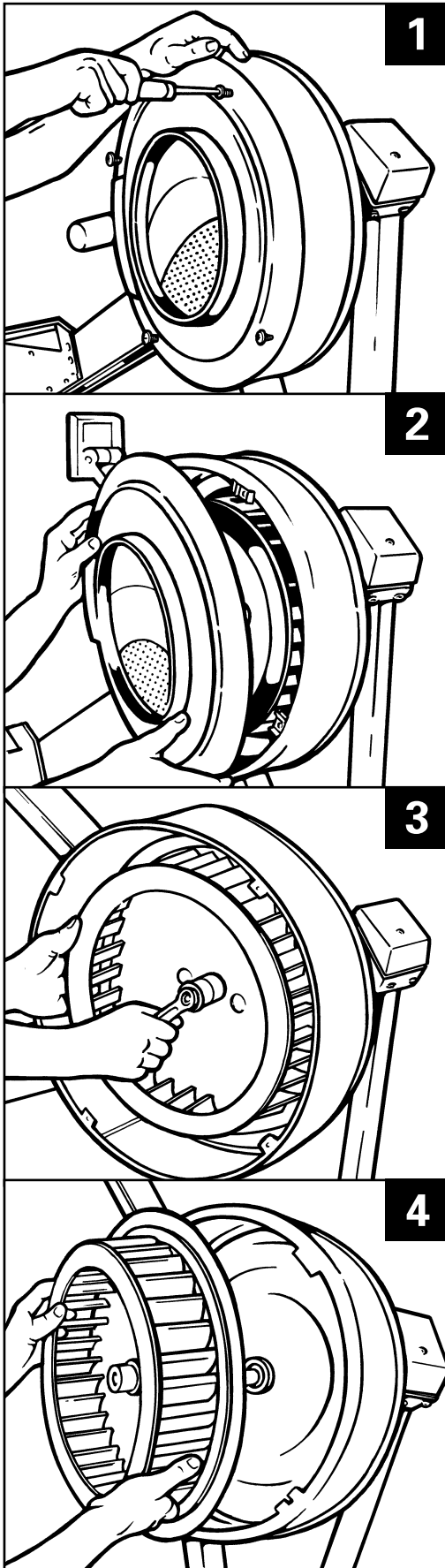


Chain Idler Pulley Removal/Replacement



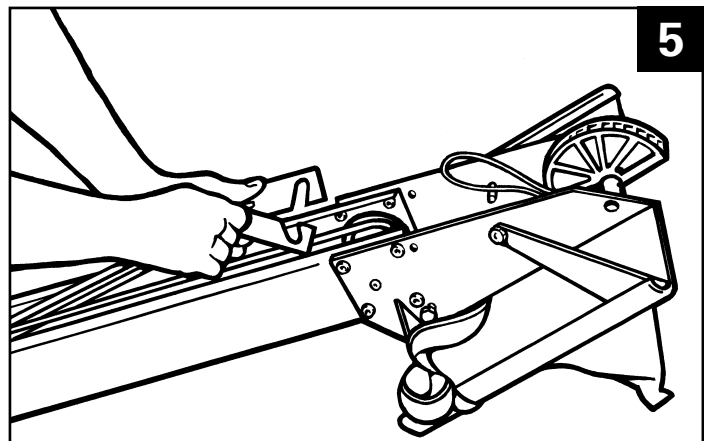
Tools Required:

Phillips head screwdriver

2 x 3/16" (4mm) Allen keys

9/16" (14mm) spanner

1. First remove damper panel assembly by removing four Phillips screws.
2. Remove cover by hand.
3. Hold flywheel and turn centre nut anticlockwise using 9/16" (14mm) spanner.
4. Remove by hand.
5. Undo shockcord taking care when unhooking as the shockcord is under tension.

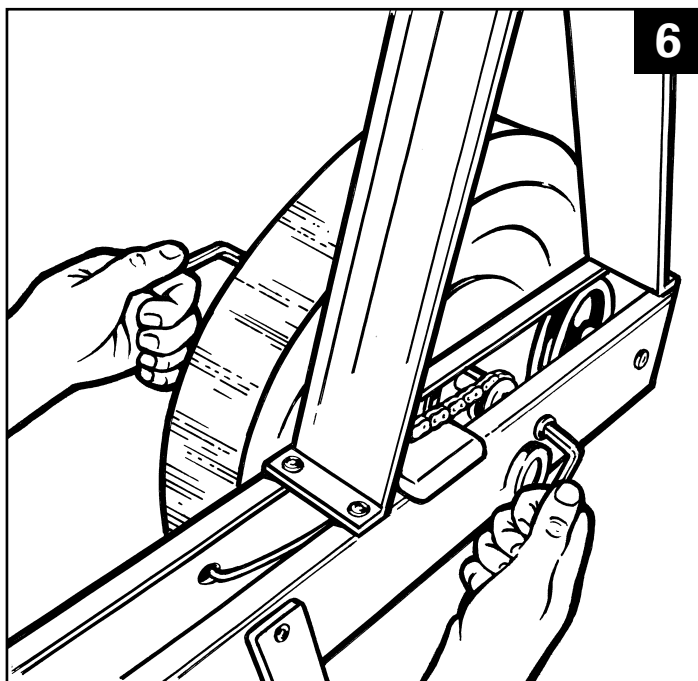


Continues overleaf.

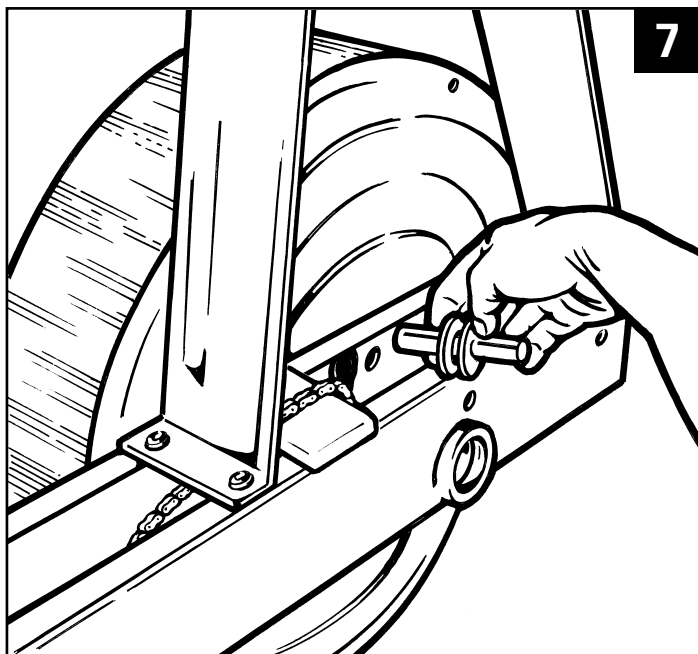
Note: the Indoor Rower is built to Imperial measurements, however you may have to use the closest Metric tool available in the UK (shown in brackets)

Chain Idler Pulley Removal/Replacement cont

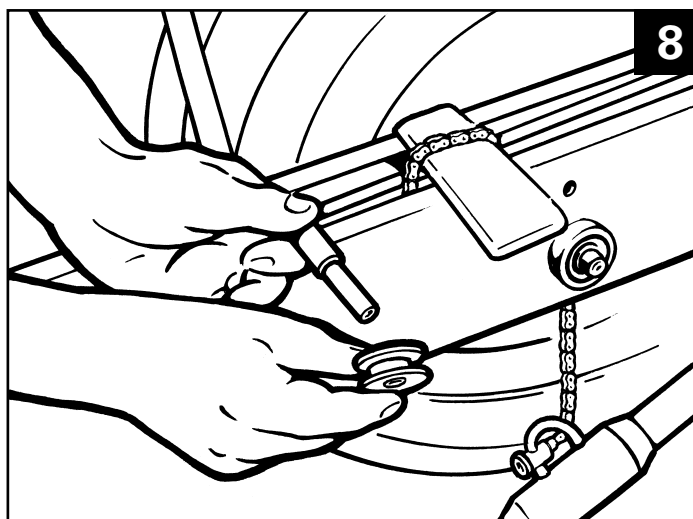
6. Remove allen key bolts from both sides.



7. Remove pulley axle. It is recommended to temporarily replace axle with a screwdriver to preserve chain routing.



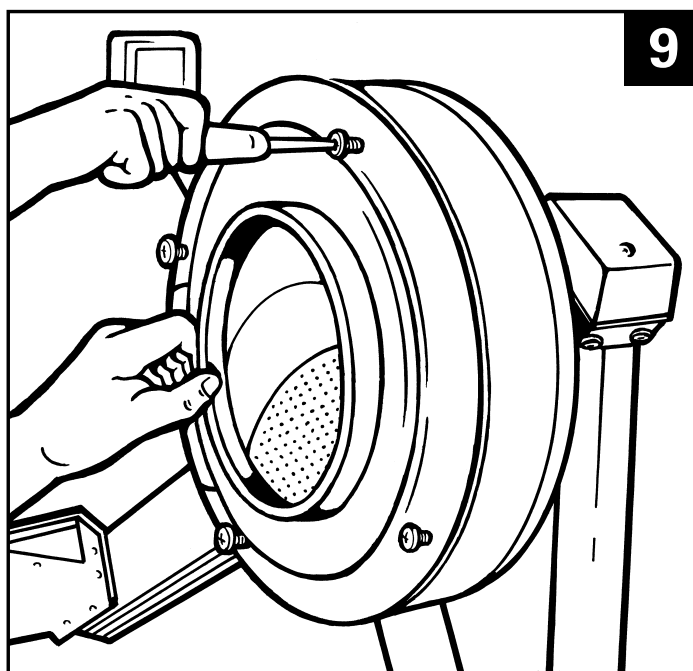
8. Remove spacers and pulley from axle by hand. Take care not to lose spacers.



9. Fit new pulley.

Reverse steps 5-9 to refit.

9. Reverse steps 1-4 to replace the damper panel. While holding the damper panel close to the outlet perf (but not on) locate the four screws into the 'U' hole nuts, then push on the panel and tighten fully.



Note: the Indoor Rower is built to Imperial measurements, however you may have to use the closest Metric tool available in the UK (shown in brackets)