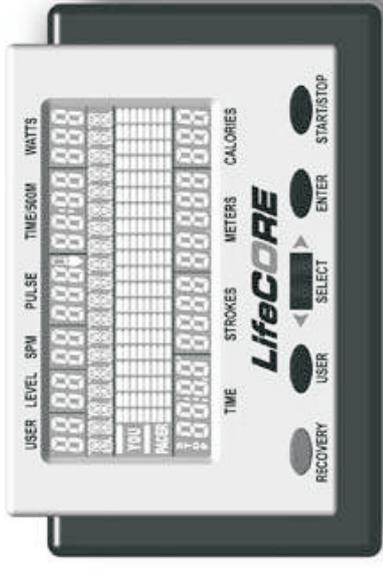


LC-R100 ROWER ASSEMBLY MANUAL



LC-R100

TOLL FREE (888)815-5559

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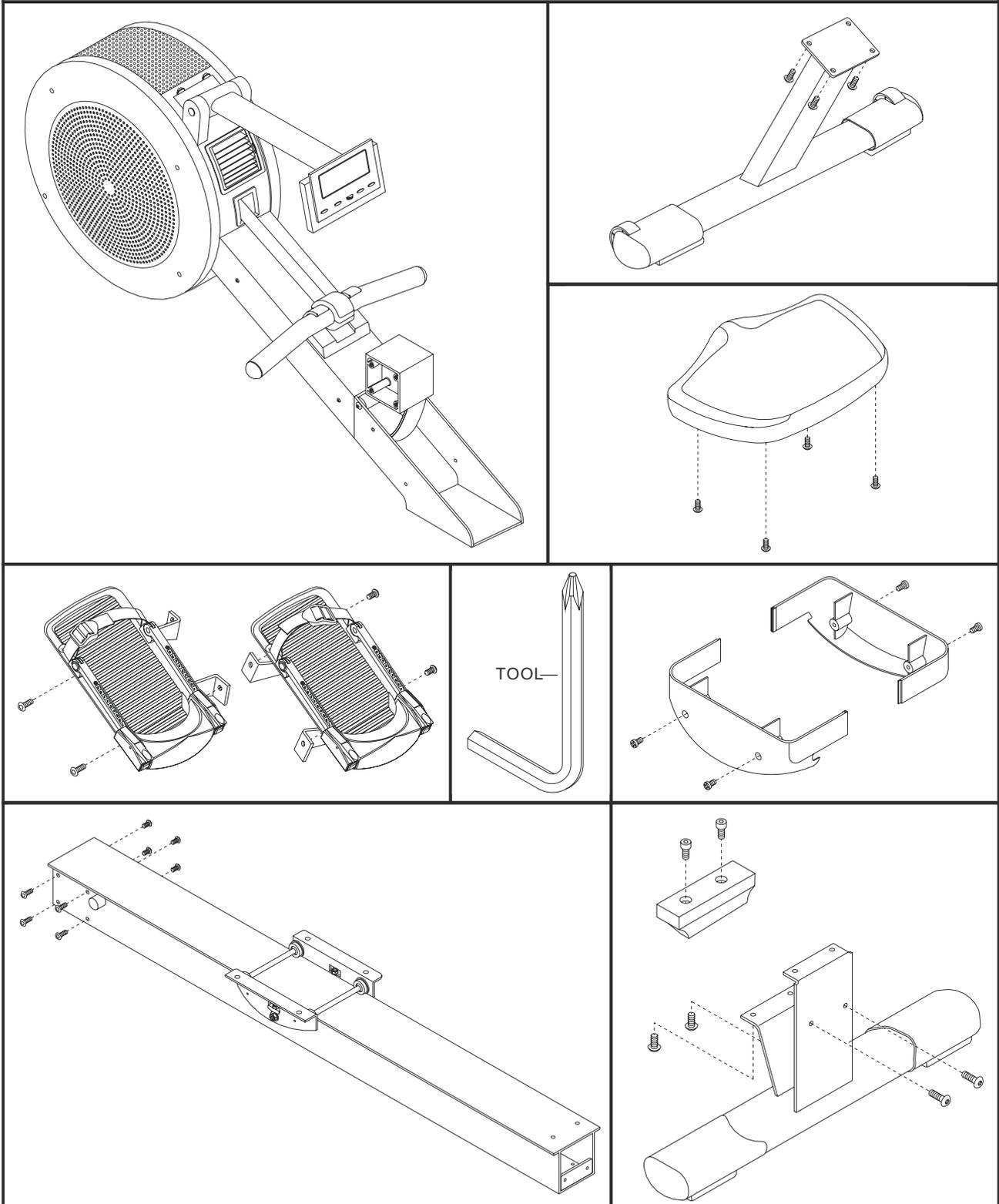
Exploded Drawing ----- page 5

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.

Check List

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



R100APM Premier Rower ASSEMBLY INSTRUCTIONS

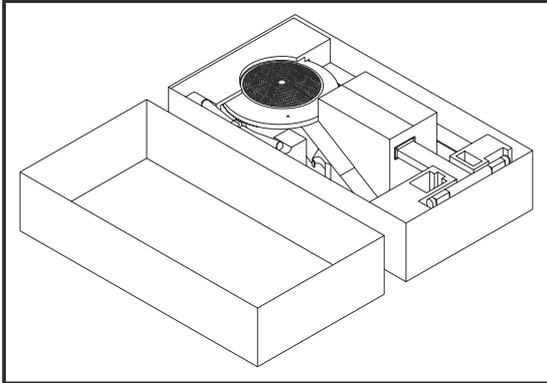
STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your R100APM Premier Rower.

STEP 2

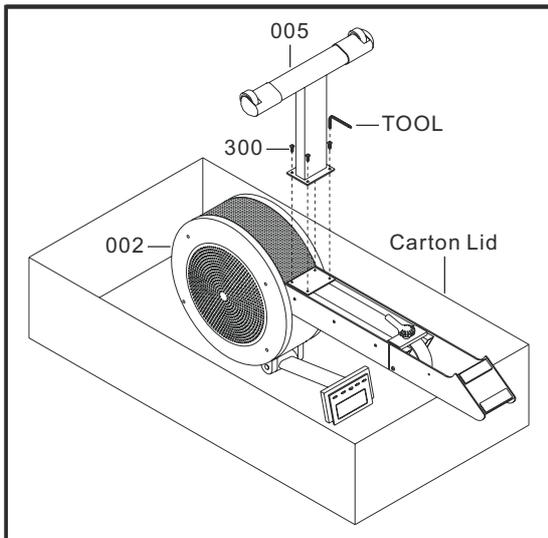
Open the carton as shown in the diagram below.

NOTE: To protect the R100APM Premier Rower while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



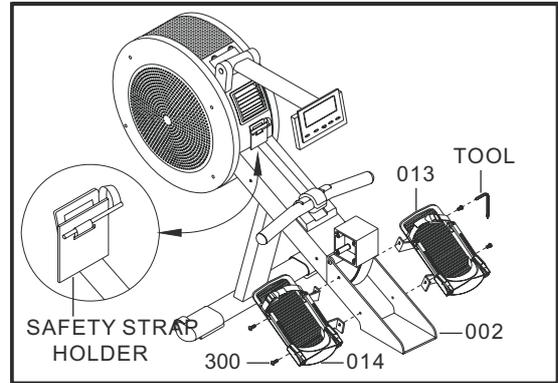
STEP 3

- Place the MAIN FRAME [002] in the Carton Lid as shown in the diagram below.
- Remove 4 x BOLT [300] from MAIN FRAME [002] with the TOOL provided.
- Assemble the FRONT STABILIZER [005] with the same 4 x BOLT [300] and tighten firmly.



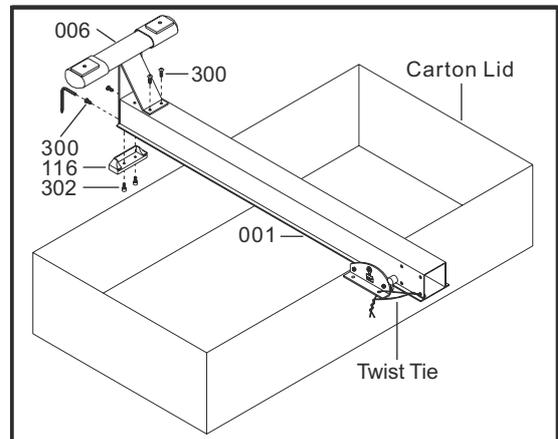
STEP 4

- Remove the partly assembled Rower from the Carton Lid and place it the correct way up as shown in the diagram below.
- Remove the SAFETY STRAP HOLDER and discard. Place the HANDLE BAR in it's HOLDER.
- Remove 4 x BOLT [300] from MAIN FRAME [002] with the TOOL provided.
- Assemble 2 x FOOT REST [013 & 014] with the same 4 x BOLT [300] and tighten firmly. Each FOOT REST is marked Left and Right with "L" and "R" stickers.

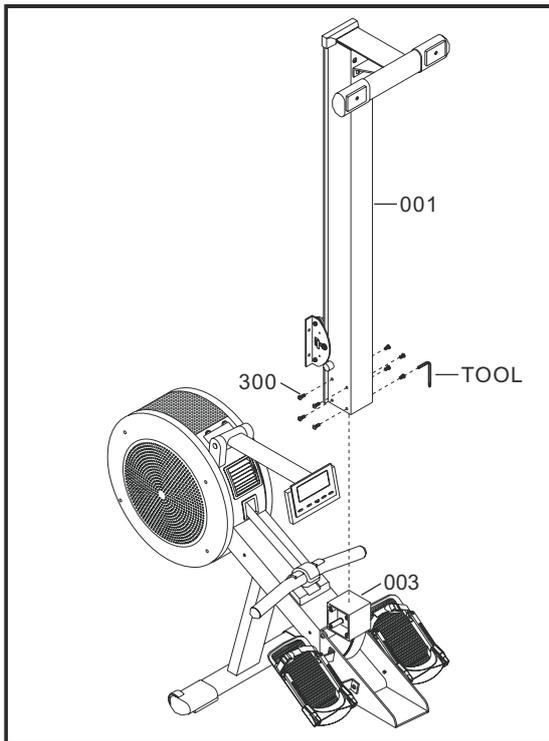


STEP 5

- Remove the ALUMINUM BEAM [001] from the Carton and place it on top of the Carton Lid as shown in the diagram below.
- Remove 4 x BOLT [300] from ALUMINUM BEAM [001] and 2 x BOLT [302] from REAR STABILIZER [006] with the TOOL provided.
- Assemble REAR STABILIZER [006] with the same 4 x BOLT [300] and tighten firmly.
- Assemble ALUMINUM BEAM END CAP [116] with 2 x BOLT [302] and tighten firmly.
- Remove the Twist Tie and discard.

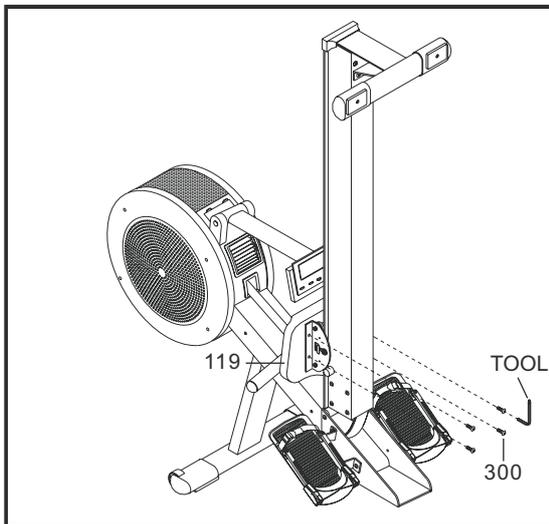


R100APM Premier Rower ASSEMBLY INSTRUCTIONS

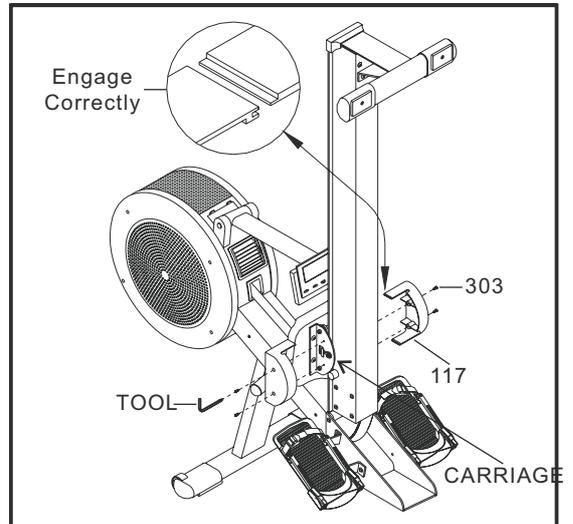


STEP 7

- Remove 4 x BOLT [300] from SEAT [119] with the TOOL provided.
- Assemble SEAT [119] with the same 4 x BOLT [300] and tighten firmly.



[117] Engage Correctly into each other as shown in the diagram below.



STEP 9

Remove all Protective Packing Material and discard.

ASSEMBLY COMPLETE

It is important to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the R100APM Premier Rower before using it.

R100APM Premier Rower DETAILED PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	ALUMINUM BEAM	1	121	STRAP BUCKLE COVER - BOTTOM	1	312	BOLT	1
002	MAIN FRAME	1	122	PLUG	2	313	BOLT	2
003	DIE CAST PIVOT	1	123	FOAM GRIP	1	314	BOLT	2
004	DIE CAST PIVOT SHAFT	1	124	SEAT CARRIAGE STOPPER	1	400	WASHER	1
005	STABILIZER - FRONT	1	125	CLAMP KNOB	1	401	WASHER	8
006	STABILIZER - REAR	1	126	HEEL SUPPORT - ASSEMBLY	2	402	WASHER	2
007	REAR BRACKET	1	127	HEEL SUPPORT - STOPPER	4	403	WASHER	4
008	ALI HANDLE BAR	1	128	HEEL PIVOT ASSEMBLY	4	404	WASHER	4
009	SEAT CARRIAGE - SIDE PLATE	2	129	COVER - VENT	1	500	SCREW	1
010	SEAT CARRIAGE - SHAFT	2	130	PANCAKE - ALUMINUM	1	501	SCREW	34
011	GUIDE ROLLER - BOLT	2	131	PANCAKE - SLEEVE	2	502	SCREW	8
012	GUIDE ROLLER - PLATE	2	132	STRAP SLOT TRIM	1	503	SCREW	5
013	FOOT REST - RIGHT	1	133	BATTERY COVER	1	504	SCREW	2
014	FOOT REST - LEFT	1	134	POLY "V" DRIVE BELT	1	505	SCREW	5
015	COMPUTER ARM	1	135	DRIVE PULLEY	1	600	RETAINING RING	1
016	TENSION WHEEL ASSEMBLY	1	136	STRAP DRUM	1	700	TENSION CABLE	1
017	CLUTCH SHAFT	1	137	RETURN SPRING - DRUM	1	701	MOTOR with CABLE	1
018	RETURN SPRING	1	138	RETURN SPRING - COVER	1	702	MOTOR SENSOR CABLE	1
019	GUIDE ROLLER - SPACER	2	139	RETURN SPRING - HOLDER	1	703	COMPUTER CABLE - 6 x PIN	1
100	PANCAKE - SLIDER	1	140	FLYWHEEL FAN with MAGNETS	1	704	COMPUTER CABLE - 9 x PIN	1
101	PANCAKE - SLIDER WHEEL	1	141	TENSION WHEEL ASSEMBLY - SPACER	1	705	PANCAKE - CABLE	1
102	PANCAKE - CABLE GUIDE	3	142	GUIDE ROLLER	2	706	PANCAKE - FLYWHEEL SHAFT	1
103	COMPUTER ARM - PLUG	2	143	FOOT REST TREAD	2	707	PANCAKE - SPRING	1
104	COMPUTER ARM - PIVOT	2	200	NUT	9	708	SENSOR MAGNET ASSEMBLY	1
105	COMPUTER ARM - PLUG COVER	2	201	NUT	2	709	DRIVE STRAP ASSEMBLY	1
106	COMPUTER CASE NUT COVER	2	202	NUT	1	710	FOOT REST - STRAP	2
107	COMPUTER ARM - SPACER	2	203	NUT	1	711	CHEST BAND RECEIVER	1
108	HANDLE BAR HOLDER	1	204	NUT	1	712	AC ADAPTOR - CABLE	1
109	COVER - FRONT	1	300	BOLT	24	713	BATTERY CASE with CABLE	1
110	COVER - HUB	2	301	BOLT	1	714	COMPUTER	1
111	COVER - MAIN	2	302	BOLT	2	715	AC ADAPTOR	1
112	MESH	1	303	BOLT	4	800	BEARING	2
113	WHEEL CAP - LEFT	1	304	BOLT	2	801	BEARING	1
114	WHEEL CAP - RIGHT	1	305	BOLT	2	802	BEARING	2
115	STANDARD CAP	2	306	BOLT	8	803	BEARING	1
116	ALUMINUM BEAM END CAP	1	307	BOLT	1	804	CLUTCH	1
117	SEAT CARRIAGE - COVER	2	308	BOLT	1			
118	SEAT CARRIAGE - ROLLER	4	309	BOLT	1			
119	SEAT	1	310	BOLT	1			
120	STRAP BUCKLE COVER - TOP	1	311	BOLT	1			

August 2005

