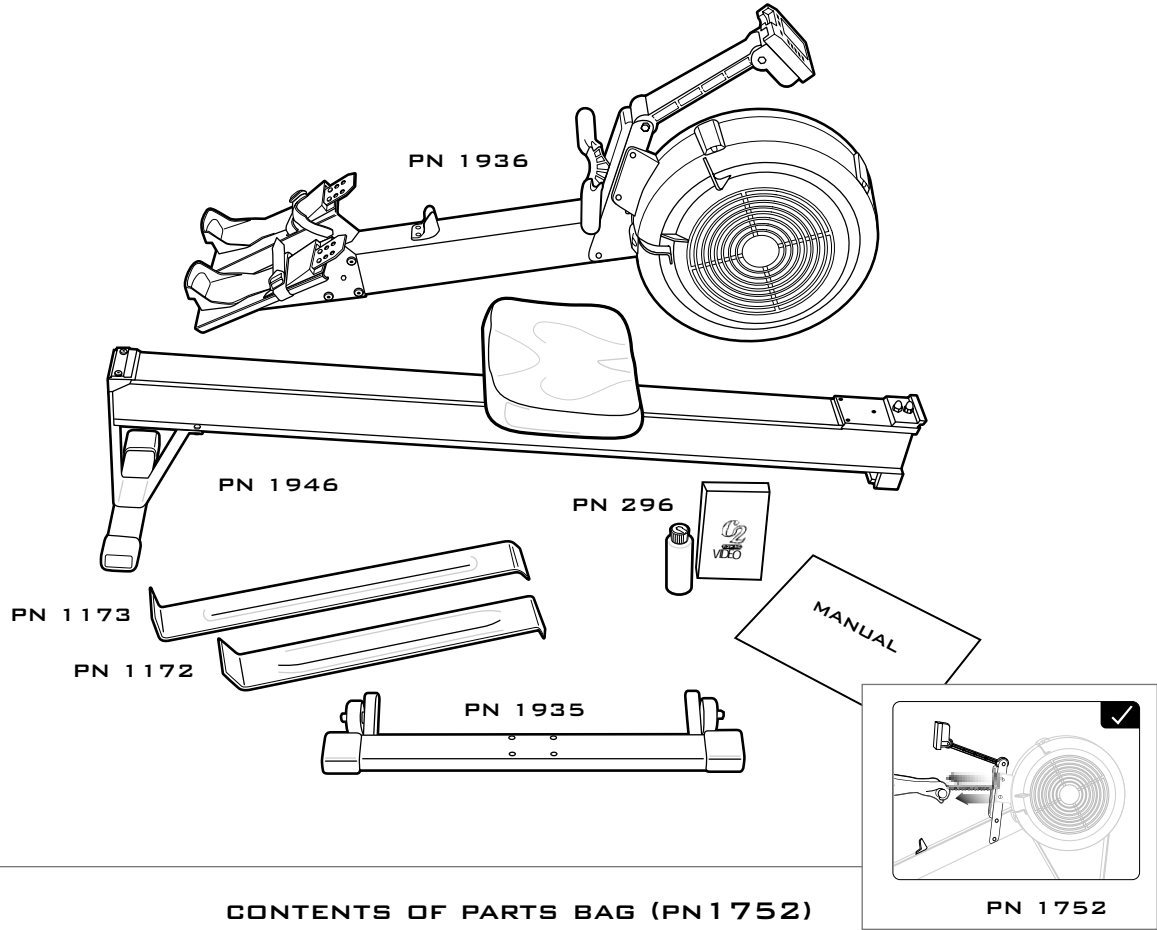
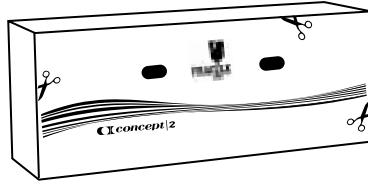
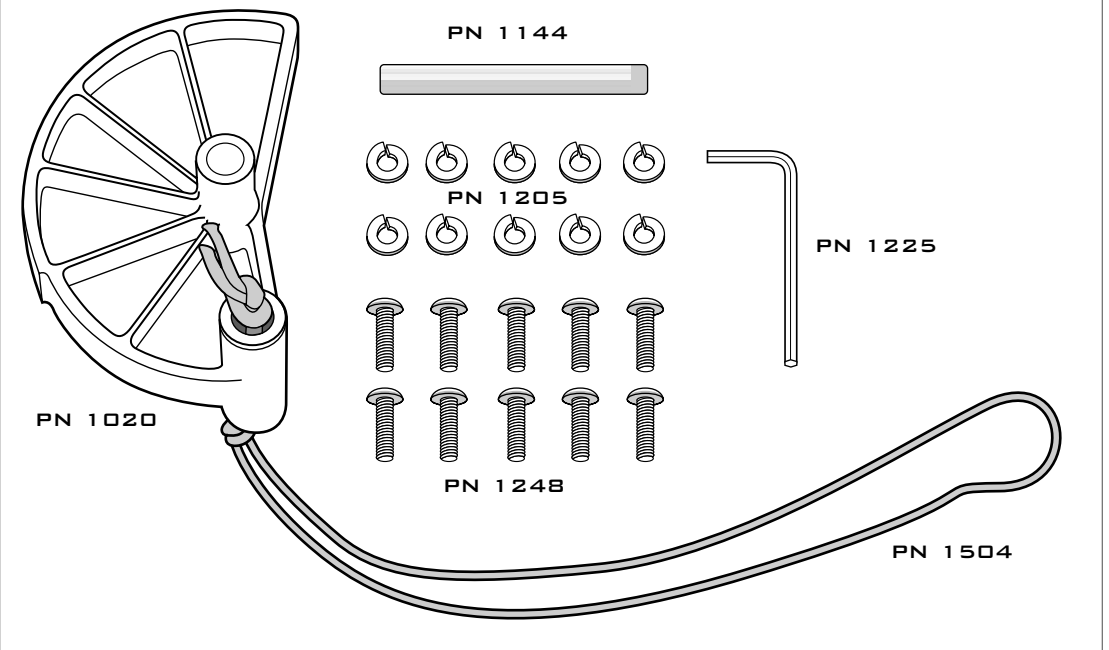


UNPACKING YOUR CONCEPT2 INDOOR ROWER

You should find the following parts for your Indoor Rower in this shipping box. If any parts are missing, please call us toll-free at 1.800.245.5676.

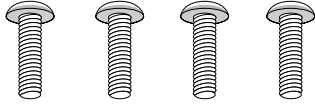
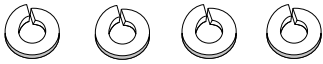


CONTENTS OF PARTS BAG (PN1752)



**PARTS NEEDED:**

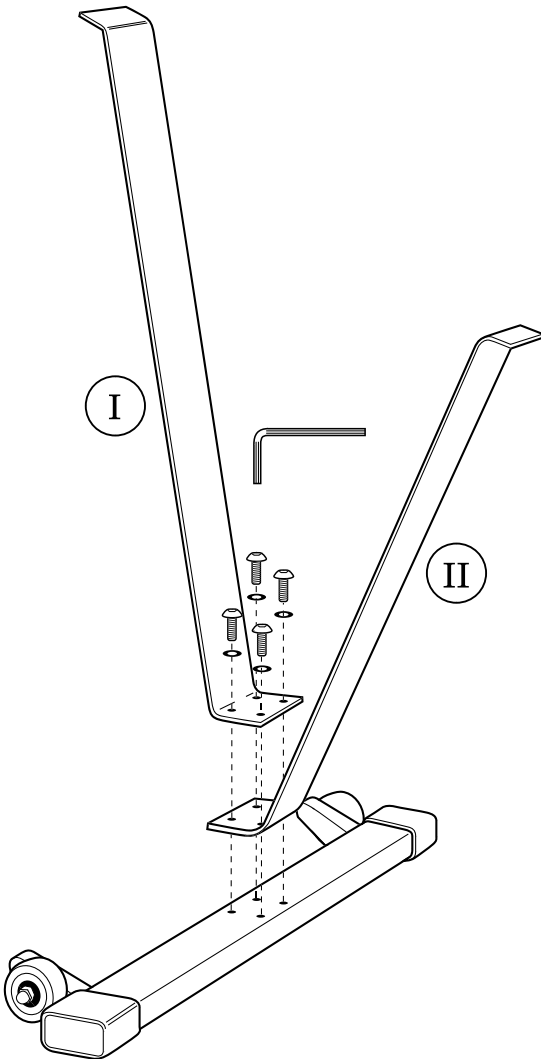
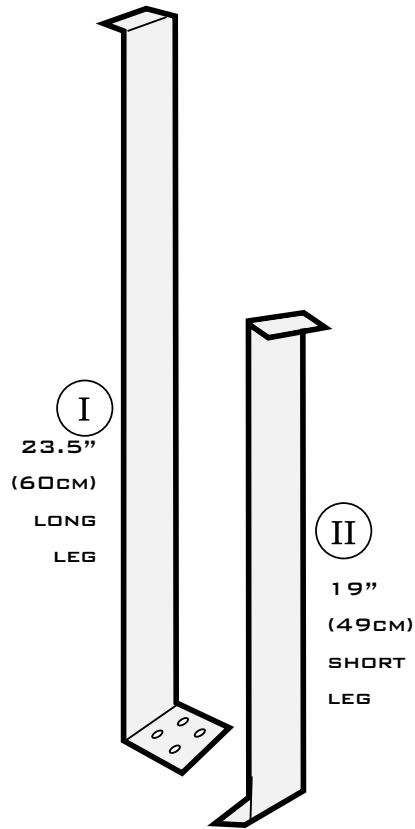
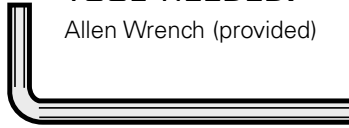
- 4 washers
- 4 screws



3/4"  
or 2cm

**TOOL NEEDED:**

Allen Wrench (provided)



ASSEMBLING  
THE  
FRONT LEG

Note that the longer leg (I) attaches to same side as the wheels.

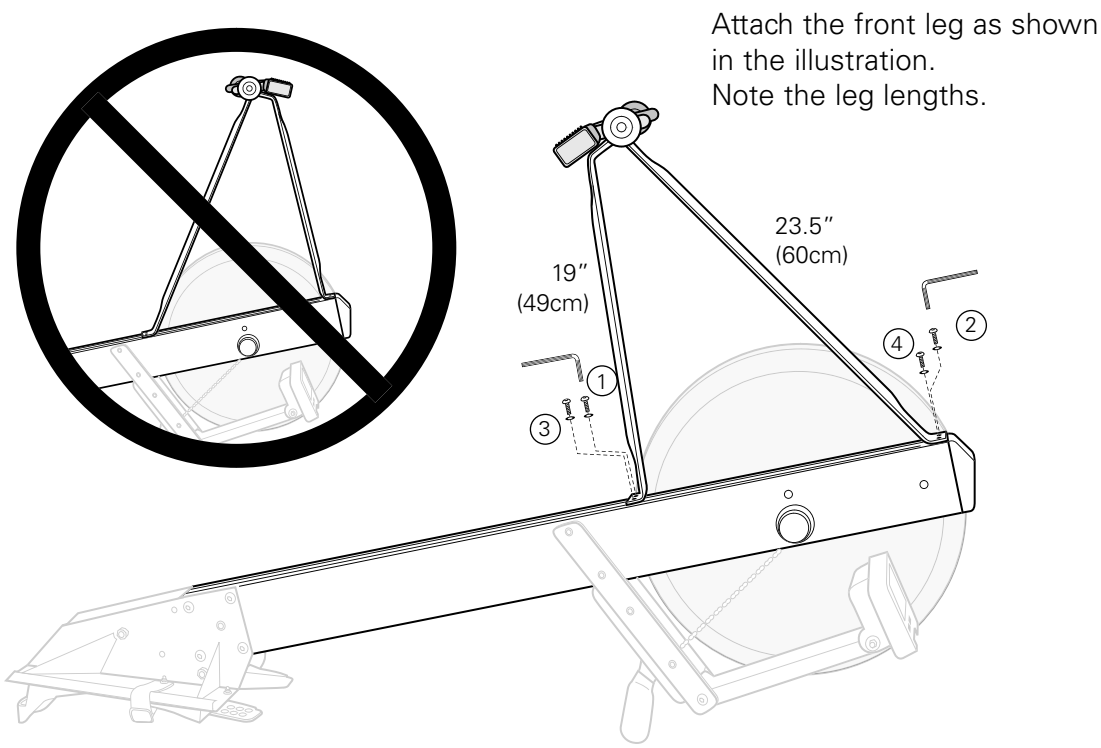
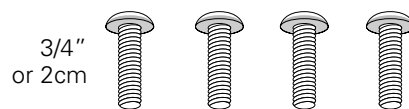
# ATTACHING THE FRONT LEG

**TOOL NEEDED:**  
Allen Wrench (provided)

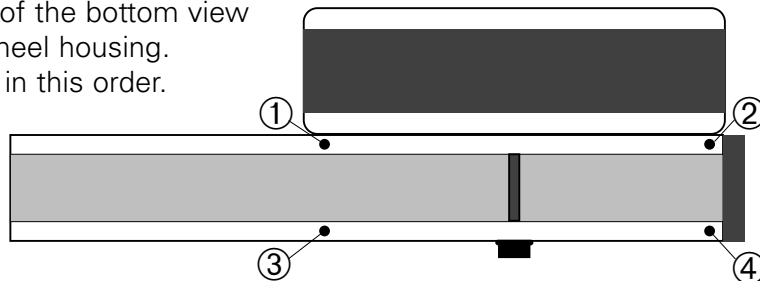


**PARTS NEEDED:**

4 washers  
4 screws

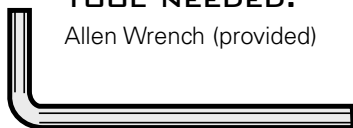


This is an illustration of the bottom view of the front end/flywheel housing. Insert socket screws in this order.



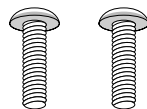
**TOOL NEEDED:**

Allen Wrench (provided)



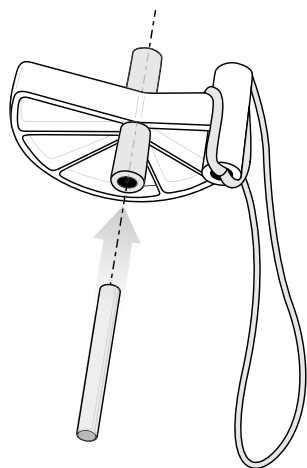
**PARTS NEEDED:**

2 washers  
2 screws

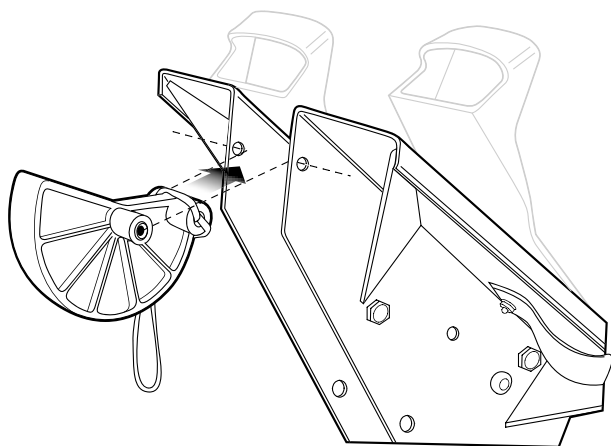


3/4"  
or 2cm

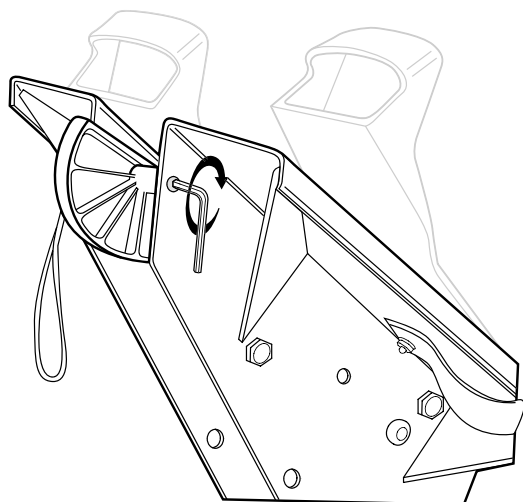
**ASSEMBLING  
& INSTALLING  
THE  
FRAME LOCK**



1. Insert axle through axle tube on  
framelock.



2. Place framelock between foot-  
plates on Indoor Rower. The two  
footplates may need to be  
pulled apart slightly for the axle  
tube to fit. Be sure to line up  
axle tube to orient framelock as  
shown.



3. Insert 1/2" screw and washer  
into each end of framelock axle  
tube, through holes in footplates.  
Tighten with allen wrench.

