

REINFORCEMENT KIT INSTRUCTIONS

Materials Needed	Procedure Overview
 <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 	<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.

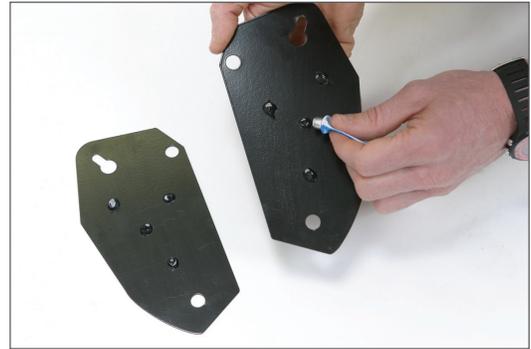
photo I



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.**

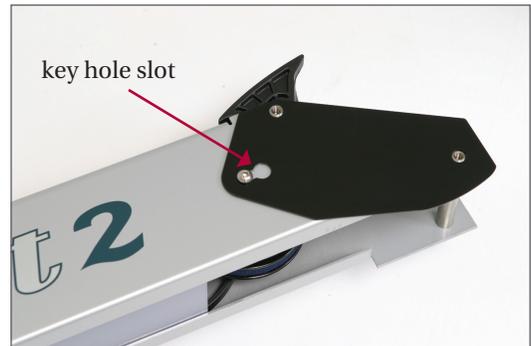
photo K



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

