

R99 DUAL MODE ROWER

Enjoy the Sensation



ASSEMBLY INSTRUCTION

R99 DUAL MODE ROWER ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of the R99 Dual Mode Rower. This product has been designed and manufactured to meet the needs and requirements of home use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

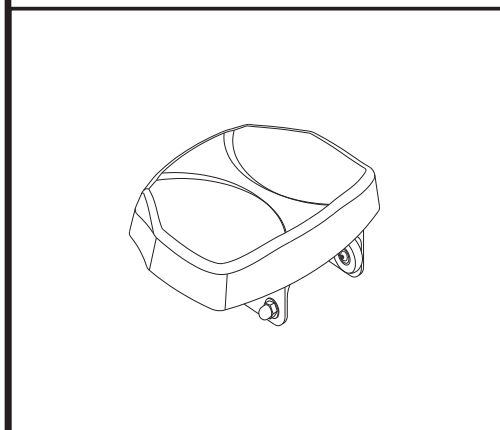
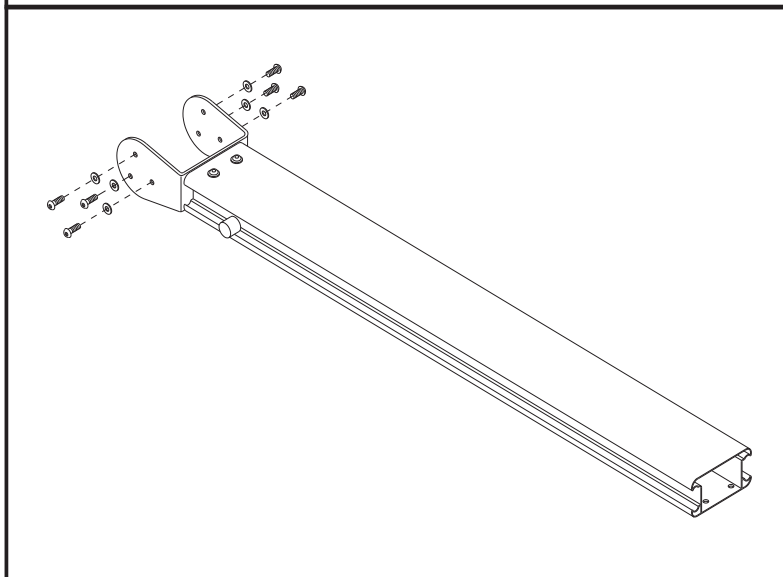
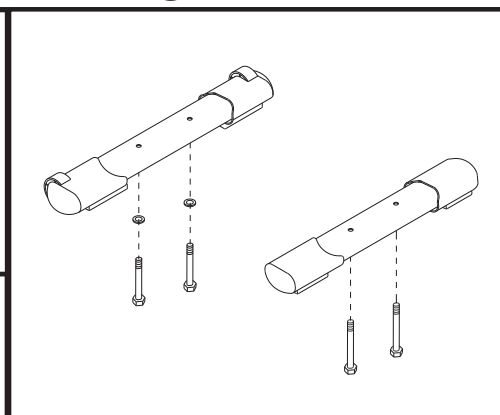
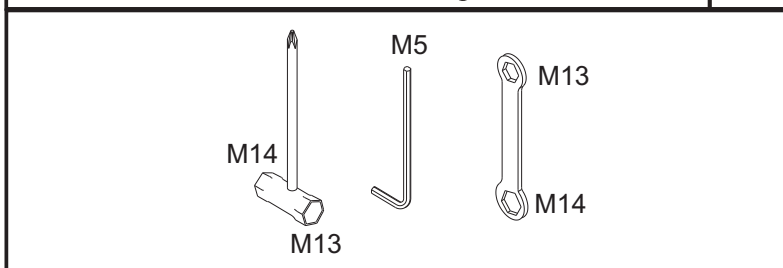
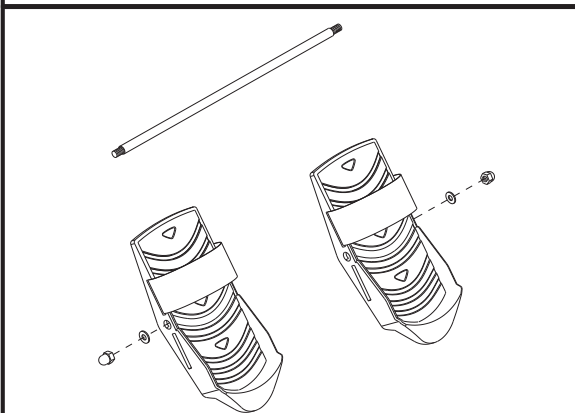
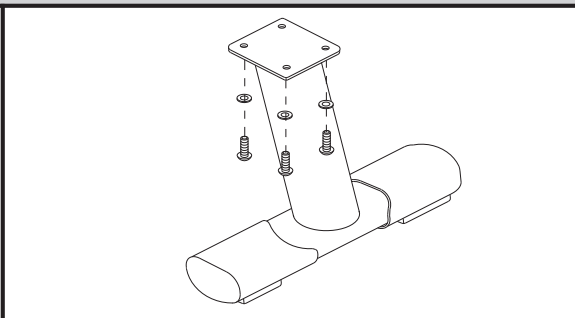
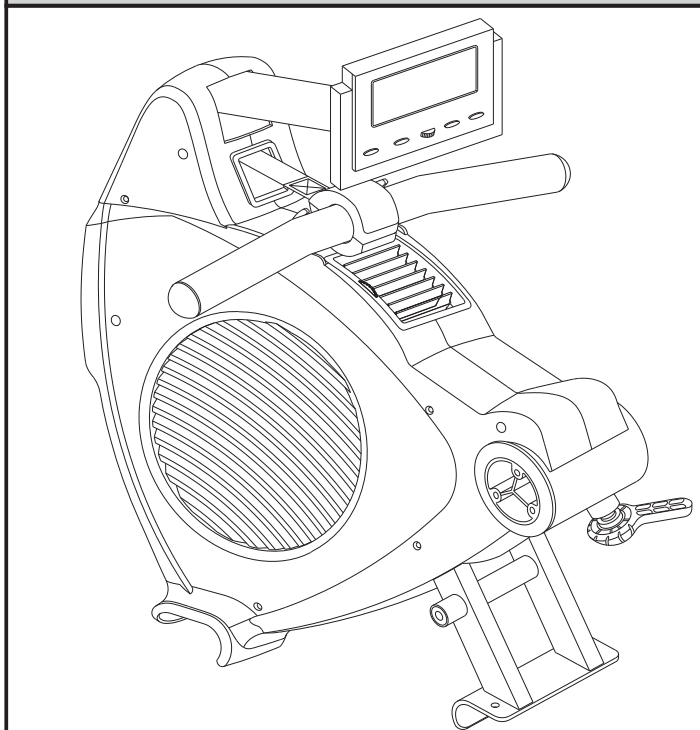
If you have any further questions, please contact us. We wish you lots of success and fun while training.

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Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.



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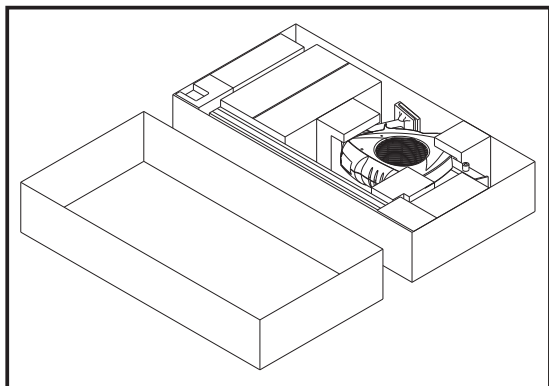
STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your R99 Dual Mode Rower.

STEP 2

Open the carton as shown in the diagram below.

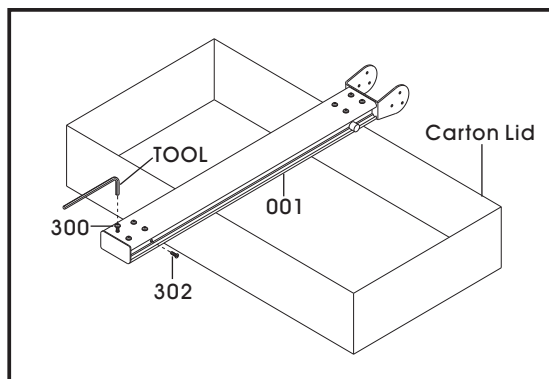
NOTE: To protect the R99 Dual Mode Rower while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



STEP 3

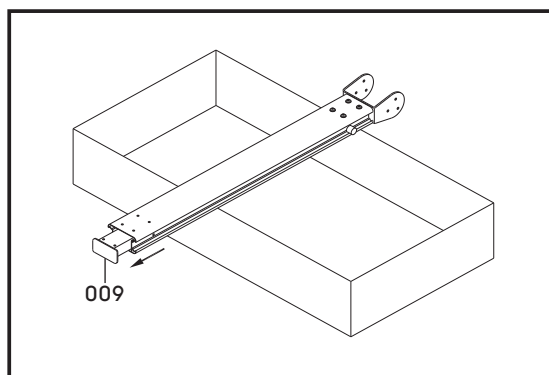
A) Reverse the ALUMINUM BEAM EXTRUSION [001] and place in the Carton Lid as shown in the diagram below.

B) Remove 4 x BOLT [300] and 2 x BOLT [302] with the tool provided.



STEP 4

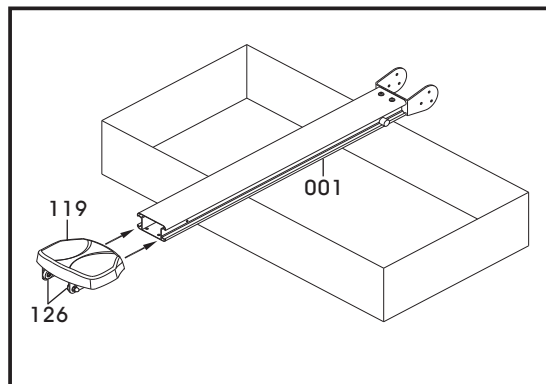
A) Extract the REAR BRACKET [009].



STEP 5

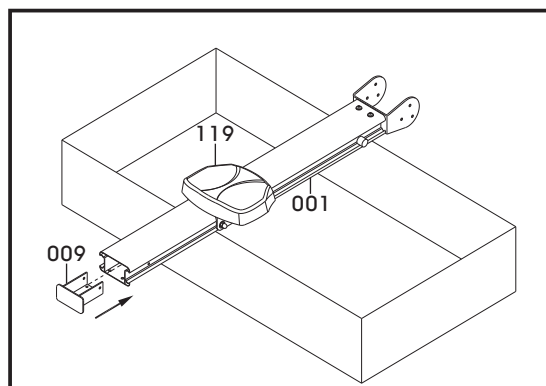
A) Reverse the ALUMINUM BEAM EXTRUSION [001] back to the front.

B) Slide in the SEAT [119] as shown in the diagram.



STEP 6

A) Slide in the REAR BRACKET [009].

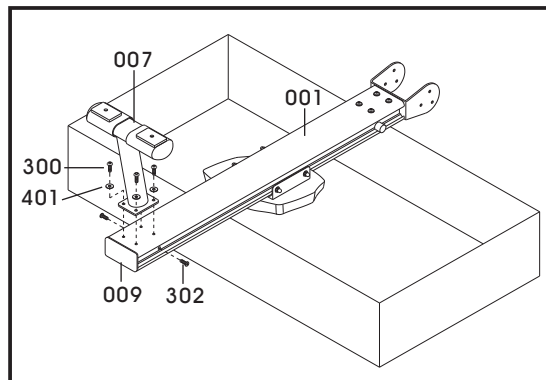


STEP 7

A) Reverse the ALUMINUM BEAM EXTRUSION [001] to the rear.

B) Assemble the LEG and STABILIZER [007] and the ALUMINUM BEAM EXTRUSION [001] with 4 x BOLT [300] and 4 x WASHER [401].

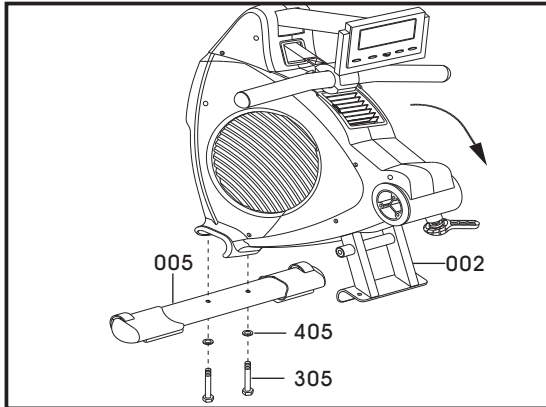
C) Secure the REAR BRACKET [009] with 2 x BOLT [302].



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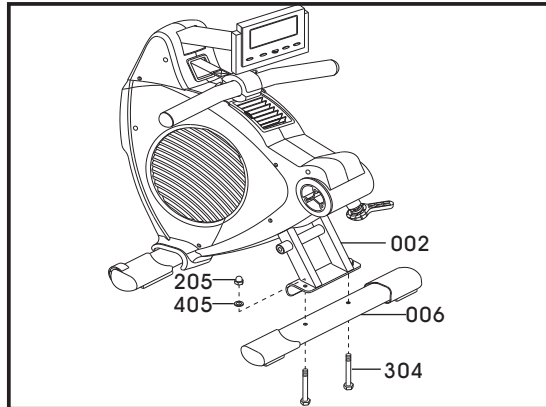
STEP 8

- A) Tilt forward the MAIN FRAME [002] as shown in the diagram below.
B) Assemble the STABILIZER TUBE-FRONT [005] with 2 x BOLT [305] and 2 x WASHER [405]



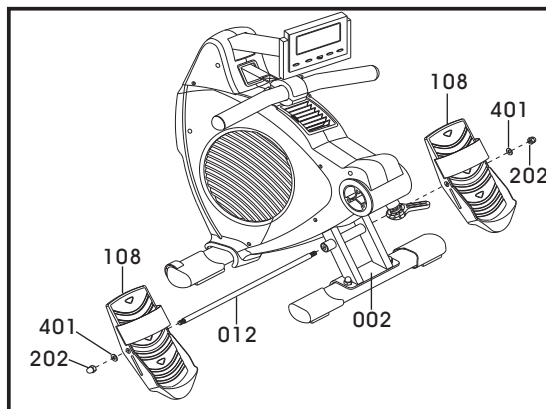
STEP 9

- A) Assemble the STABILIZER TUBE -MIDDLE [006] and MAIN FRAME [002] with 2 x BOLT [304], 2 x NUT [205] and 2 x WASHER [405].



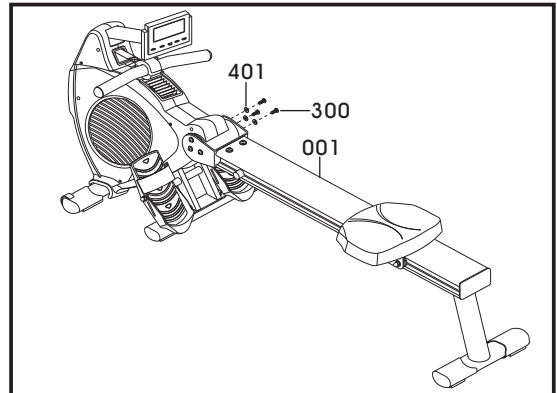
STEP 10

- A) Slide the FOOT PEDAL BAR [012] through MAIN FRAME [002] as shown in the diagram below.
B) Assemble the LEFT & RIGHT FOOT PEDAL [108] and FOOT PEDAL BAR [012] with 2 x NUT [202] and 2 x WASHER [401].



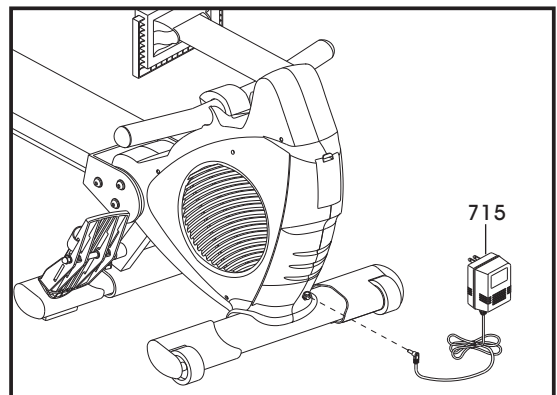
STEP 11

- A) Remove 6 x BOLT [300] and 6 x WASHER [401]
B) Assemble the ALUMINUM BEAM EXTRUSION [001] with the same 6 x BOLT [300] and 6 x WASHER [401] then tighten firmly.



STEP 13

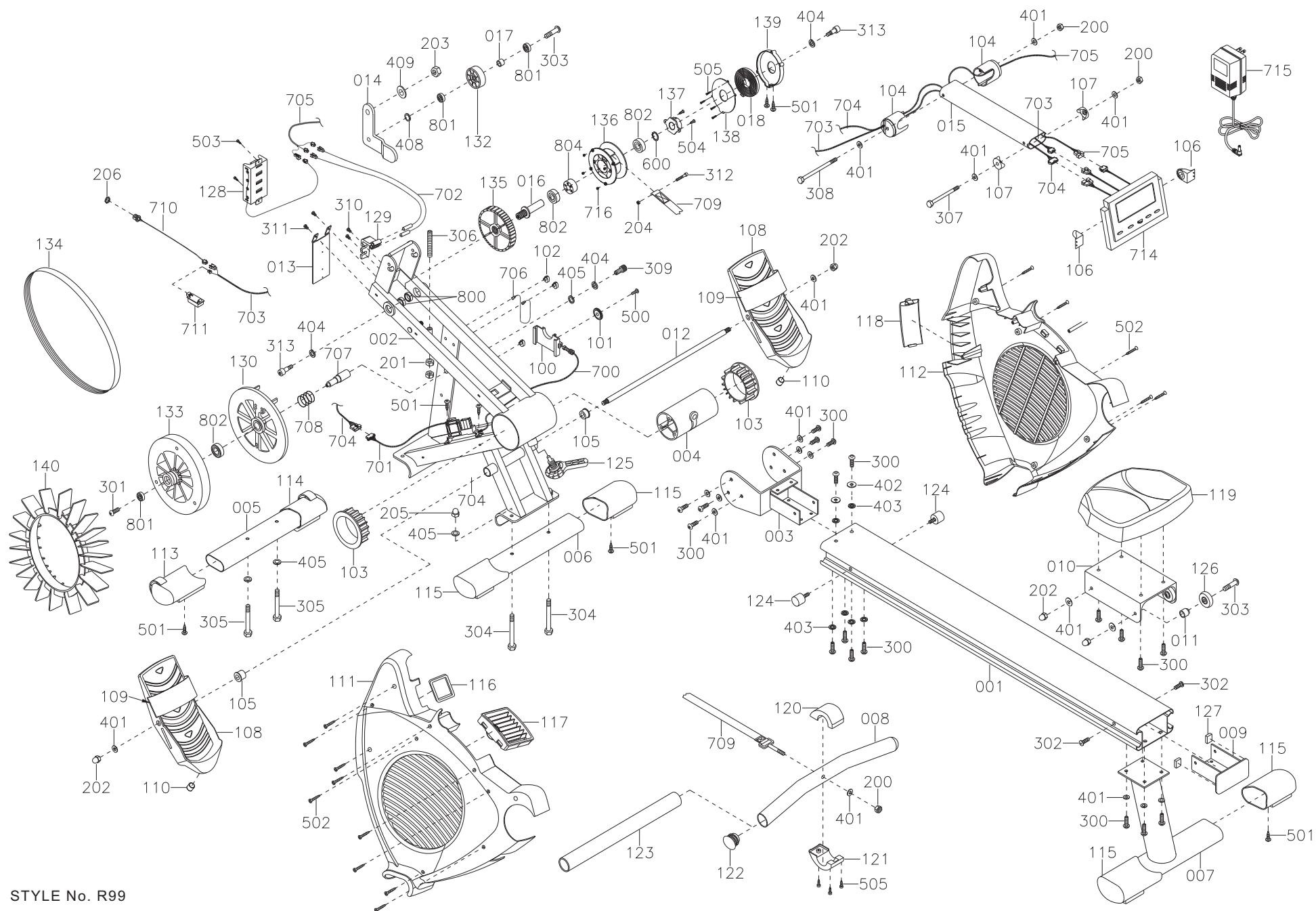
- A) Connect the AC ADAPTOR [715] into the mains power socket.



R99 DUAL MODE ROWER PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	ALUMINUM BEAM EXTRUSION	1	122	PLUG	2	402	WASHER	2
002	MAIN FRAME	1	123	FOAM GRIP	1	403	WASHER	6
003	FRONT BRACKET	1	124	SEAT CARRIAGE STOPPER	2	404	WASHER	3
004	DIE CAST PIVOT	1	125	CLAMP KNOB	1	405	WASHER	5
005	STABILIZER TUBE - FRONT	1	126	SEAT ROLLER	4	408	WASHER	1
006	STABILIZER TUBE - MIDDLE	1	127	REAR BUMPER STOPPER	2	409	WASHER	1
007	LEG & STABILIZER	1	128	BATTERY CASE with CABLE	1	500	SCREW	1
008	ALI HANDLE BAR	1	129	SENSOR HOLDER	1	501	SCREW	10
009	REAR BRACKET	1	130	PANCAKE - ALUMINUM	1	502	SCREW	14
010	ALUMINUM CARRIAGE	1	132	TENSION WHEEL	1	503	SCREW	2
011	ROLLER SPACER	4	133	FLYWHEEL with MAGNETS	1	504	SCREW	2
012	FOOT PEDAL BAR	1	134	POLY "V" DRIVE BELT	1	505	SCREW	7
013	BATTERY BRACKET	1	135	DRIVE PULLEY	1	600	EXTERNAL RETAINING RING	1
014	TENSION WHEEL PLATE	1	136	STRAP DRUM	1	700	TENSION CABLE	1
015	COMPUTER ARM	1	137	RETURN SPRING - DRUM	1	701	MOTOR with CABLE	1
016	CLUTCH SHAFT	1	138	RETURN SPRING - COVER	1	702	MOTOR SENSOR CABLE	2
017	TENSION WHEEL SPACER	1	139	RETURN SPRING - HOLDER	1	703	COMPUTER CABLE - 6PIN	1
018	RETURN SPRING	1	140	FAN	1	704	COMPUTER CABLE - 7PIN	1
100	PANCAKE - SLIDER	1	200	NUT	3	705	COMPUTER CABLE - 6PIN	1
101	PANCAKE - SLIDER WHEEL	1	201	NUT	2	706	PANCAKE - CABLE	1
102	PANCAKE - CABLE GUIDE	3	202	NUT	6	707	PANCAKE - FLYWHEEL SHAFT	1
103	PIVOT BUSHING	2	203	NUT	1	708	PANCAKE - SPRING	1
104	COMPUTER ARM - PIVOT	2	204	NUT	1	709	DRIVE STRAP ASSEMBLY	1
105	PLASTIC BUSHING	2	205	NUT	2	710	AC ADAPTOR - CABLE	1
106	COMPUTER CASE PLUG	2	206	NUT	1	711	CHEST BAND RECEIVER	1
107	COMPUTER ARM - SPACER	2	300	BOLT	20	714	COMPUTER	1
108	FOOT PEDAL	2	301	BOLT	1	715	AC ADAPTOR	1
109	FOOT STRAP	2	302	BOLT	2	716	SENSOR MAGNET	4
110	FOOT PEDAL STOPPER	2	303	BOLT	5	800	BEARING 6000ZZ IJK	2
111	MAIN COVER - LEFT	1	304	BOLT	2	801	BEARING 608ZZ IJK	3
112	MAIN COVER - RIGHT	1	305	BOLT	2	802	BEARING 6003ZZ SKF or INA	3
113	WHEEL CAP - LEFT	1	306	BOLT	1	804	CLUTCH	1
114	WHEEL CAP - RIGHT	1	307	BOLT	1			
115	END CAP	4	308	BOLT	1			
116	STRAP SLOT TRIM	1	309	BOLT	1			
117	COVER VENT	1	310	BOLT	2			
118	BATTERY COVER	1	311	BOLT	2			
119	SEAT	1	312	BOLT	1			
120	STRAP BUCKLE COVER - TOP	1	313	BOLT	2			
121	STRAP BUCKLE COVER -BOTTOM	1	401	WASHER	21			

R99 DUAL MODE ROWER EXPLODED DRAWING



STYLE No. R99