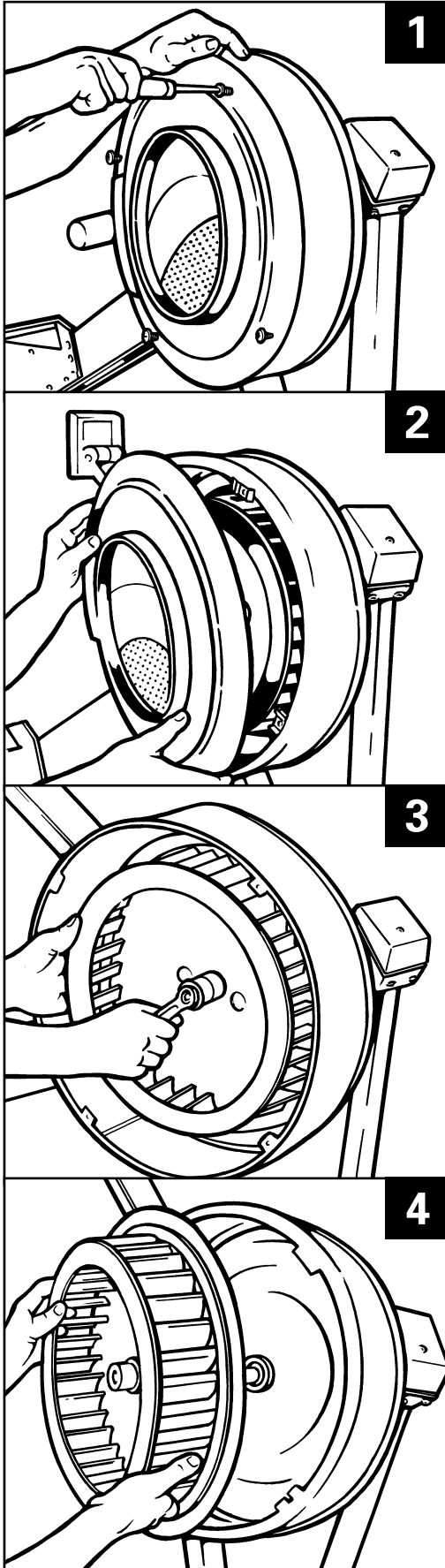


Perforated Outlet Removal

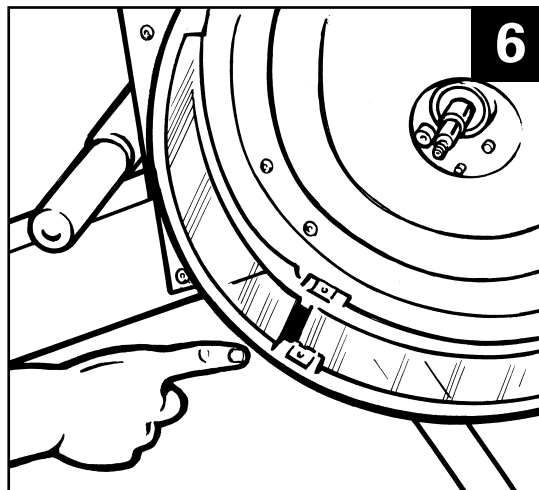
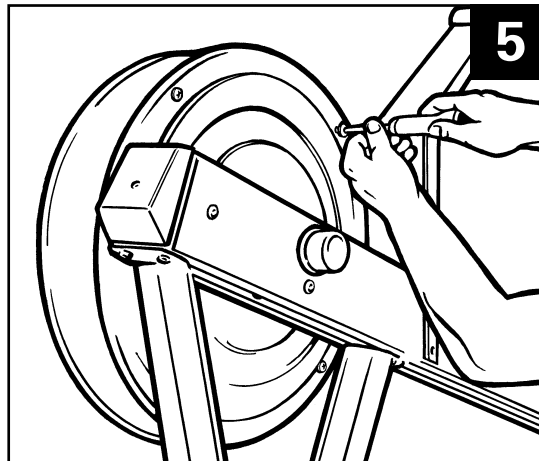


Tools Required:

Phillips head screwdriver

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. Remove the four Phillips screws from the back plate turning anticlockwise and remove outer perf.
6. Prior to refitting it is advisable to run tape around the outer perf to hold it in shape, thus preventing it from springing open. Refit putting joint as shown.



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)