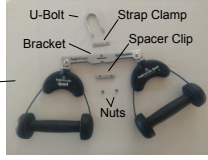


Concept 2 Rowing Machines



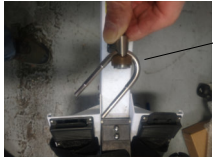
STEP 1: Remove nuts from U-Bolt and remove U-Bolt from Sportrower Bracket



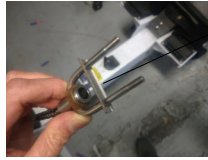
STEP 2: Remove nuts from U-Bolt on existing Concept 2 handle and remove existing handle.



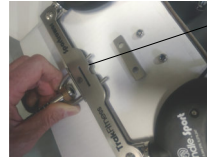
STEP 3: Remove existing U-Bolt from chain bracket on Concept 2 rowing machine.



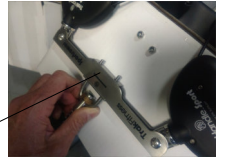
STEP 4: Insert U-Bolt from Sportrower handle thru chain bracket on Concept 2 rowing machine.



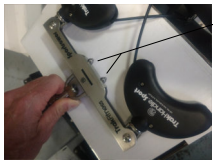
STEP 4: Slide Strap Clamp onto Sportrower U-Bolt. Concave side of clamp must face the threaded ends of the U-Bolt.



STEP 5: Slide Sportrower Bracket onto Sportrower U-Bolt.



STEP 6: Slide Spacer Clip onto Sportrower U-Bolt.

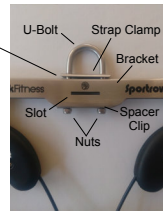


STEP 7: Install Nuts on Sportrower U-Bolt and tighten completely with 8mm wrench.

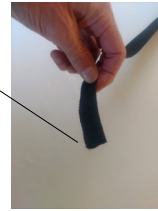
Rowing Machines with Nylon Straps



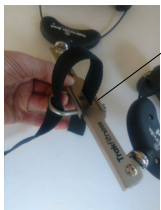
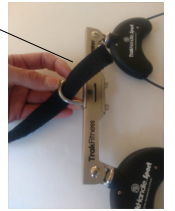
STEP 1: Loosen Nuts on Sportrower U-Bolt to create space between Strap Clamp and Bracket.



STEP 2: Remove existing handle from nylon strap on rowing machine. If necessary, cut nylon strap with scissors as close as possible to existing handle.



STEP 3: Insert end of nylon strap thru U-Bolt on Sportrower.



STEP 4: Insert end of nylon strap thru Slots on Sportrower Bracket. Do not twist nylon strap.



STEP 5: Insert end of nylon strap between Strap Clamp and Bracket. The end of nylon strap should extend past Strap Clamp by 1/4 to 1/2 inch.

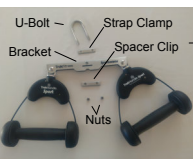


STEP 6: Install nuts onto U-Bolt and tighten completely with 8mm wrench. Nylon strap must be securely fastened by Strap Clip.

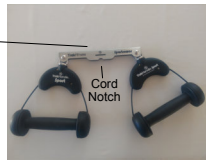


STEP 7: Pull nylon strap firmly against Sportrower.

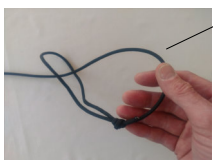
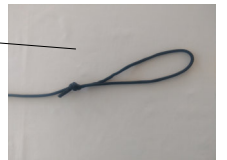
Rowing Machines with Braided Cord



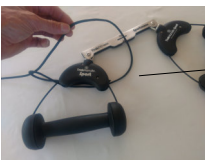
STEP 1: Remove nuts from U-Bolt and remove U-Bolt, Strap Clamp and Spacer Clip from Bracket.



STEP 2: Remove existing handle from cord on rowing machine.



STEP 3: Create a slip knot on cord by pulling the cord through end loop.



STEP 4: Pass slip knot over one handle on Sportrower and onto Bracket.



STEP 5: Position slip knot over over Cord Notch.



STEP 6: Pull cord until slip knot tightens into Cord Notch.