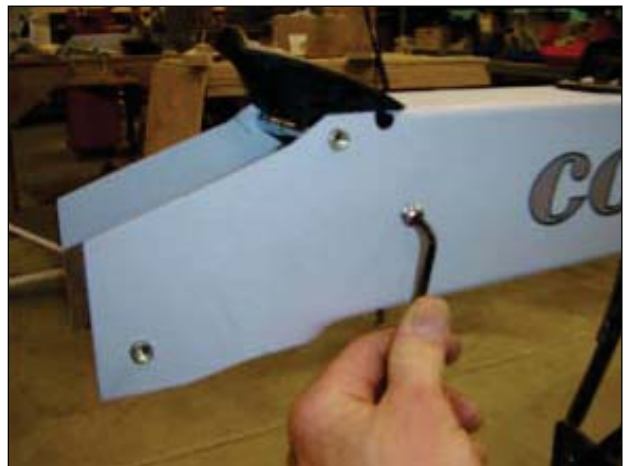
1. Remove the footplate covers by taking out the 12 philips head screws.



- 2 & 3. Remove the footplate bellies by taking out the 4 7/16" hex screws and plates.



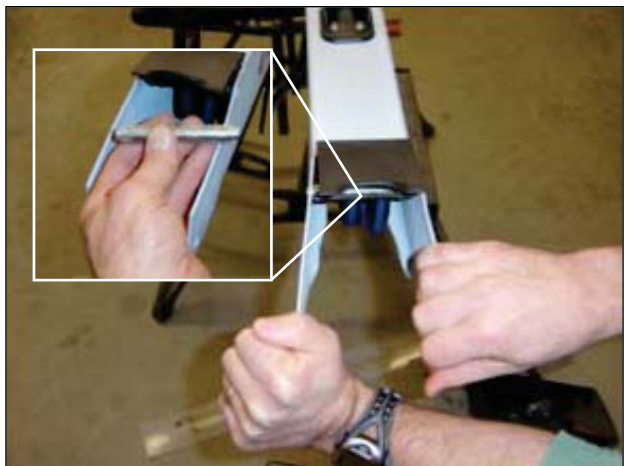
4. Detach the two shock cord SCAMS to relieve bungee tension.



5. Remove the two shock cord axle button head fasteners.



6. Spread the frame to remove the lower hanger axle.



7. Spread the frame to remove the upper hanger axle. Use equal pressure on both sides.

REPLACING THE MOUSE ON THE INDOOR ROWER




8. Pull out the mouse, shock cord pulleys and axle.



9. Remove axle from pulleys and mouse.
Remove mouse.

Reassemble with new mouse following disassembly procedure in reverse.

REINFORCEMENT KIT INSTRUCTIONS

Materials Needed	Procedure Overview
<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  <p style="font-size: small; margin-bottom: 5px;">kit contents</p> </div> <div style="flex: 2;"> <ul style="list-style-type: none"> 2 steel plates (black) 1 tube of Loctite® 409 adhesive 1 alcohol wipe pack 4 hex head 1/4-20 by 5/8 screws 1 Allen key 1 7/16 wrench 1 Phillips head screw driver </div> </div>	<ul style="list-style-type: none"> Unpack the kit Read through the instructions before beginning Remove foot stretcher assembly Prepare and attach steel plates Reinstall foot stretcher assembly <p>Read through the instructions</p> <p>Note the helpful hints that will make this easier</p>

Procedure

Remove the Foot Stretcher Assembly

1. Separate the flywheel end of the indoor rower from the monorail end and position flywheel end as shown. [See photo A]

2. Remove the two top plates of the foot stretchers as follows:
 - a. Use the Phillips head screw driver to remove the six screws from each top plate. [See photo B]

 - b. There is a left top plate and a right top plate. Make a note of which top plate is the left plate and which is the right plate, and then slide each top plate off the foot “bellies.” [See photo C]

3. Remove the foot belly unit from the box arm as follows:
 - a. Using the 7/16 wrench, loosen by one full turn all four hex head screws that fasten the belly unit to the box arm. [See photo D] **HINT: The four hex head screws thread into the hanger axles that run between the foot stretchers. If the axle starts rotating as you loosen one screw, retighten the screw on the other end of the axle and retry the problem screw. It is OK if the metal reinforcing brackets rotate as you loosen the screws.**



photo A



photo B



photo C



photo D

Procedure continued

- b. Remove the four screws and metal reinforcing brackets.
- c. Slide the foot belly unit off the box arm and set aside. [See photo E] **HINT: Do NOT remove the plastic piece that connects the foot bellies on the bottom side; keep the foot bellies as one connected unit.**

photo E



Prepare and Attach Steel Plates

HINT: Before you proceed beyond this point make sure you understand the directions and will be able to complete the entire process with no interruptions.

4. Place the steel plates on a flat surface with the marked surface facing up. Clean this surface with the alcohol wipe. [See photo F]
5. Using the alcohol wipe, clean the area of the box arm to which the steel plates will be applied. [See photo G]

photo F



photo G



6. Lay flywheel end of the machine on its side on the floor as shown. [See photo H]

photo H



7. Apply Loctite adhesive to marked side of each steel plate as follows:
 - a. Uncap Loctite, remove the pointed nozzle and use nozzle to pierce the seal of the tube. [See photo I] **HINT: Try not to squeeze the tube while piercing the seal, as the Loctite comes out quickly. If needed, puncture the seal with a pin or other sharp object and then enlarge the hole with the nozzle.**
 - b. Set nozzle aside.

photo I



Procedure continued

c. Place four equal dabs of Loctite on each steel plate in the areas indicated. **HINT: Start by depositing a small dot of adhesive on all eight marked areas then add additional adhesive to each dot in small equal increments until there is no more adhesive in the tube. Do not spread the Loctite out; leave as pictured. [See photo J] If you get adhesive on your fingers, see tube for cleaning instructions.**

photo J



8. On box arm, loosen the shock cord axle screw three full turns. Do NOT completely remove the screw. [See photo K] **HINT: Loosen only the screw on this side. DO NOT loosen the button head screw on the other side of the shock cord pulley axle at this time.**

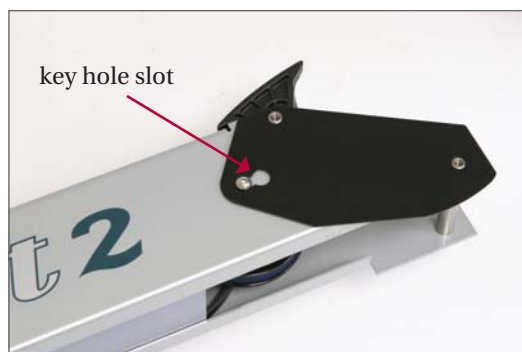
photo K



9. Place first steel plate onto box arm with the adhesive facing the box arm. **HINT: Before attempting to place the first steel plate, make sure you have the correct steel plate for the side of the box arm you are working on by noticing that the holes in the steel plate match up with the hanger axles and the button head screw.**

Position the steel plate so that the keyhole slot fits over the loosened screw and the two remaining holes in the plate line up and engage with the ends of the hanger axles. [See photo L]

photo L



10. Tighten the shock cord axle screw completely while ensuring all steel plate holes stay aligned and engaged. [See photo M]

11. One side of the installation is now complete. Position the front end of the machine so that the opposite side of the box arm is facing up and install the second steel plate on the box arm following the same method used to install the first steel plate.

photo M



Procedure continued

Reassemble Foot Stretcher Assembly

12. Stand the flywheel end of the machine back up (as in step 1). [See photo A]

13. Slide the foot belly assembly back into place, making sure the hanger axles engage the holes in the belly assembly. **HINT: When sliding the foot belly in place, make sure the toe end is toward the flywheel.** [See photo N]

photo N



The back metal bracket is positioned vertically. The hole in the middle of the bracket remains vacant.

The front metal bracket is positioned horizontally. The screw is inserted in the middle bracket hole. Edge of bracket must be parallel with top edge of foot belly.

14. Using the hex head 1/4-20 by 5/8 long screws from the kit, and the metal reinforcing brackets from step 3b, refasten the foot belly unit to the box arm. Note the orientation of the reinforcing brackets. [See photo O]

Note: After replacing the hex head screws with those from the kit, you will have four hex head screws left over after installation. You can discard these hex head screws.

photo O



15. Reassemble the top plates, taking care to position the left and right top plates correctly on the foot bellies. [See photo P if you need help identifying the left top plate from the right.] Before fastening the top plate screws, ensure that the foot strap is positioned in the groove of the top plate. [See photo Q]

HINT: When fastening the top plates, we find it easier to loosely install the two heel-end screws first, the two toe-end screws second, the two middle screws last. Then snug all the screws, being careful not to over tighten them.

photo P



The distance between the toe piece and the edge of the top plate is larger on the side closest to the box arm.

16. Allow Loctite to cure overnight before using the rower.

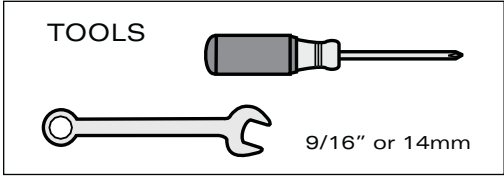


photo Q



FLYWHEEL REPLACEMENT - MODEL D & E

0807



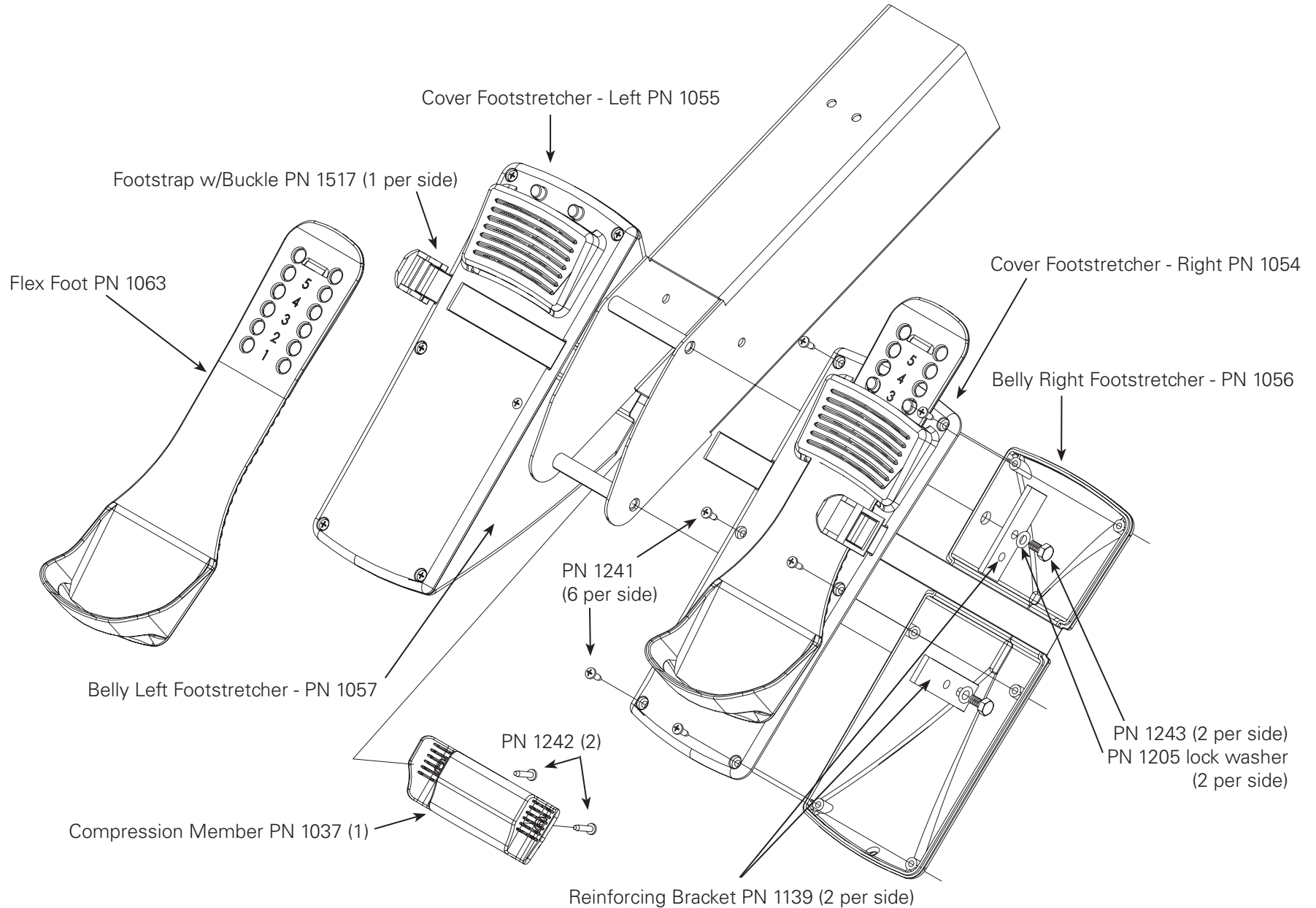
FLYWHEEL REPLACEMENT - MODEL D & E



Footplate/Flex Foot Assembly

For all Model E Indoor Rowers and Model D Indoor Rowers purchased after July 31, 2006.

Model D, Serial# 073106 - Present



CASTER WHEEL REPLACEMENT



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RR1 BOX 1100, MORRISVILLE, VT 05661-9727
MON.-FRI. 7:30 AM TO 5:00 PM EST FAX: 802-888-4791
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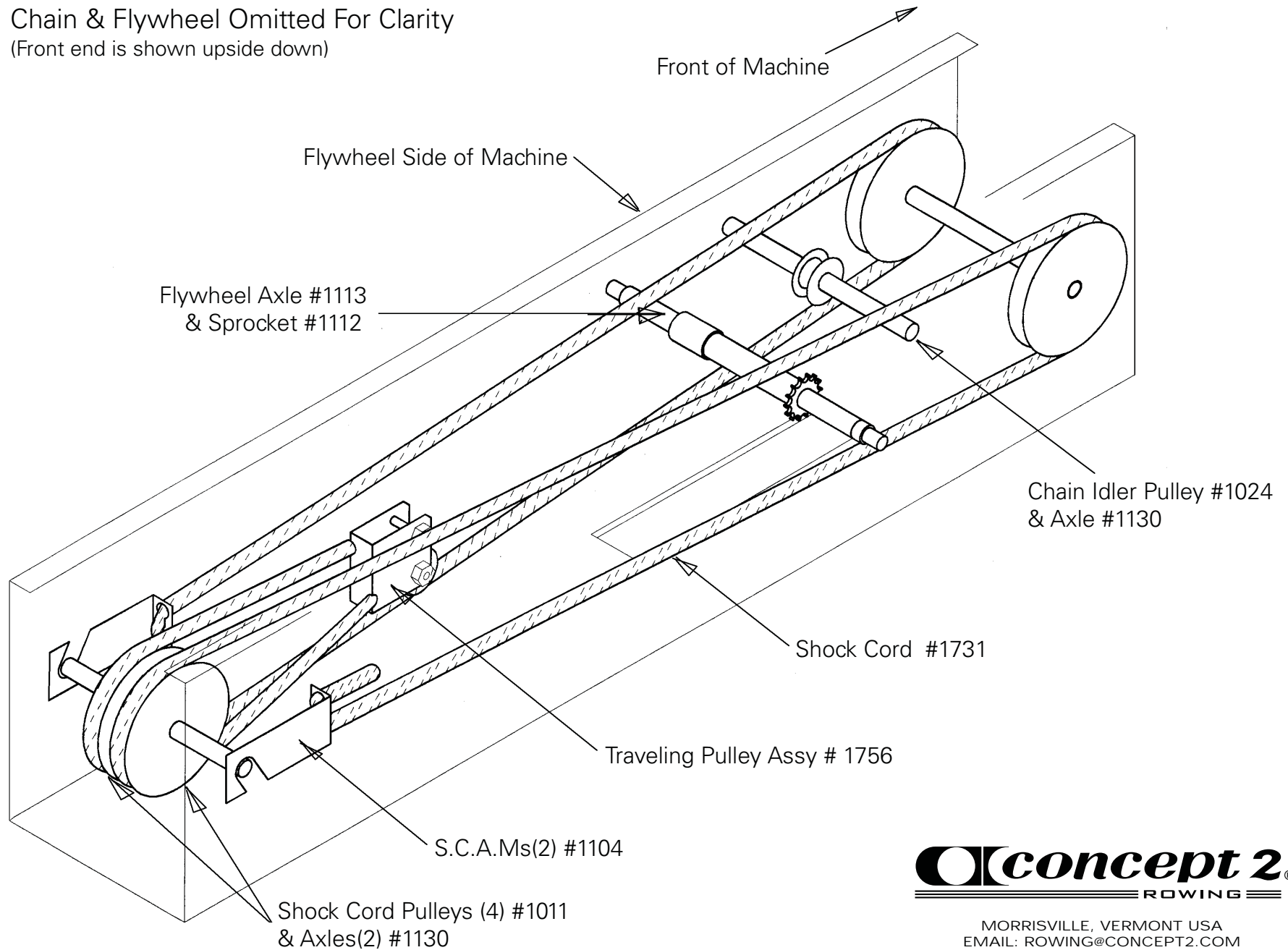
CII Part # PN 1308



Also used for Model D and Model E

MODEL C SHOCK CORD ROUTING

Chain & Flywheel Omitted For Clarity
(Front end is shown upside down)

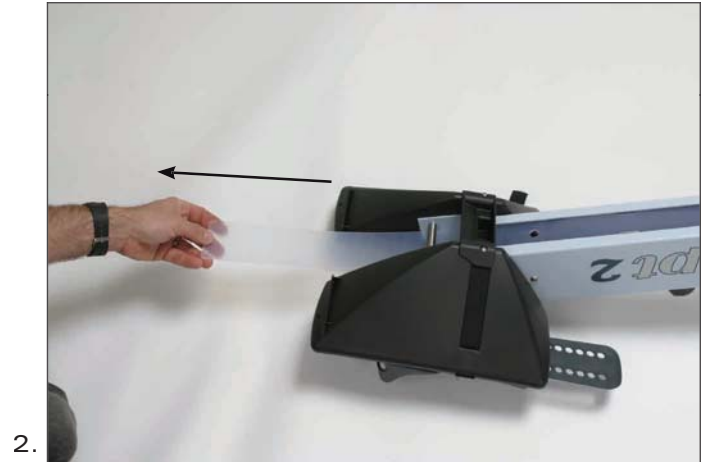
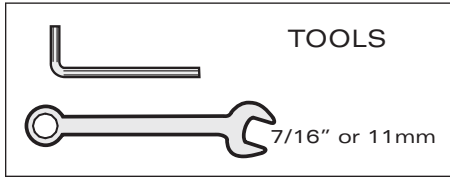


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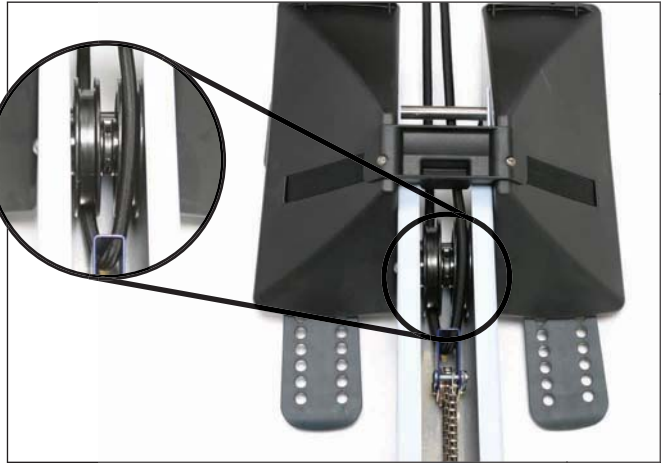
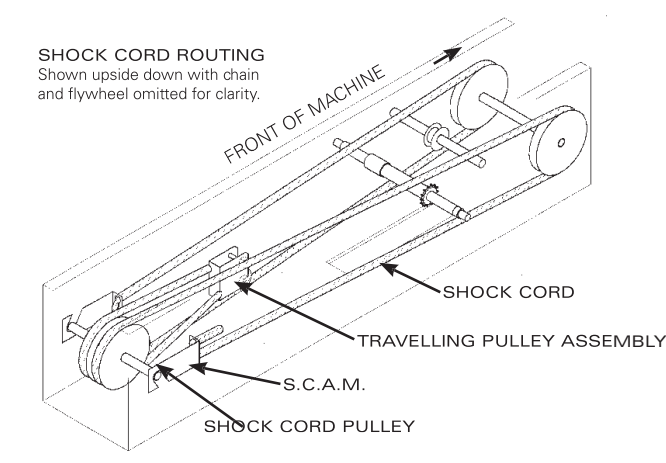
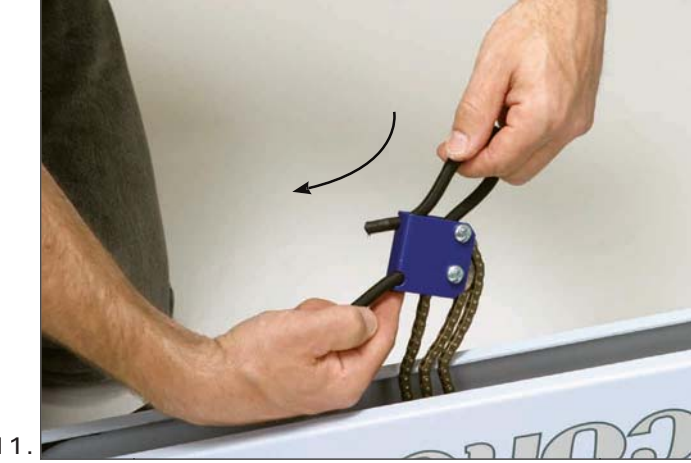
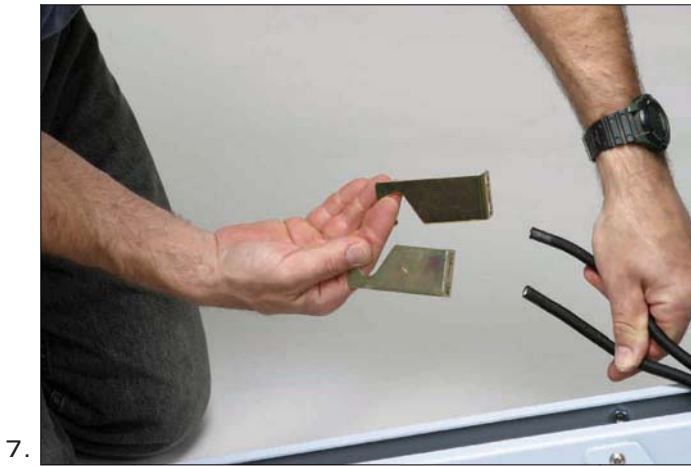
SHOCK CORD REPLACEMENT - MODEL C,D,E

0607

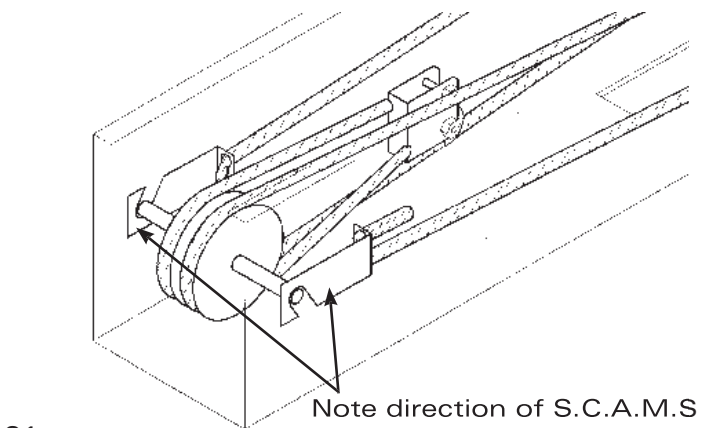
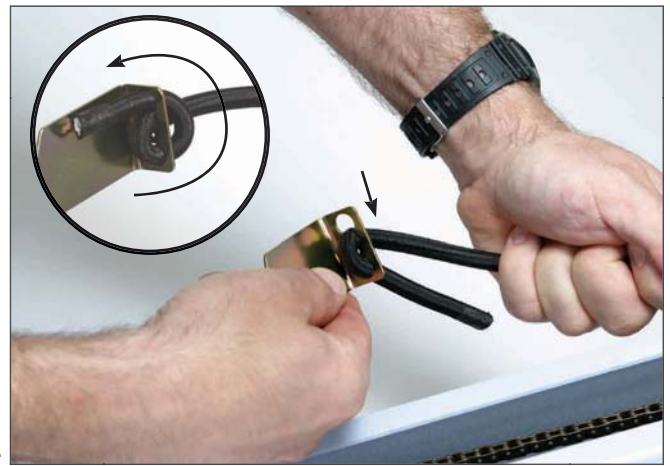
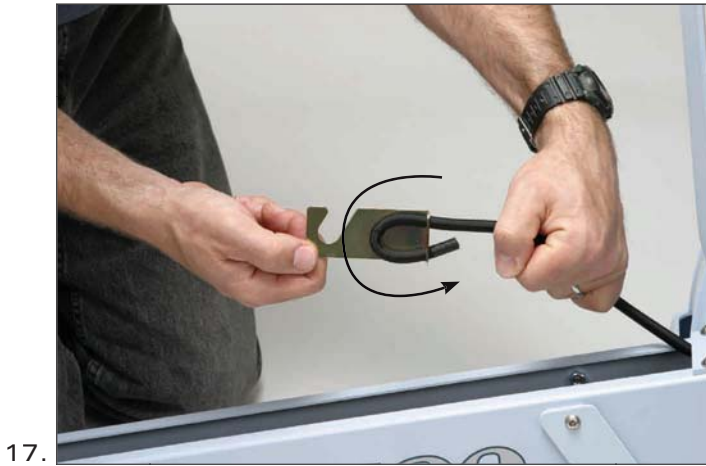
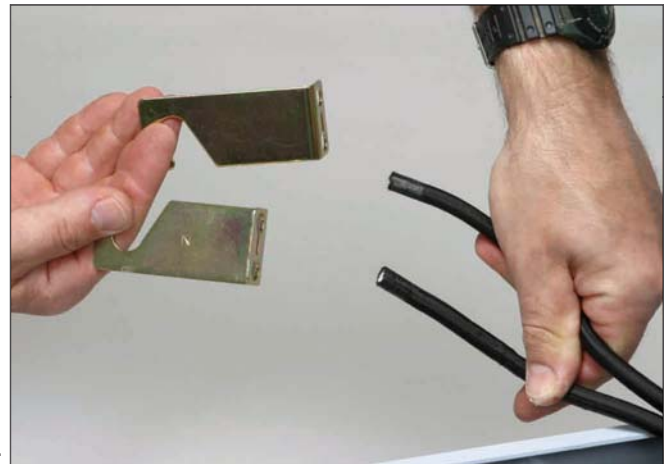
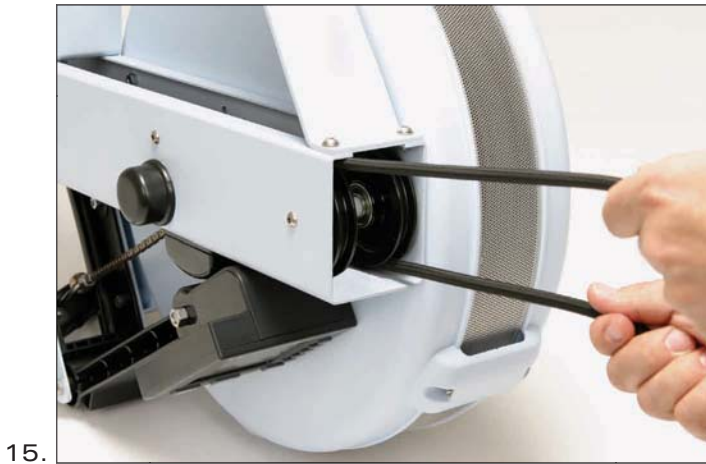
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SHOCK CORD REPLACEMENT - MODEL C,D,E



SHOCK CORD REPLACEMENT - MODEL C,D,E



SHOCK CORD ADJUSTMENT

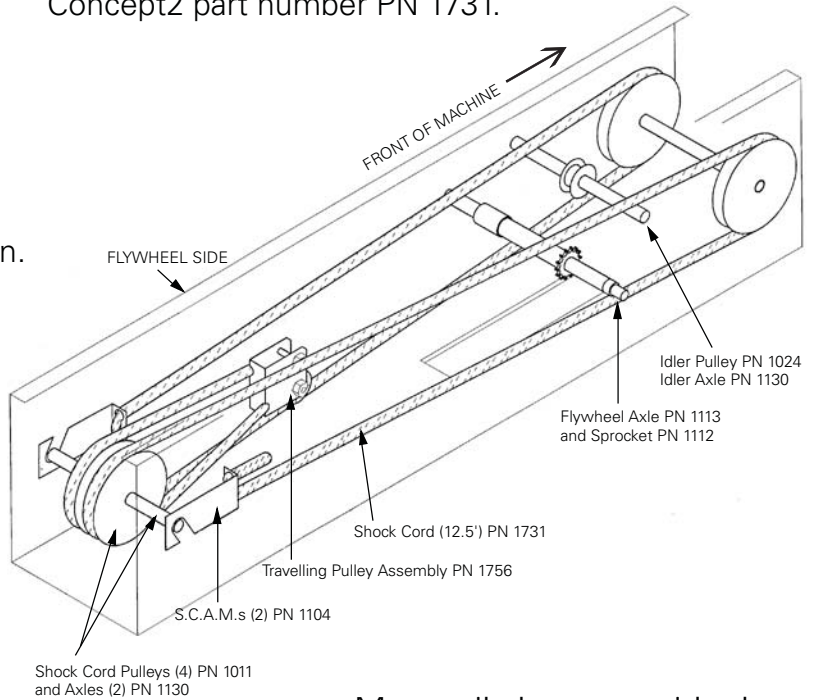
You must use the shock cord available through Concept2. Use of other shock cord will have a significant effect on the performance of your machine. Concept2 part number PN 1731.



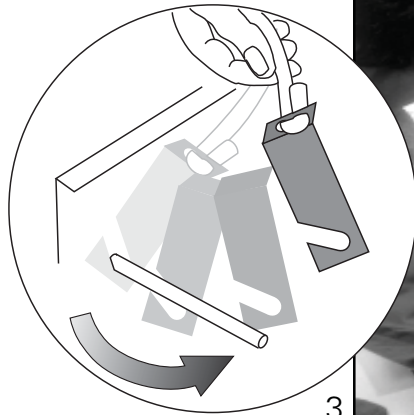
1. Detach flywheel section and turn upside down.



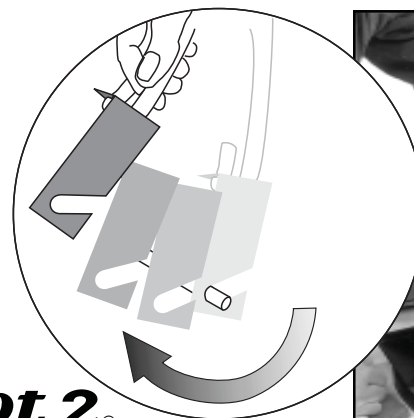
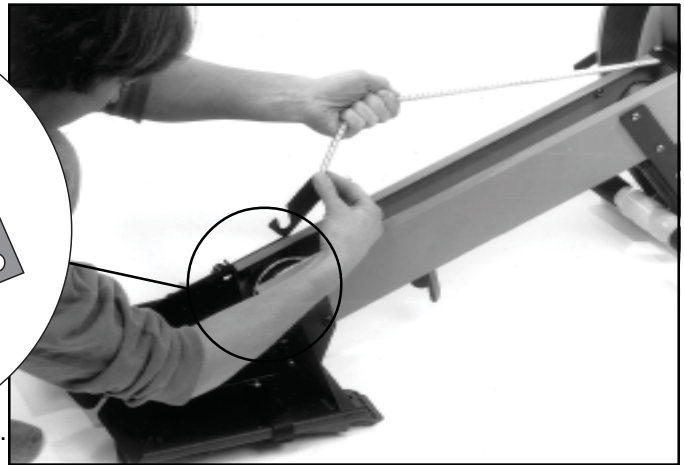
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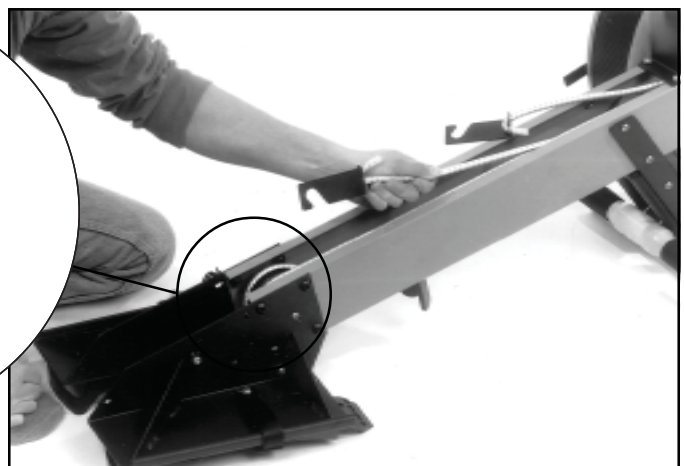
Monorail shown upside down.



3.



4.



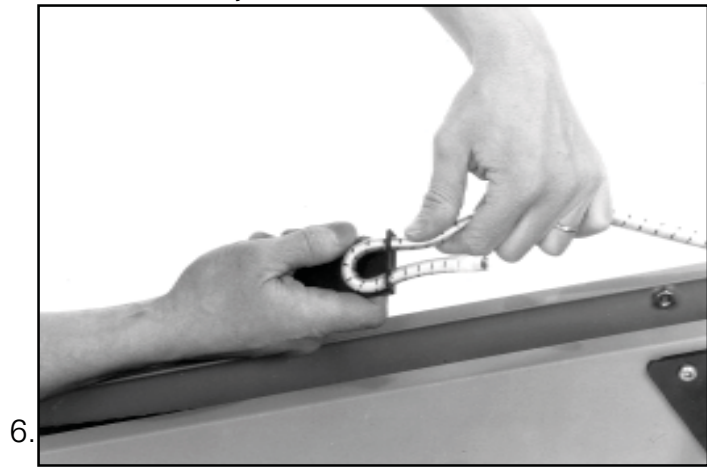


5.



7.

Push equal amounts of cord through both shock cord adjustment mechanisms.



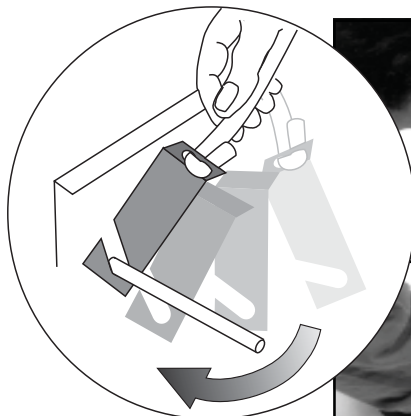
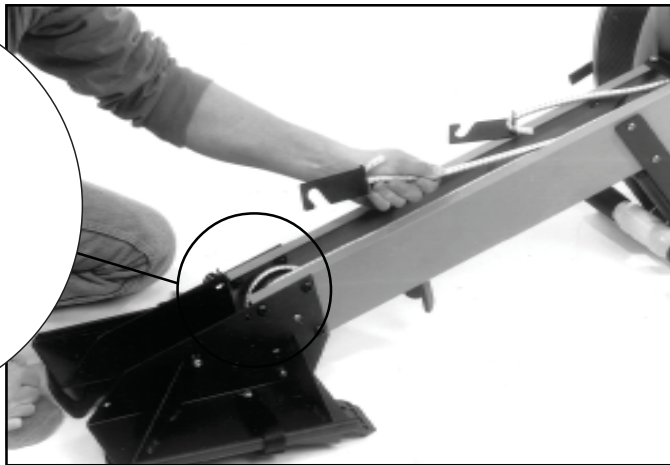
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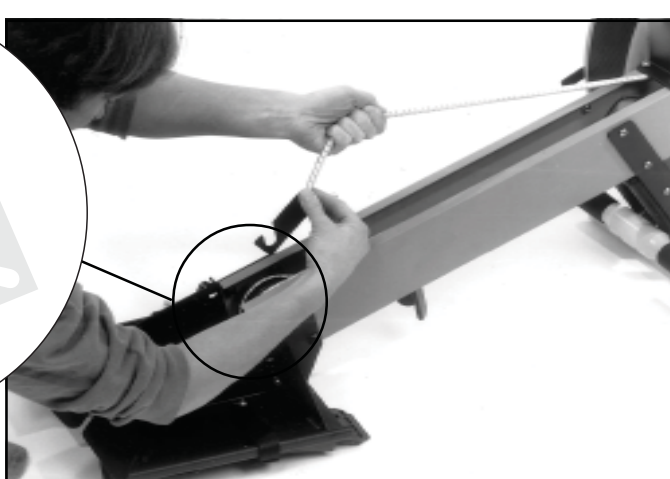
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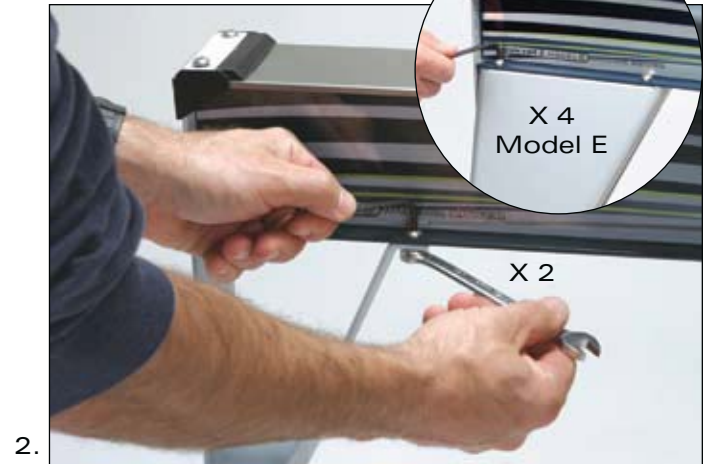
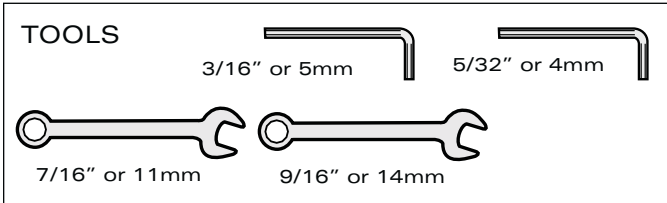


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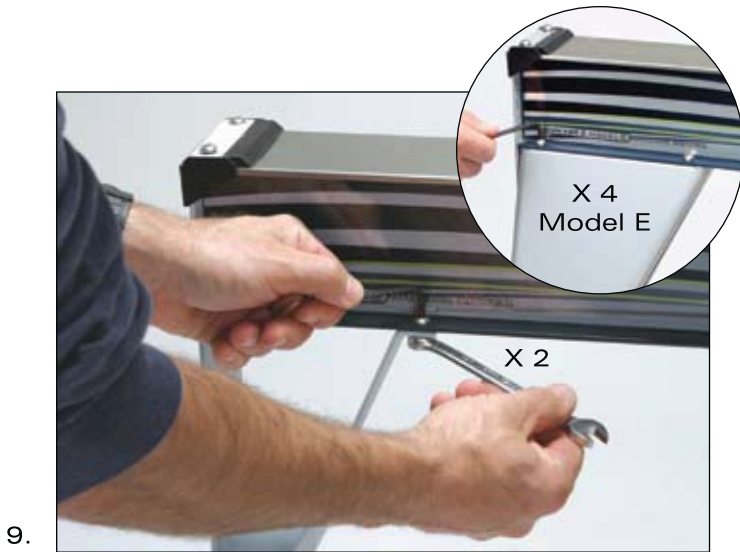
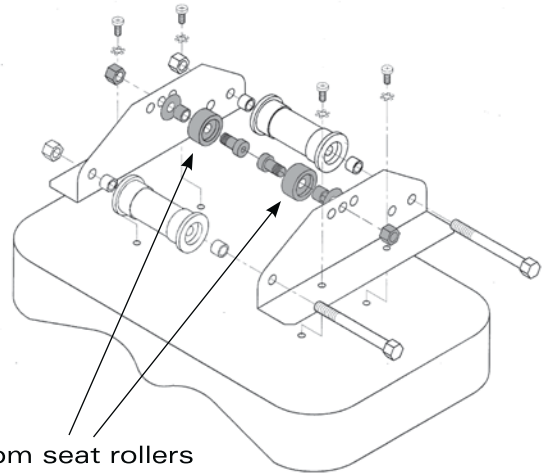
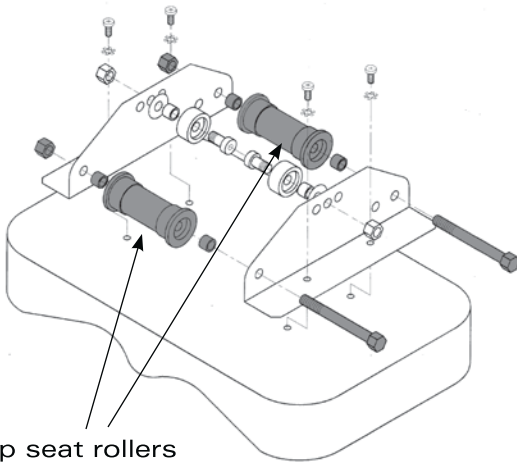


SEAT ROLLER REPLACEMENT - MODELS C,D, & E

0210



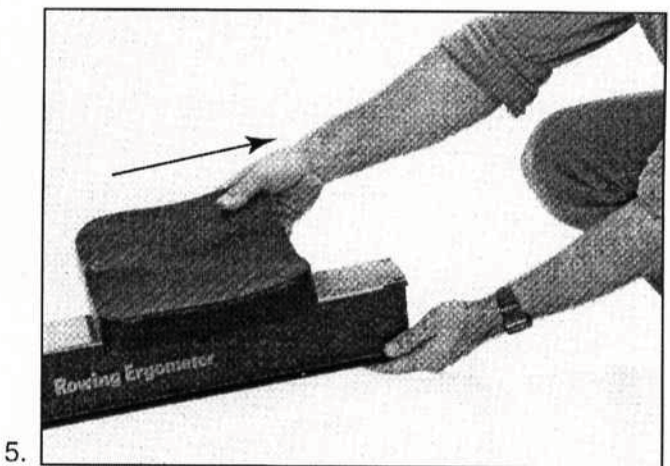
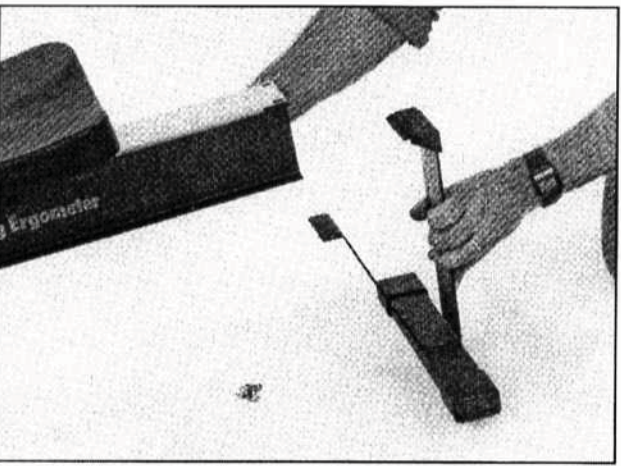
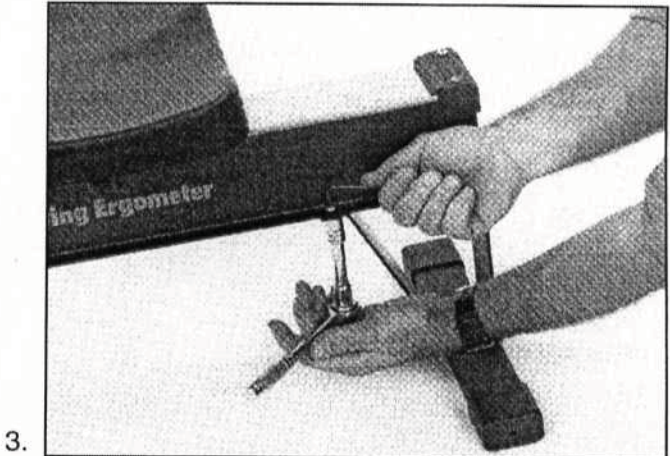
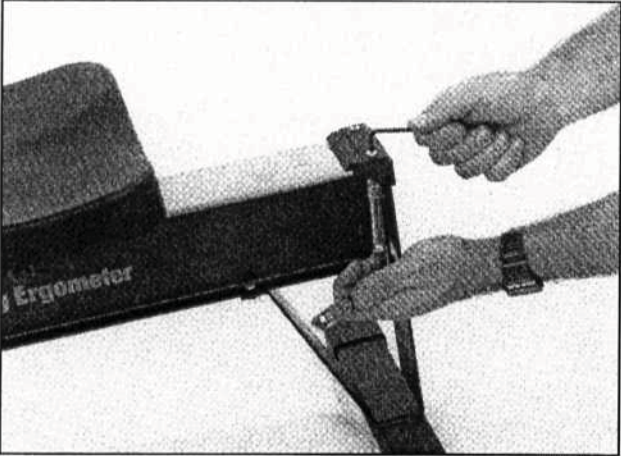
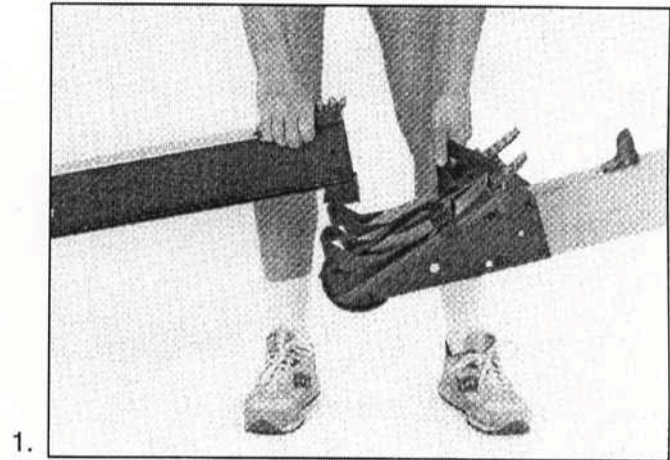
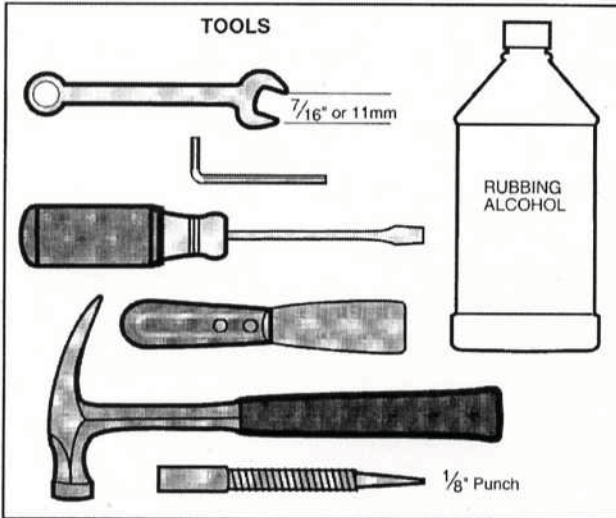
SEAT ROLLER REPLACEMENT - MODEL C,D,E



MONORAIL STAINLESS STRIP REPLACEMENT

FOR MACHINES AFTER 10-18-94

CII Part # PN 1127 Stainless Strip



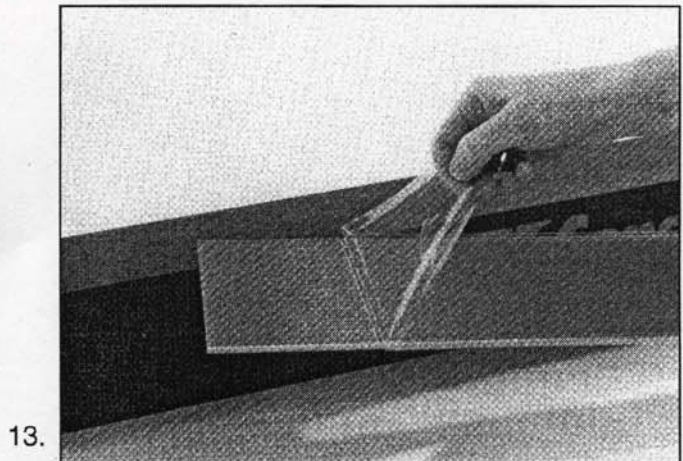
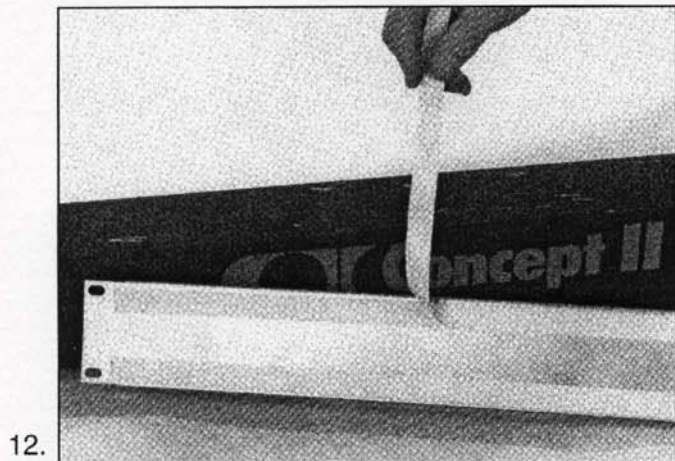
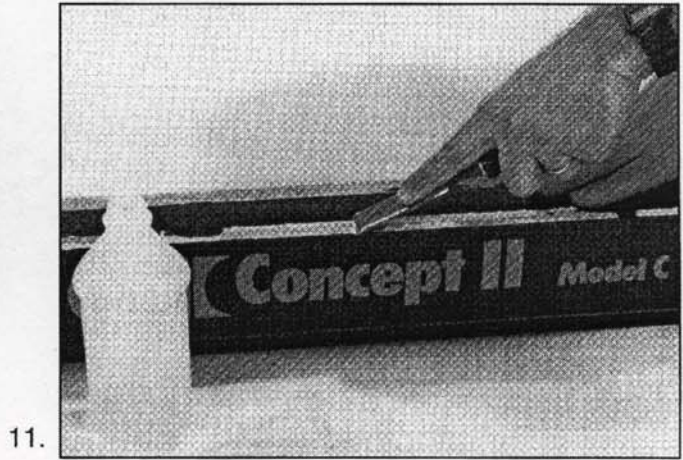
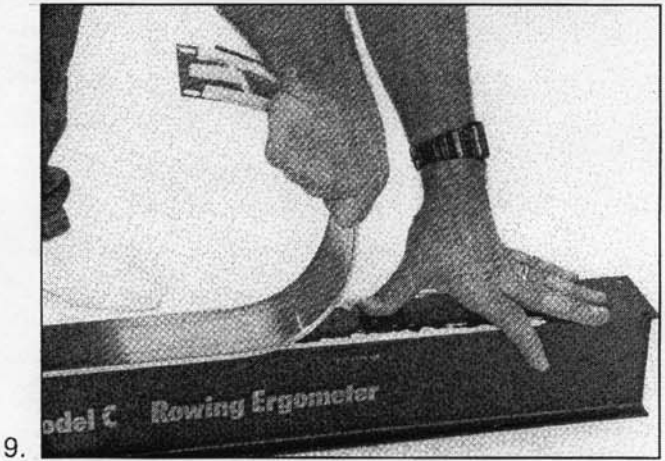
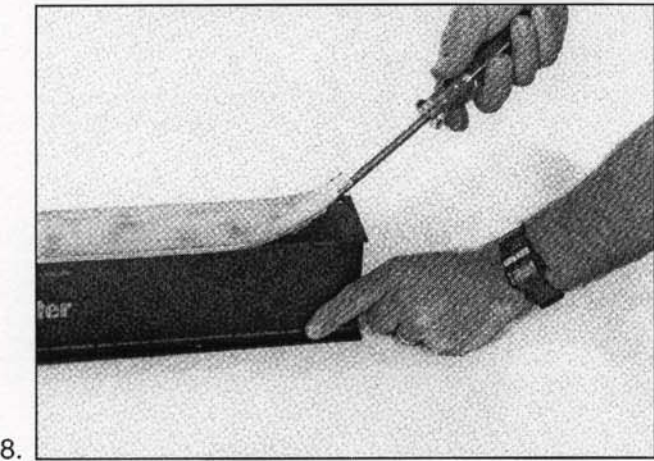
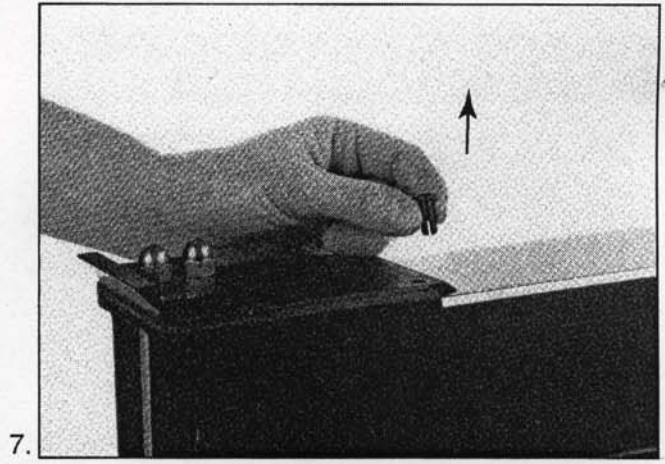
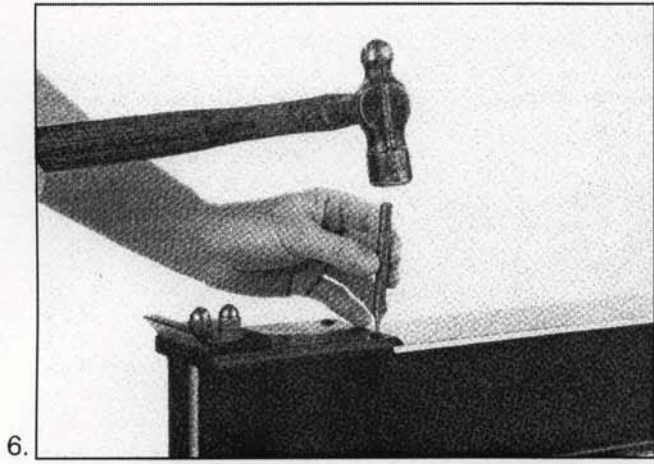
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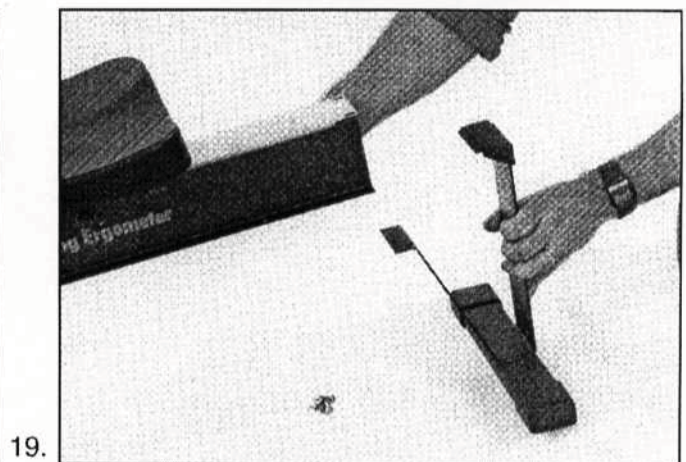
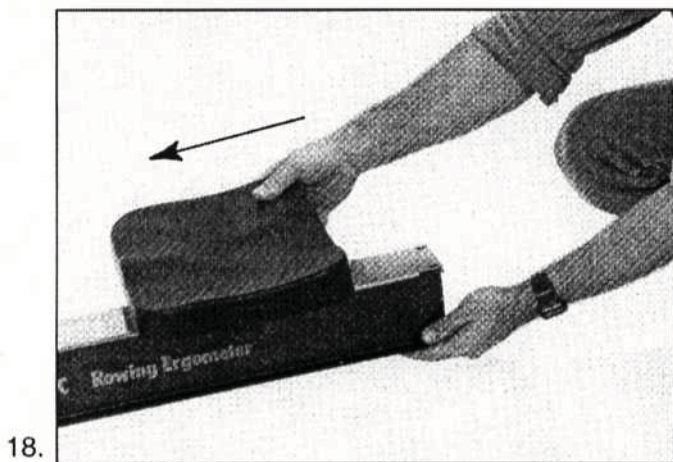
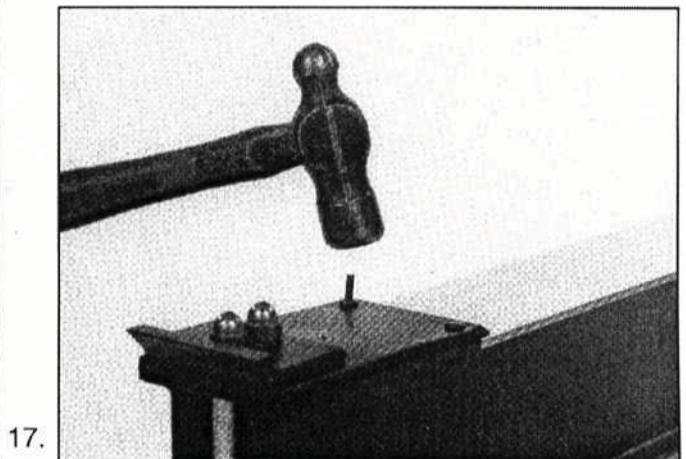
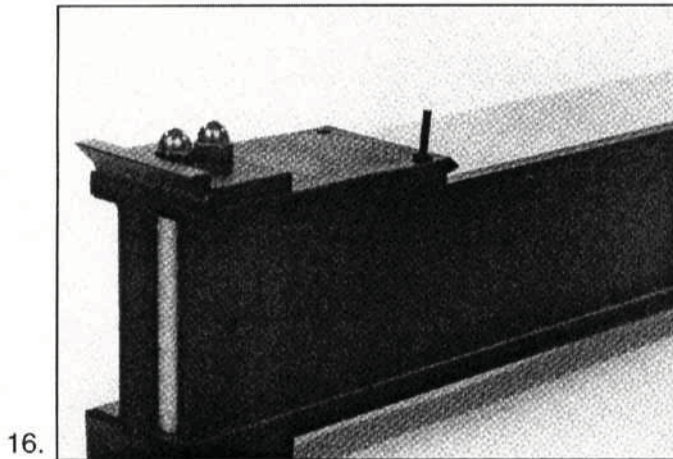
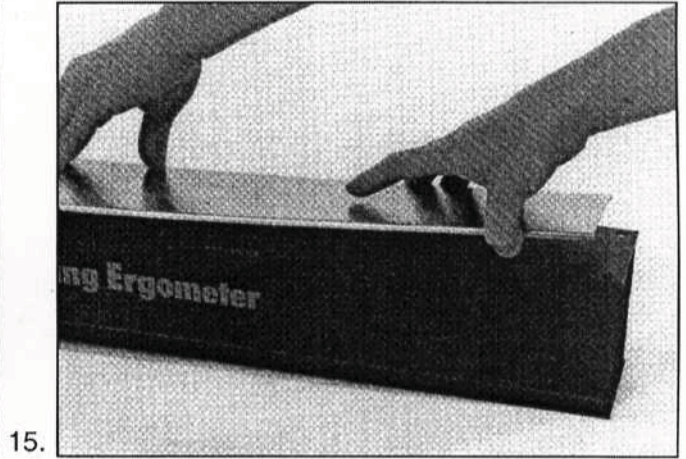
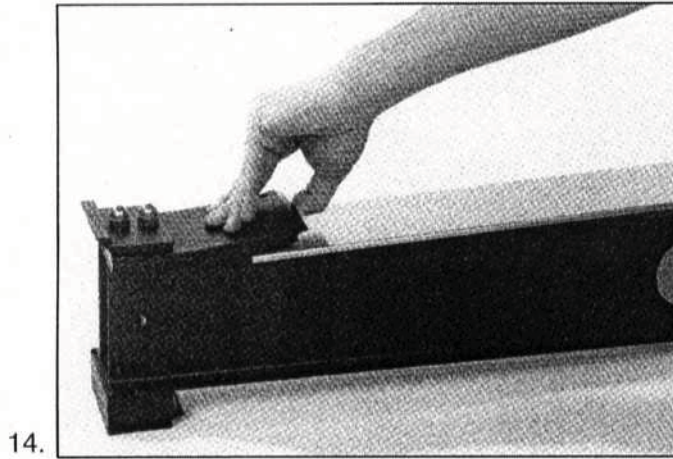
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Model C, Model D, and Model E

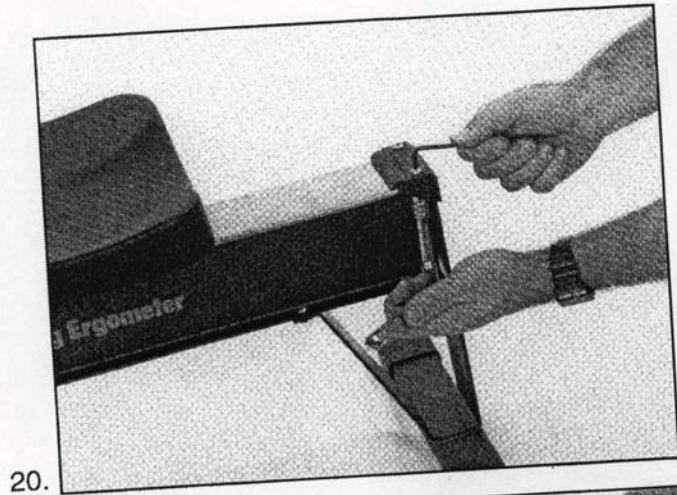


MONORAIL STAINLESS STRIP REPLACEMENT

FOR MACHINES AFTER 10-18-94



Model C, Model D, Model E



Model C, Model D, Model E

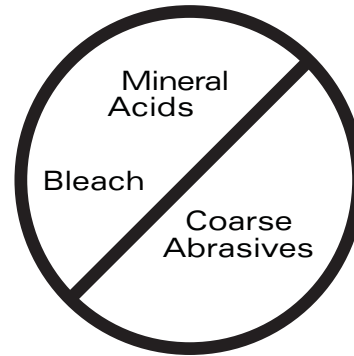
CLEANING MONORAIL TOP

Clean daily after use

Tools Needed:

Cloth

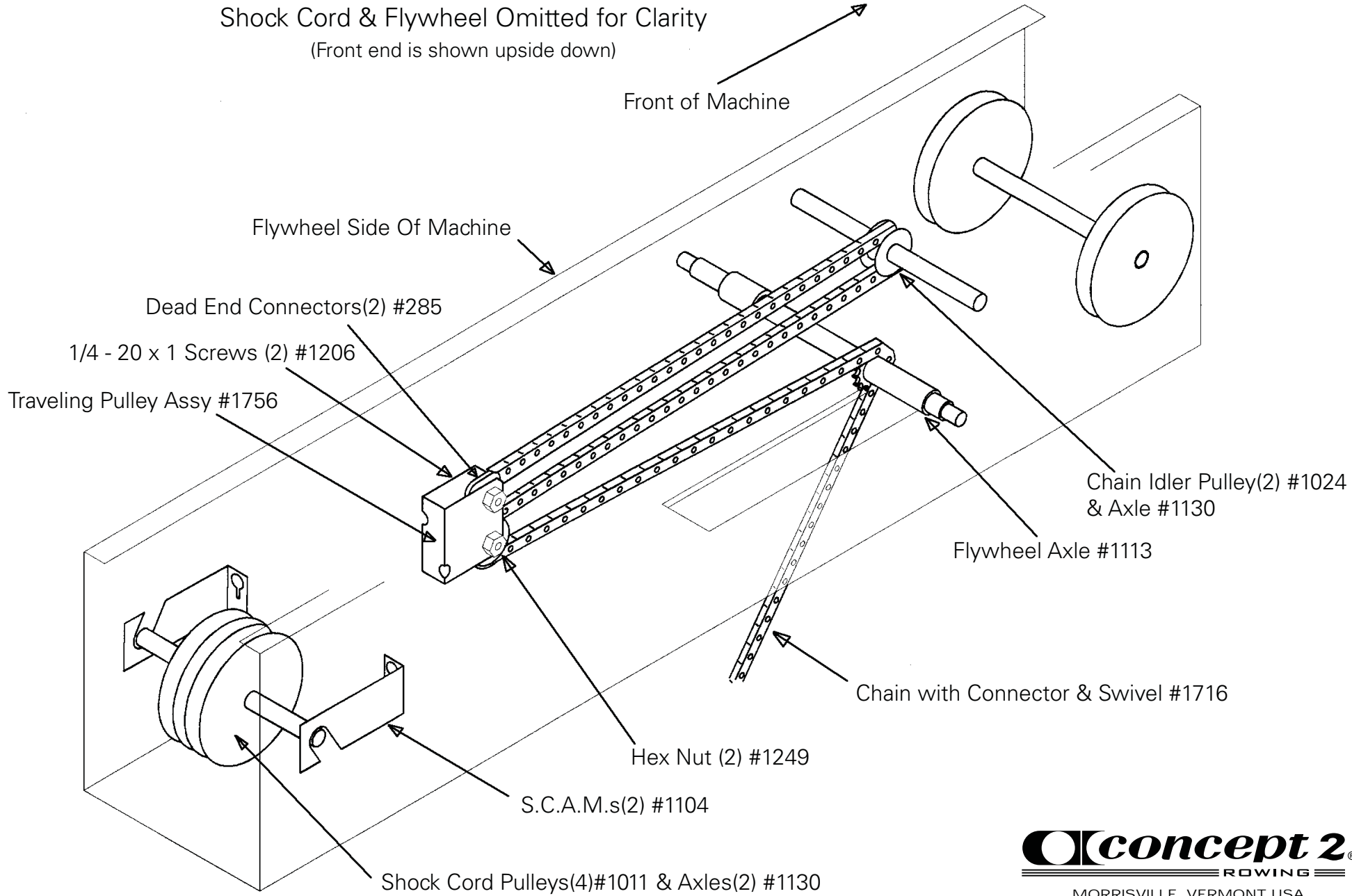
Cleaner: soap & water
or any glass cleaner



Also used on Model D and Model E

MODEL C CHAIN ROUTING

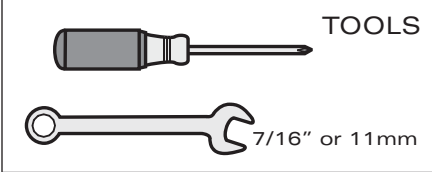
Shock Cord & Flywheel Omitted for Clarity
(Front end is shown upside down)



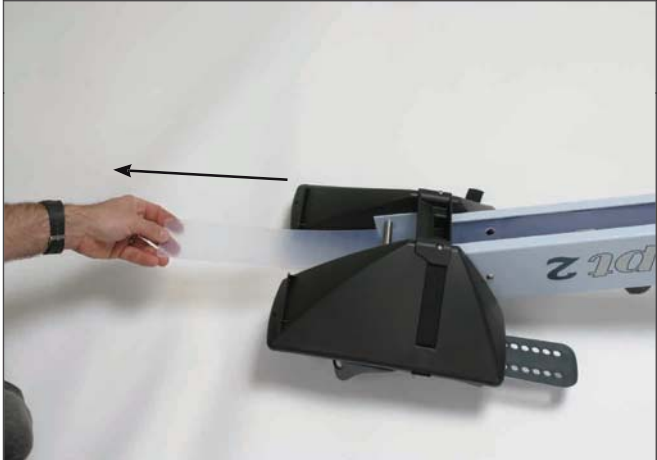
MORRISVILLE, VERMONT USA
EMAIL: ROWING@CONCEPT2.COM
WEB: WWW.CONCEPT2.COM

CHAIN REPLACEMENT - MODEL C,D,E

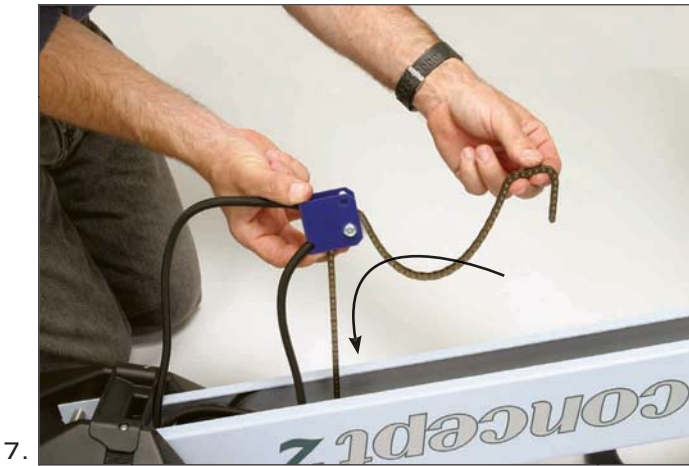
0607



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CHAIN REPLACEMENT - MODEL C,D,E



7.



8.



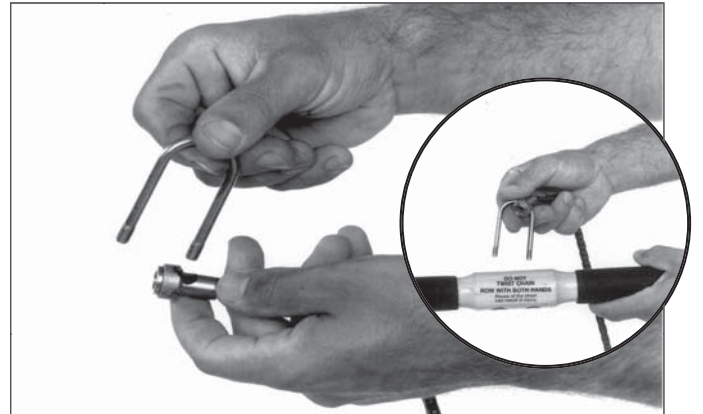
9.

Note:
If your rower has a wooden handle, follow steps 10-14.
If your rower has a plastic handle, follow steps 15-17.



Wooden Handle

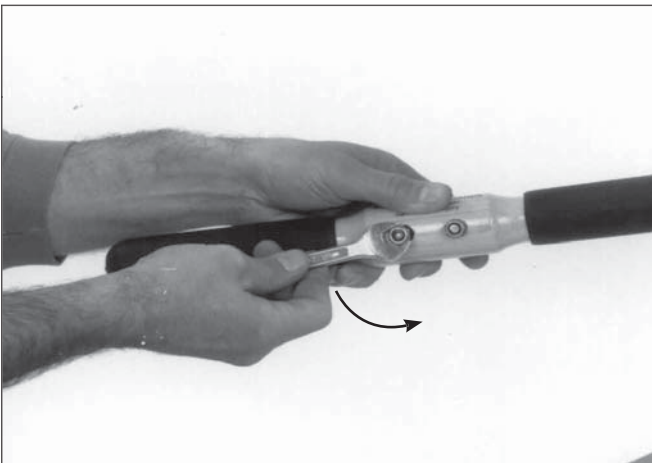
10.



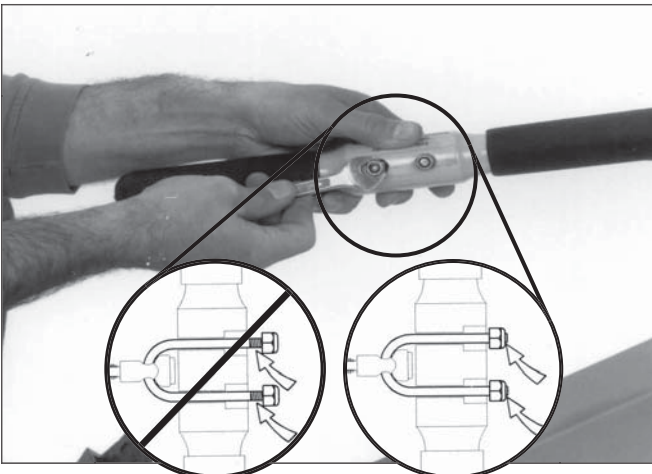
12. Remove old chain and replace with new chain.



14. Proceed to step 18.

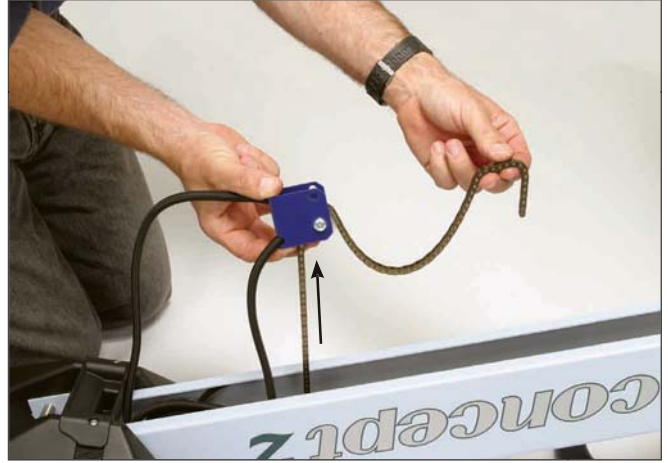
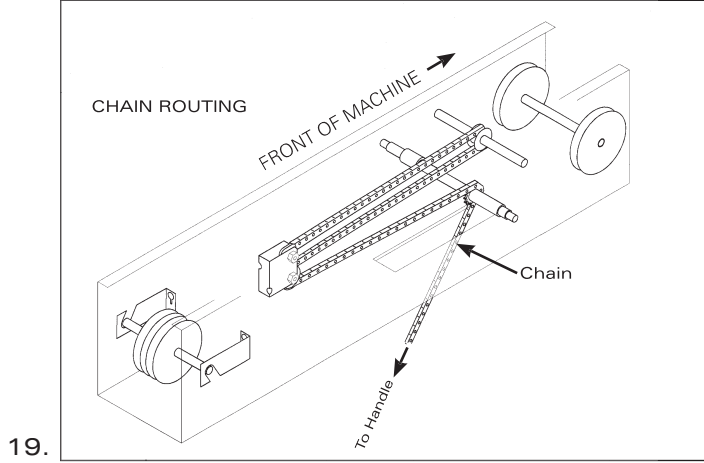


11.

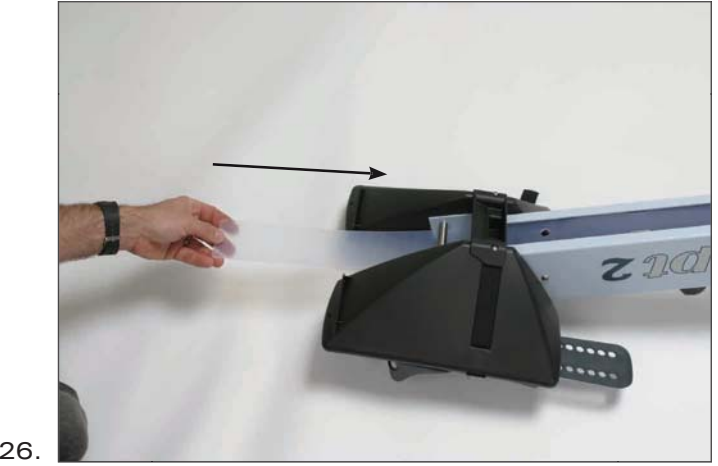


13.

CHAIN REPLACEMENT - MODEL C,D,E



CHAIN REPLACEMENT - MODEL C,D,E



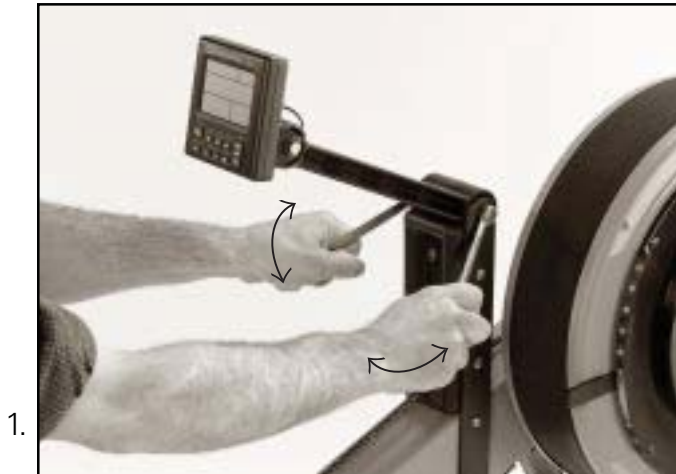
PERFORMANCE MONITOR ARM TENSION ADJUSTMENT

Model C and Model D

Tools Needed:

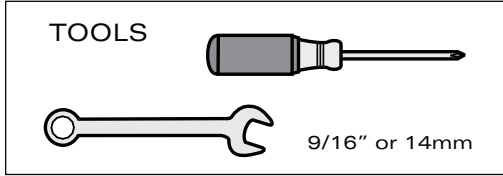


2 wrenches: $\frac{7}{16}$ " or 11mm



AXLE & SPROCKET REPLACEMENT - MODEL D & E

0807



AXLE & SPROCKET REPLACEMENT - MODEL D & E

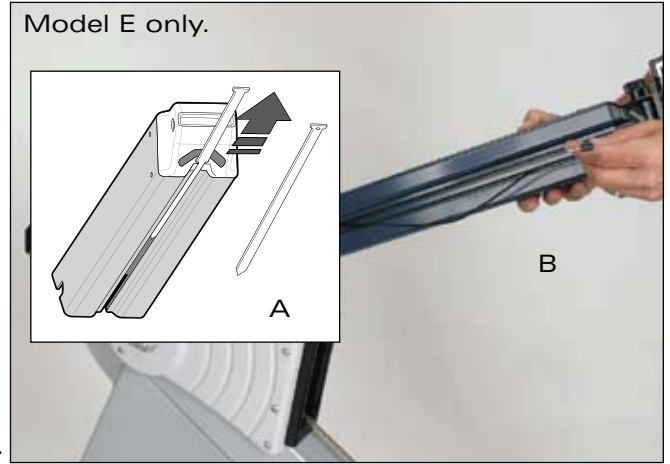
7. Note: For Model D proceed to step 13.
For Model E proceed to step 8.



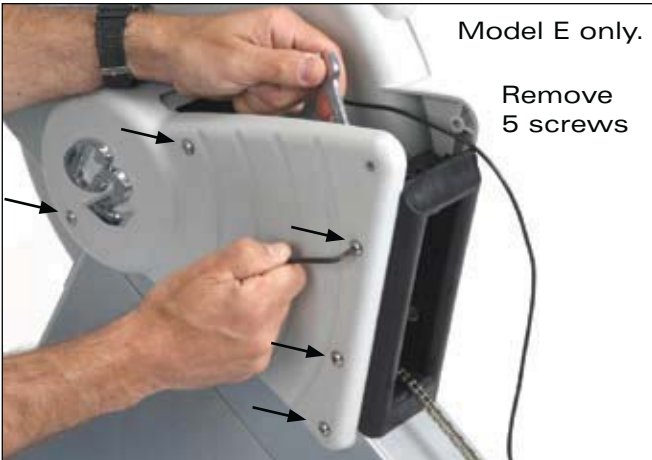
8.



9.



10.



11.



12.



13.



14.

AXLE & SPROCKET REPLACEMENT - MODEL D & E



15.

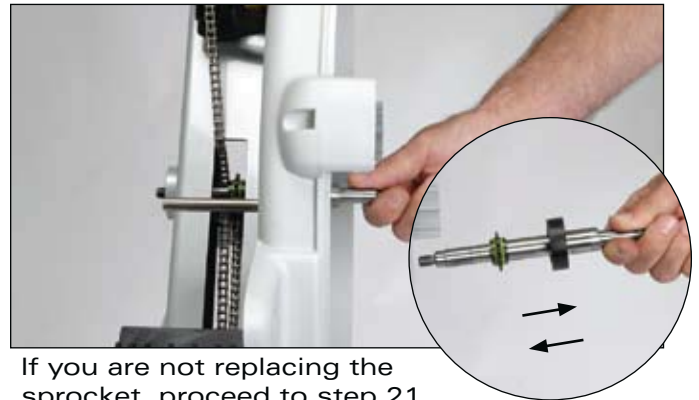


16.

Remove old axle and replace with new axle.



17.



If you are not replacing the sprocket, proceed to step 21.



19.



20.



21.



22.

AXLE & SPROCKET REPLACEMENT - MODEL D & E

To reassemble Model D follow steps 23-36, omitting steps 27-31.

To reassemble Model E follow steps 23-36.

23.



24.



25.



26.



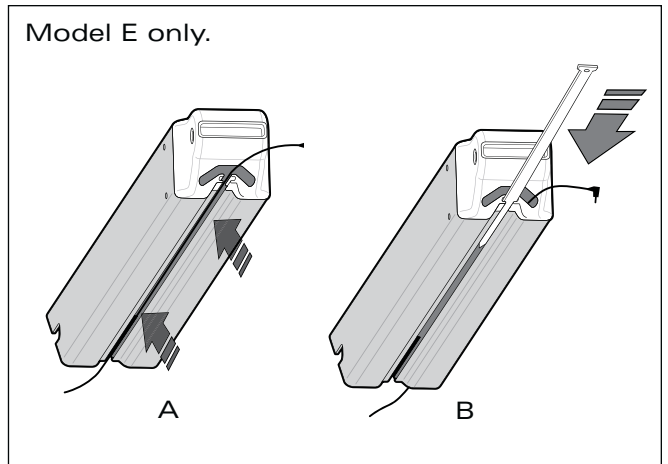
27.



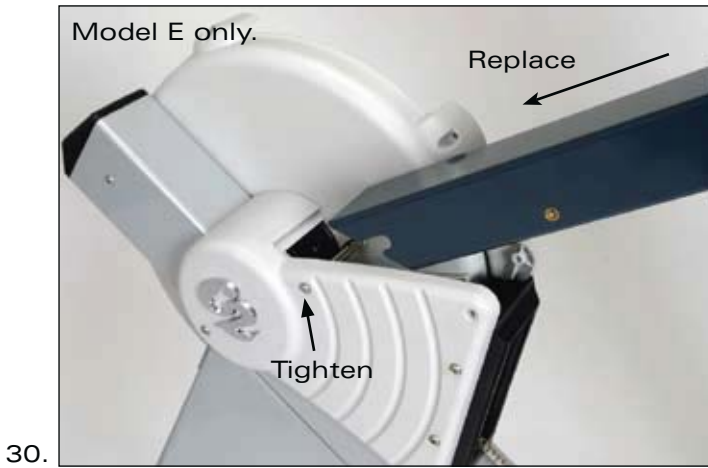
28.



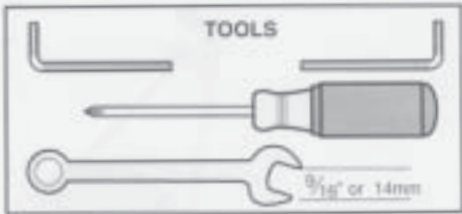
29.



AXLE & SPROCKET REPLACEMENT - MODEL D & E

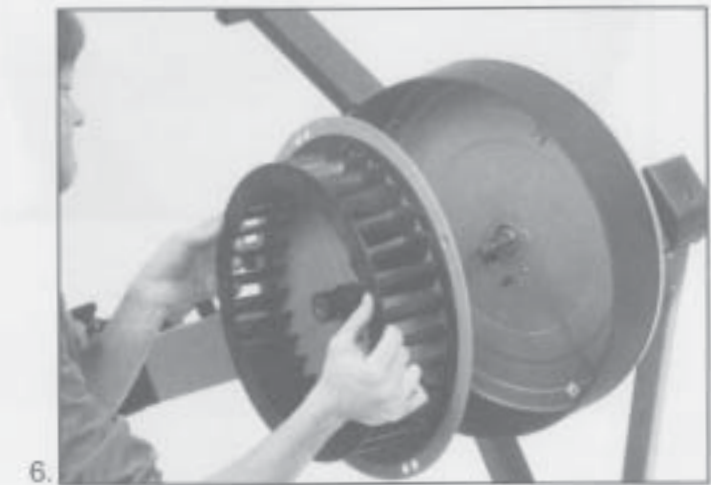
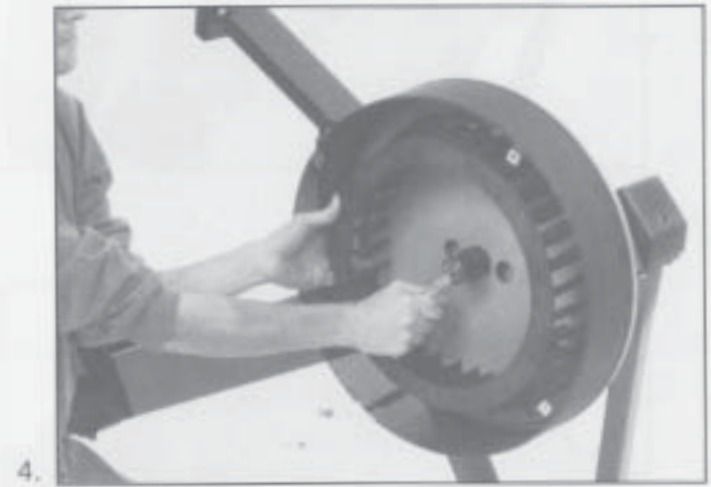
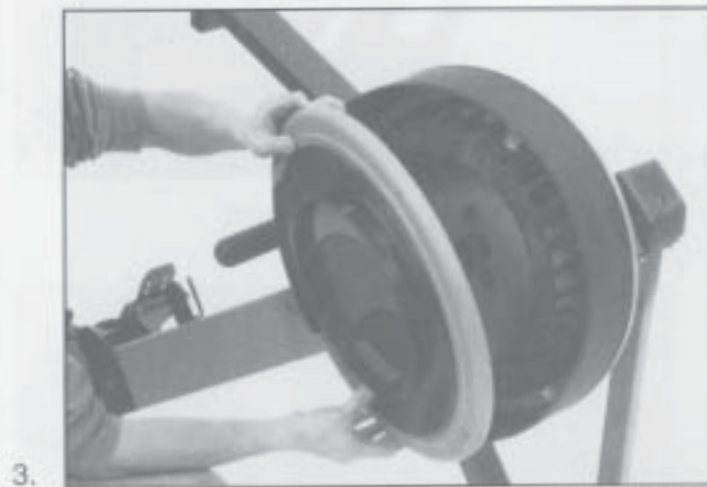


CHAIN IDLER PULLEY REPLACEMENT

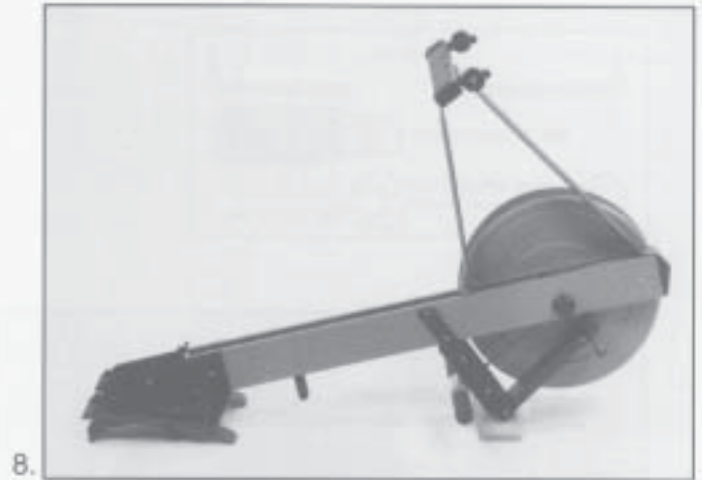


Model C, Model D, and Model E

CII Part # PN 1717



Chain Idler Pulley Replacement Model C, Model D, and Model E



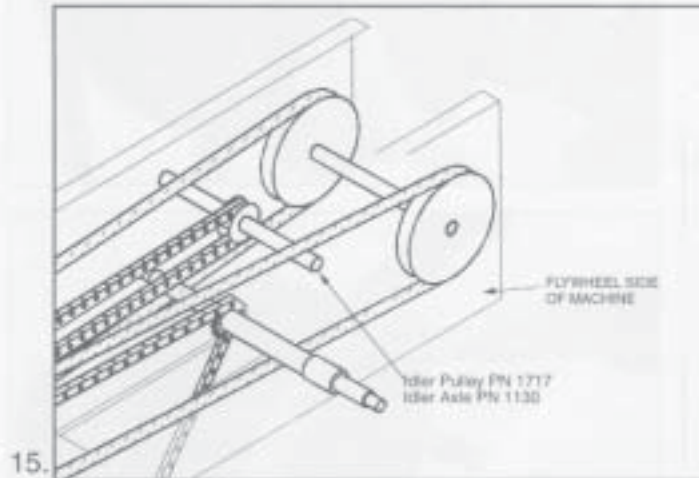
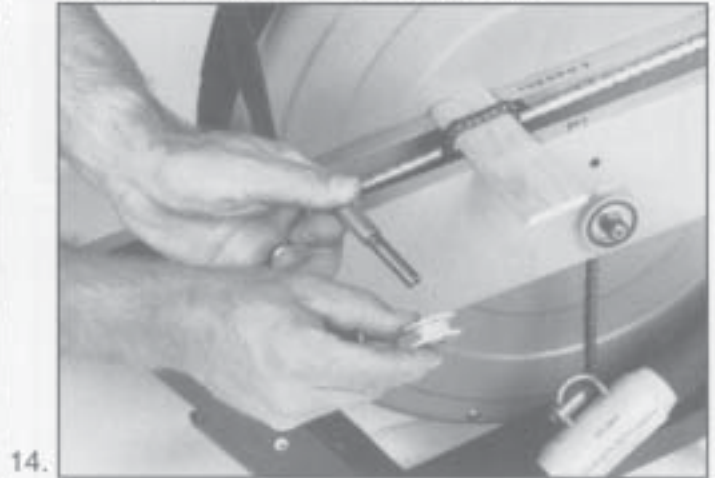
Insert unpatched bolt & turn



CHAIN IDLER PULLEY REPLACEMENT

Model C, Model D, and Model E

Replace with Concept II PN 1717



Chain Idler Pulley Replacement Model C, Model D, and Model E

19.



20.



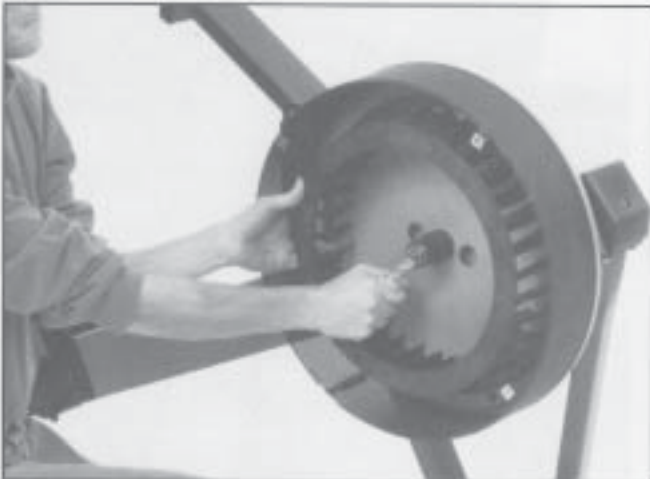
21.



22.



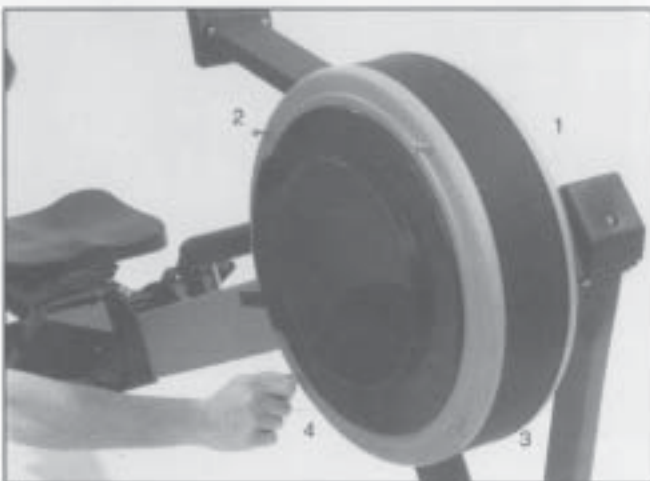
23.



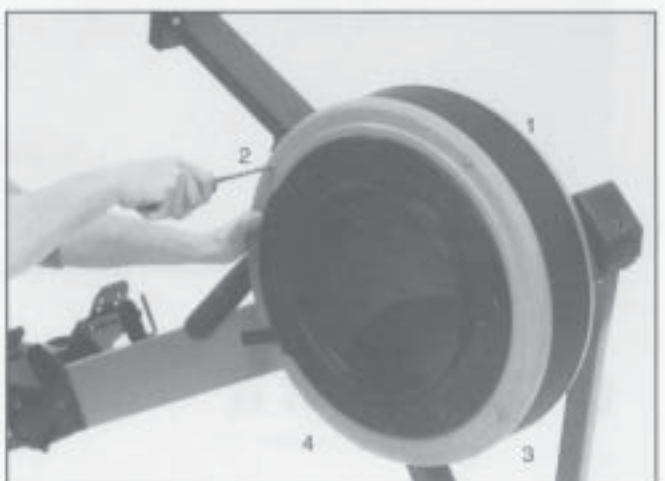
24.



25.



26.



CASTER ASSEMBLY FOR MODELS A, B, D2 & E

Model D2 is Serial# 073106 - Present

concept2.com
800.245.5676 (U.S. & Canada only)



Procedure

1. Remove old rubber feet or molded plastic footcaster assembly (includes caster wheel).
2. Install new molded plastic footcaster assembly as shown. Note that the fit should be snug. Heating the footcaster assembly in hot water will help installation. Do not use lubricants for installation.

