

PM3 Monitor Disassembly/Reassembly Instructions

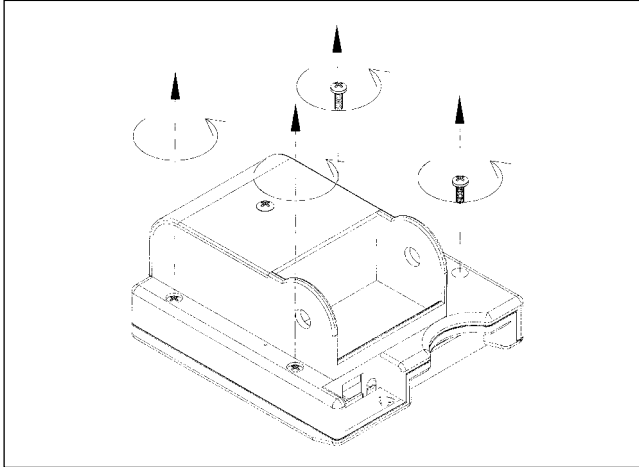
TOOLS REQUIRED: #0 or #1 Phillips head screwdriver
9/16" wrench

NOTE: Handle all components very carefully.

concept 2
ROWING

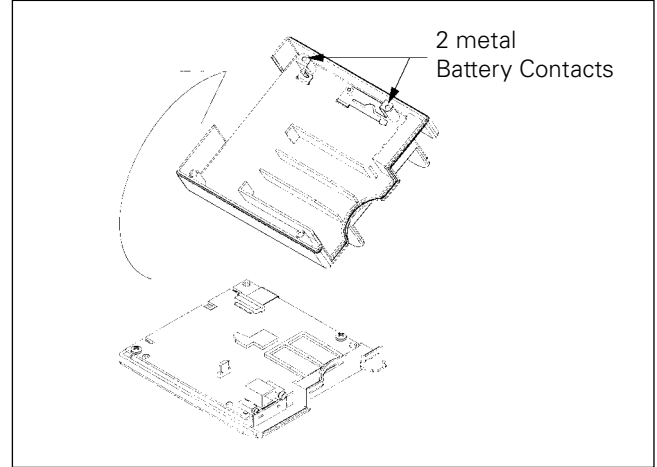
MORRISVILLE, VERMONT USA

1



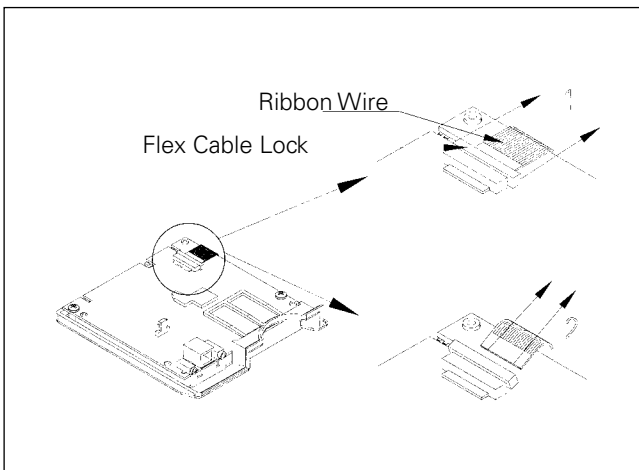
Unplug all wires and remove the PM3 from the Indoor Rower. Loosen the four PM3 case screws. Do not remove the two left screws

2



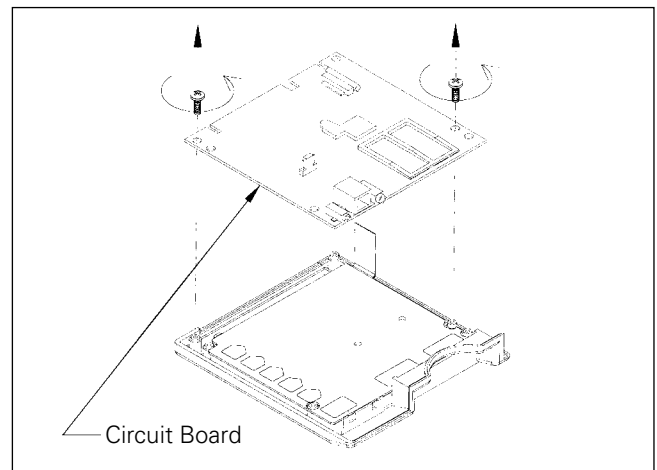
Remove Case Back. Note the position of the two metal battery contacts.

3



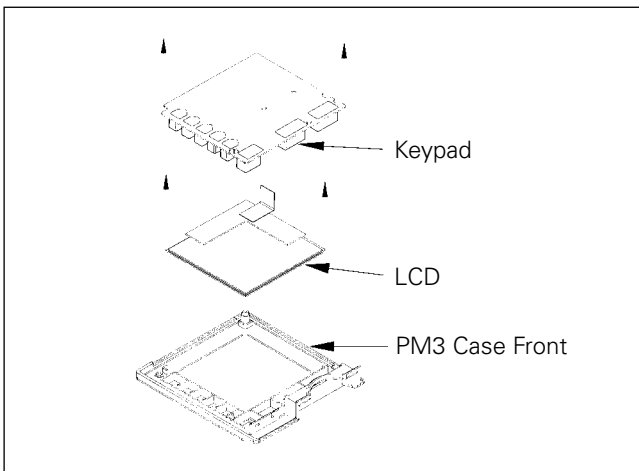
Detach Flex Cable from Socket:
1. pull to the right and lift up on the Flex Cable Lock.
2. pull Flex Cable out.

4



Remove the two Phillips head Circuit Board screws and remove the Circuit Board.

5



Remove rubber Keypad and LCD from the PM3 Case Front.

6

Reassemble in reverse order of disassembly.

IMPORTANT TIPS:

- Carefully position the LCD and Keypad in the PM3 Case Front.
- Use the two holes marked with arrows for the two Circuit Board screws. Tighten the two screws evenly and firmly.
- Be sure the Flex Cable is fully inserted in the Socket before pushing down and to the left to close the Flex Cable Lock.
- Be sure the metal Battery Contacts are positioned correctly and that the two assembly screws go through them.
- The four Case screws should be tightened firmly (4-6 in.lbs), but not stripped out.
- You will be prompted by the PM3 to reset the language, date, and time. Note that internal workout memory will be lost.
- If you have replaced the LCD, you may want to adjust the LCD contrast setting located at MAIN MENU > MORE > UTILITIES > SET CONTRAST.