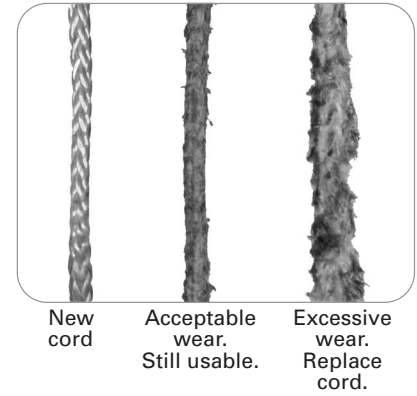
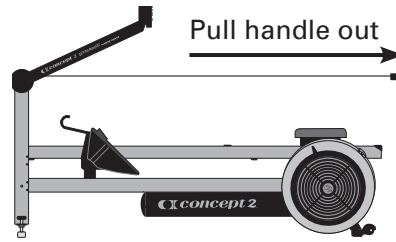


INSTALLING DRIVE PLATE HOOK AND HANDLE DRIVE CORD ON A DYNAMIC INDOOR ROWER

Procedure Note

Inspect the handle drive cord to determine if it is time to replace your cord. The handle drive cord is a single cord that is connected to the handle on one end and the foot carriage on the other end. Inspect the entire length of the drive cord for wear, including the section that is inside the shuttle channel, by pulling the handle all the way out. If the cord is in good condition, you may wish to install these new parts at a later date.



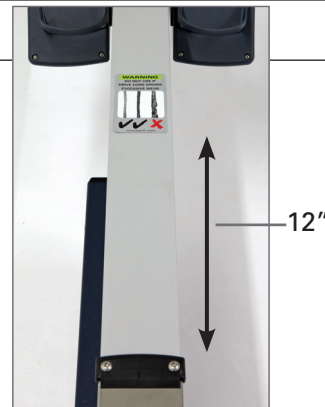
Materials Needed	Procedure Overview
<ul style="list-style-type: none"> • Sharp knife or scissors • 7/16" wrench • 9/16" wrench (x 2) • T27 6 lobe screwdriver • Replacement handle drive cord (included) • Replacement drive plate hook (included) • Plastic wedge (included) • Drive cord wear label (included) 	<ul style="list-style-type: none"> • Inspect the handle drive cord • Cut worn handle drive cord and remove handle • Remove old drive plates and handle cord • Install new drive plate hook • Install new handle cord and reinstall handle

Procedure

Step 1: Apply Handle Drive Cord Label

Apply handle drive cord label to rail assembly 12" from front seat stop. See photo A.

photo A



Step 2: Remove Handle from Handle Drive Cord

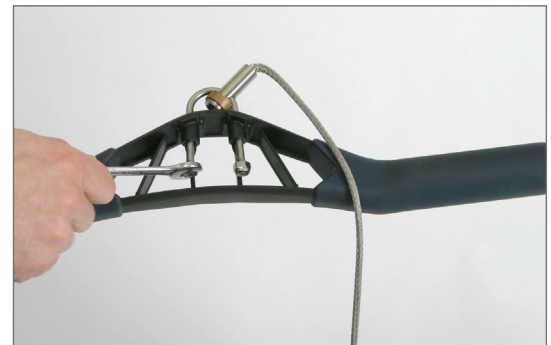
Using a sharp knife or scissors, cut the handle drive cord about three feet from the handle. See photo B.

photo B



Using a 7/16" wrench, unscrew the two nuts that hold the handle U-bolt in place. You may need to push the U-bolt further into the handle to access the nuts. See photo C. With the two nuts removed, pull the U-bolt out of the handle and remove the handle from the handle drive cord barrel. Discard the old barrel and handle drive cord segment.

photo C



INSTALLING DRIVE PLATE HOOK AND HANDLE DRIVE CORD ON A DYNAMIC INDOOR ROWER

Procedure

Pass the looped end of the replacement handle drive cord over the top pulley and allow it to hang. See photo D.



photo D

Step 3: Partially Detach the Front Leg Assembly from the Shuttle Channel and Rail Assembly

Using a 6 lobe screwdriver, remove the six lower screws from each side of the front leg assembly (three screws on each side). Do not remove the two upper screws that attach the rail assembly to each side of the front leg assembly. See photo E.

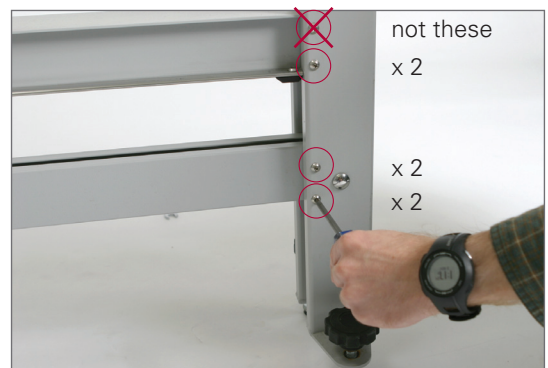


photo E

Tilt the bottom of the front leg assembly out and away from the rest of the machine. See photo F.



photo F

Securely tie the cut end of the old handle drive cord segment protruding from the shuttle channel to the loop of the replacement handle drive cord. See photo G.



photo G

Step 4: Remove Drive Plates and Install New Drive Plate Hook

Insert the plastic wedge into the shuttle channel about two feet from the end of the rail assembly. See photo H.



photo H

INSTALLING DRIVE PLATE HOOK AND HANDLE DRIVE CORD ON A DYNAMIC INDOOR ROWER

Procedure

Using two 9/16" wrenches, remove the two bolts attaching the drive plates to the foot carriage assembly. Loosen (but do not remove) the bolt that holds the front bottom roller in place. See photo I.

photo I



Remove the spacers (4 total) from each side of the drive plates and set them aside as they will be reinstalled in a later step. See photo J.

photo J



Remove the old drive plates and handle drive cord segment from the shuttle channel. Set them aside but keep them attached to the machine, as you will use them in a later step. Do not pull the handle drive cord all the way out at this time as it will be used in a later step to lead the replacement handle drive cord into the shuttle channel. See photo K.

photo K



Install the new drive plate hook with the opening of the hook oriented toward the front leg assembly. See photo L. Reinstall the drive plate spacers and bolts. Tighten the bolt that holds the front bottom roller in place.

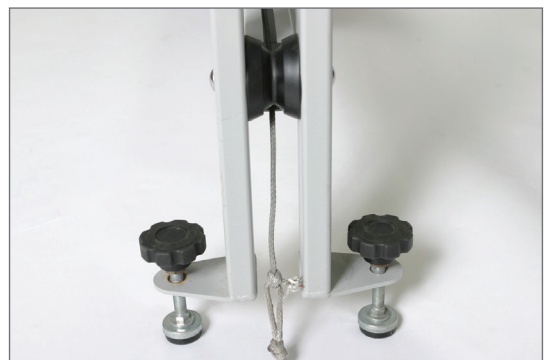
photo L



Step 5: Installing the New Handle Drive Cord

Draw the replacement handle drive cord into the shuttle channel by pulling on the old drive plates and handle drive cord segment that were set aside in Step 4. See photo M.

photo M



INSTALLING DRIVE PLATE HOOK AND HANDLE DRIVE CORD ON A DYNAMIC INDOOR ROWER

Procedure

Pull up on the handle drive cord as the knots pass through the shuttle channel. See photo N.

photo N



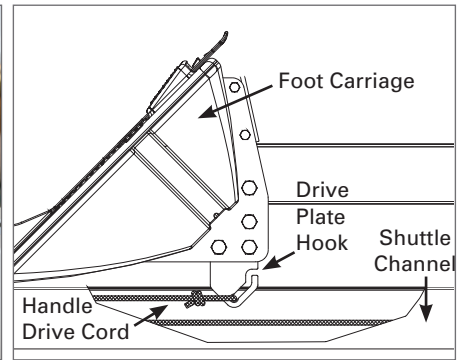
Untie the old handle drive cord segment from the replacement handle drive cord. Pull the loop past the drive plate hook. See photo O.

photo O



Hook the handle drive cord onto the drive plate hook and tuck the knot into the shuttle channel. See photo P. Pull the foot carriage forward to fully seat the loop on the drive plate hook. See cutaway illustration. Remove the plastic wedge from the shuttle channel.

photo P



Realign the front leg assembly with the shuttle channel and rail assembly and reinstall the six front leg assembly screws. See photo Q.

photo Q



Attach the handle U-bolt to the new handle drive cord and reinstall on the handle. See photo R.

photo R

