

# LC-R100 ROWER ASSEMBLY MANUAL



# LC-R100

TOLL FREE (888)815-5559

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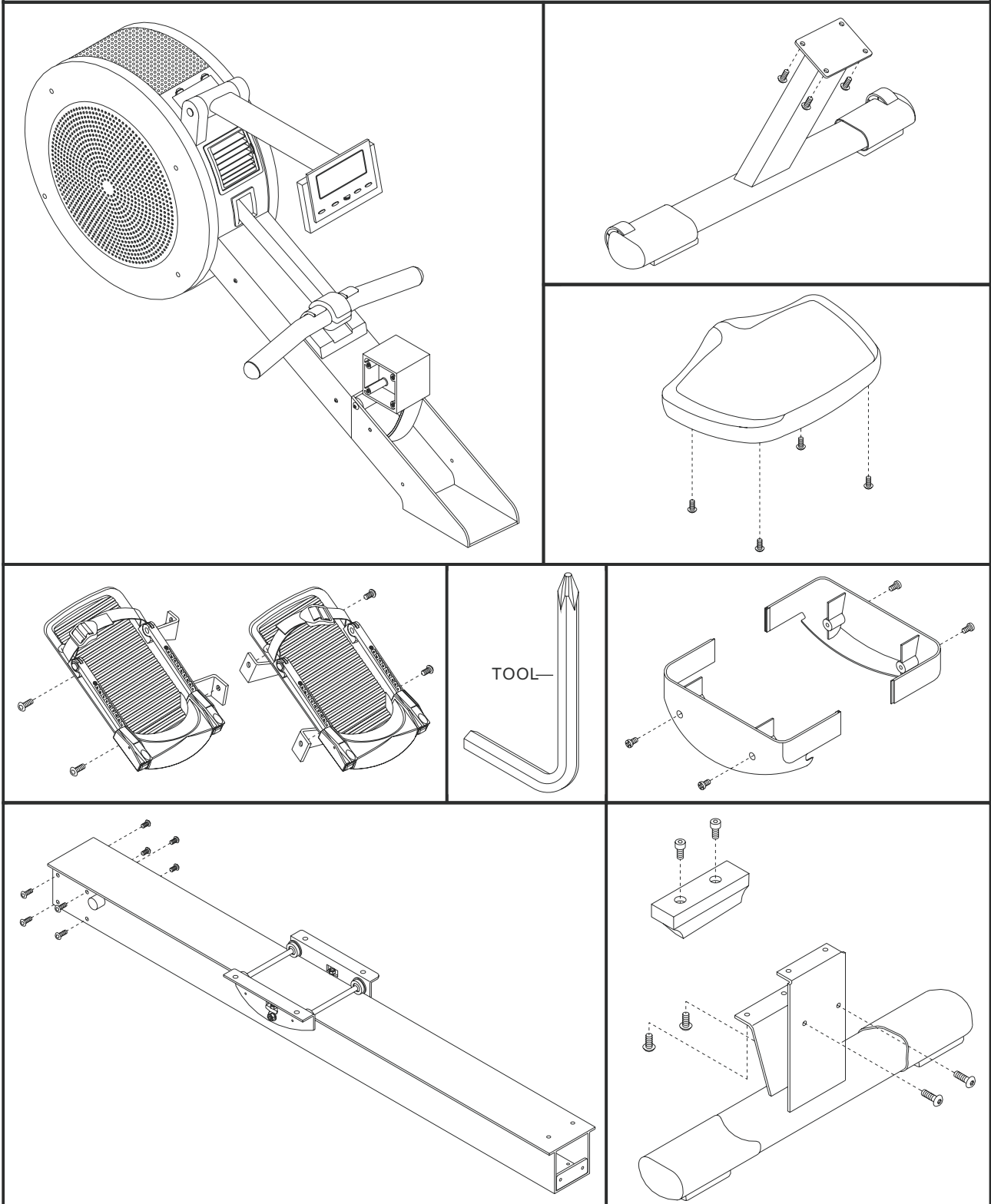
Exploded Drawing ----- page 5

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

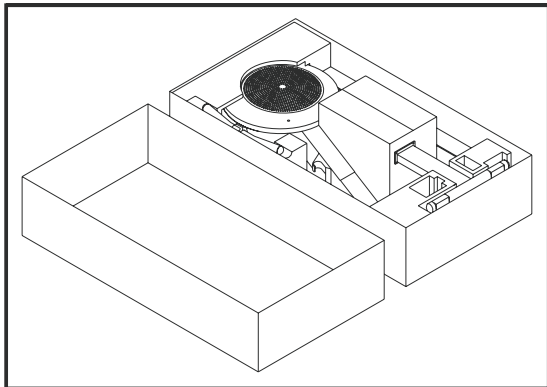
## STEP 1

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

## STEP 2

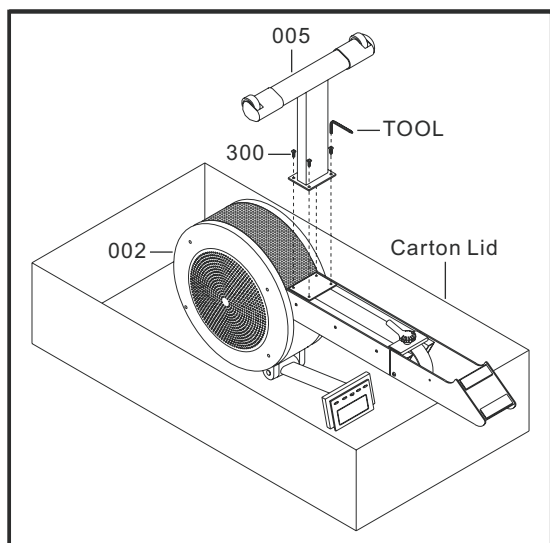
Open the carton as shown in the diagram below.

**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.



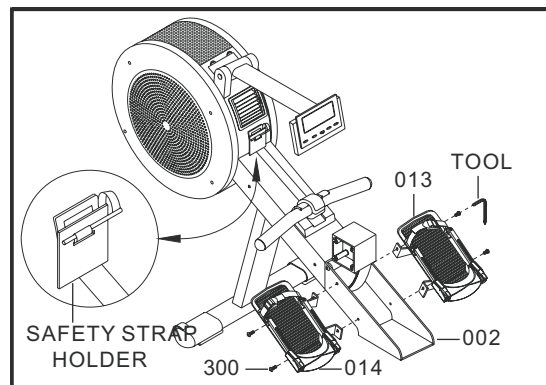
## STEP 3

- 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.



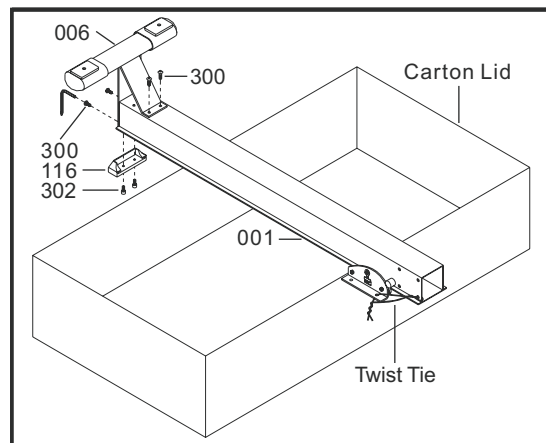
## STEP 4

- 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.

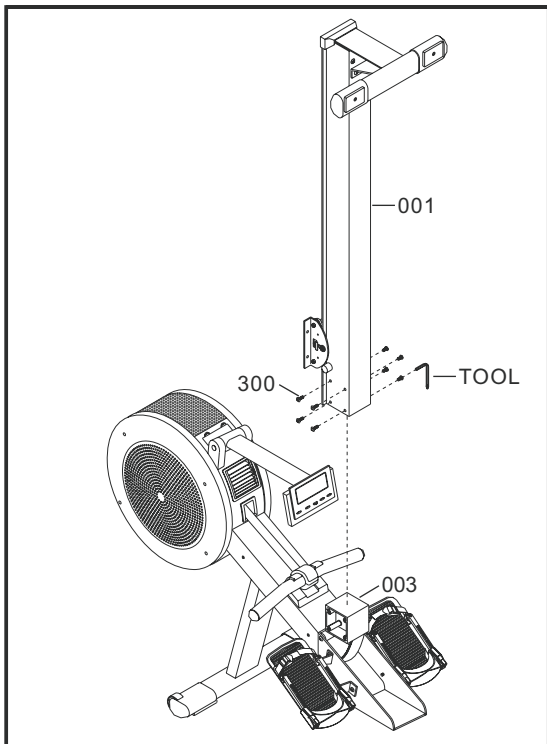


## STEP 5

- 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.

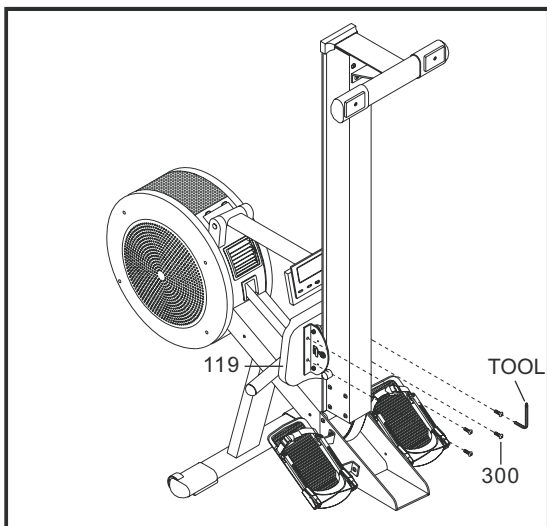


# R100APM Premier Rower ASSEMBLY INSTRUCTIONS

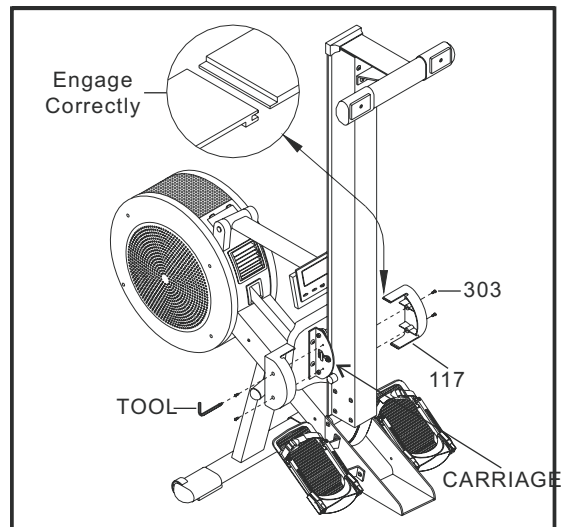


## STEP 7

- 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

<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
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



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