

SSSpring Box Assembly

1. Tool Requirement

1. #4 T Shape Allen Key
2. #5 T Shape Allen Key
3. #6 T Shape Allen Key
4. #6 Allen Key
5. Philip Head screwdrivers



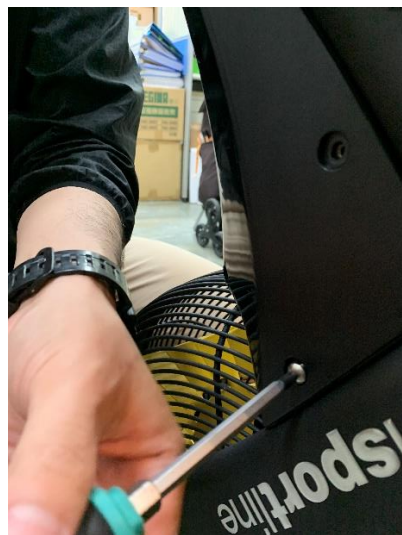
Step 1

Please find someone to help to assemble.

Fold up the rower and release the screws of the chain cover.

Three on the left side, and six on the right side.

(Philip Head screwdriver)



Step 2

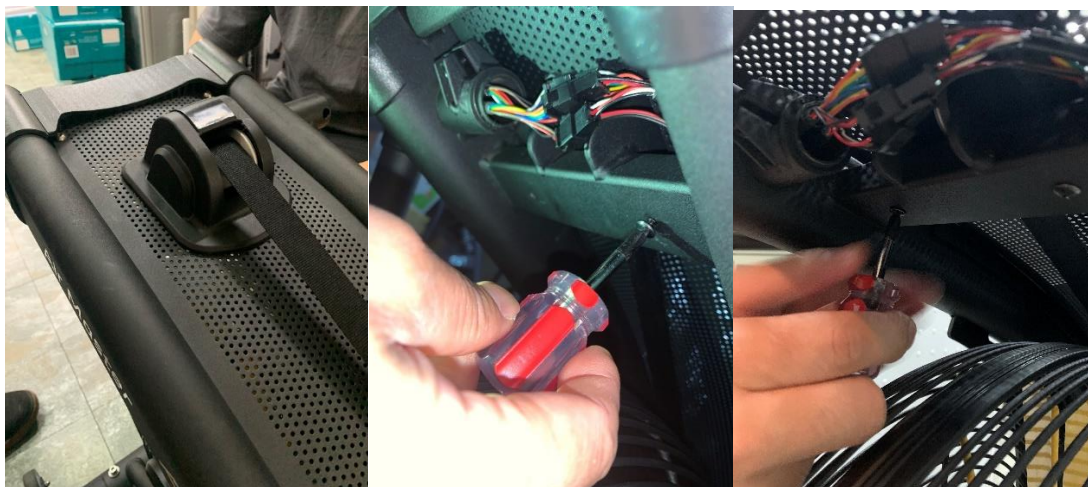
Release the screws of the moving wheel cover.

(Philip Head screwdriver)



Step 3

Release the screw of the plastic cover.



Step 4

Release the screws on the cover of the handle bar, and remove one of the foams on the handle bar to pull out the strap. Let the strap automatically recoil back by the spring box. (Philip Head screwdriver)



Step 5

Release the 4 screws on the metal panel and place it beside. (#4 T Shape Allen Key , #5 T Shape Allen Key)



Step 6

Release the four screws on the Aluminum knob bracket.

(#5 T Shape Allen Key)



Step 7

Find the sensor bar on the Spring box.

And disconnect the pin of the sensor bar .

Notice: Remember to remove the sensor bar from the old spring box and attach it onto the new spring box.



Step 8

Release the 4 screws on the spring box bracket.

Please put a box under the spring box or ask someone to hold it while releasing. (#6 Allen Key)



Step 9

Take out the new spring box, and release the four screws and two thread panels on it. (#6 Allen Key)



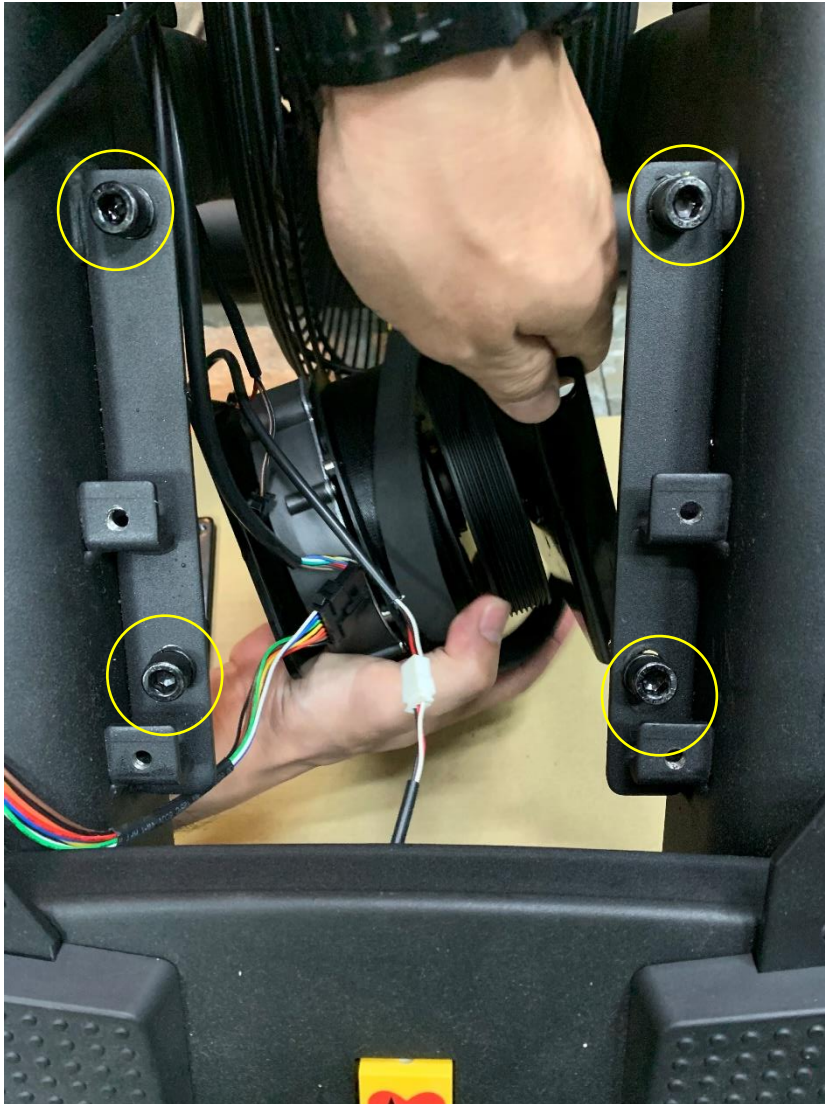
Step 10

Please assemble the lower stabilizer before attaching the spring box onto the frame.



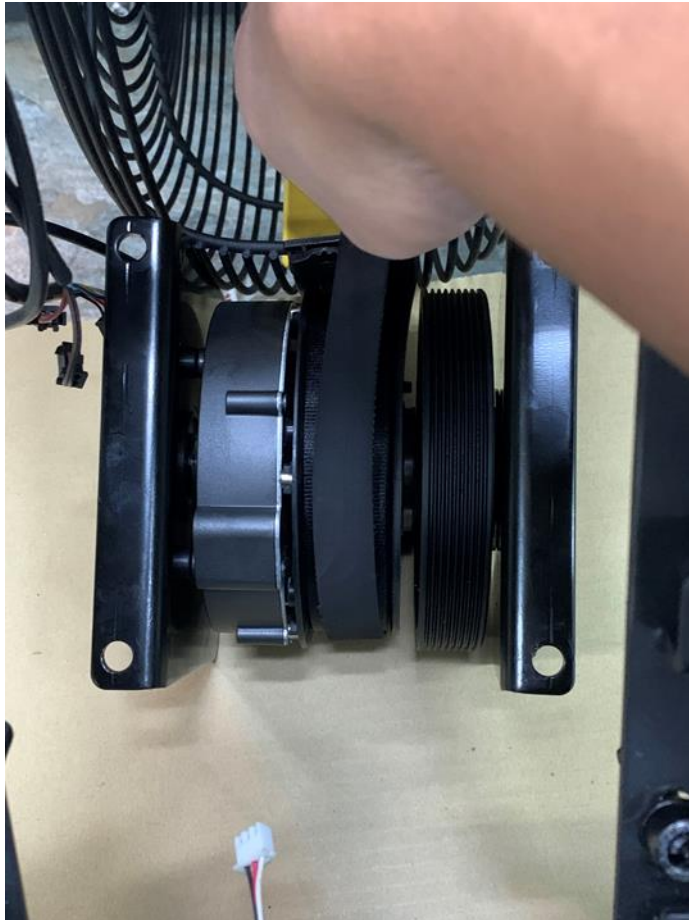
Step 11

Please insert the four screws onto the main frame bracket.



Step12

Pull the belt through the spring box, and adjust the location of the belt in the middle position. Also make sure the two brackets of the spring box are parallel.



Step 13

Set both the thread panels under the spring box brackets, and finger tight the screws through both the spring box brackets and panels onto the main frame brackets. **Then tight the 4 screws with (#6 Allen key)**

Please tight the two screws on the right side first.

Please ask someone to hold it while fixing.



Step 14

Release the screws on the right-side fan wheel cover.

(#4 T Shape Allen Key)



Step 15

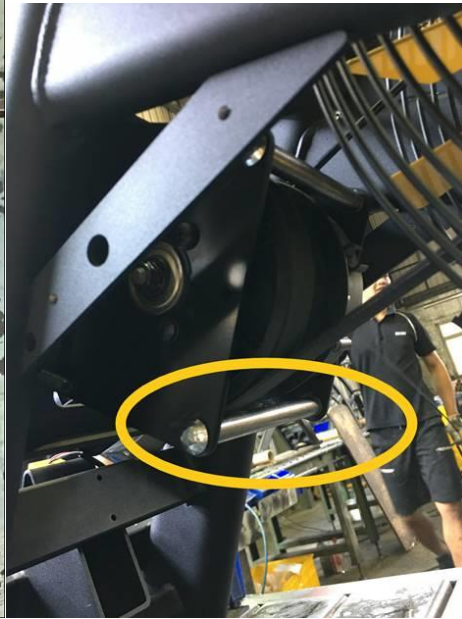
Put the belt on to the pulley with grooves.



Step16

After pulling the belt through the spring box, and adjust the location of the belt in the middle position.

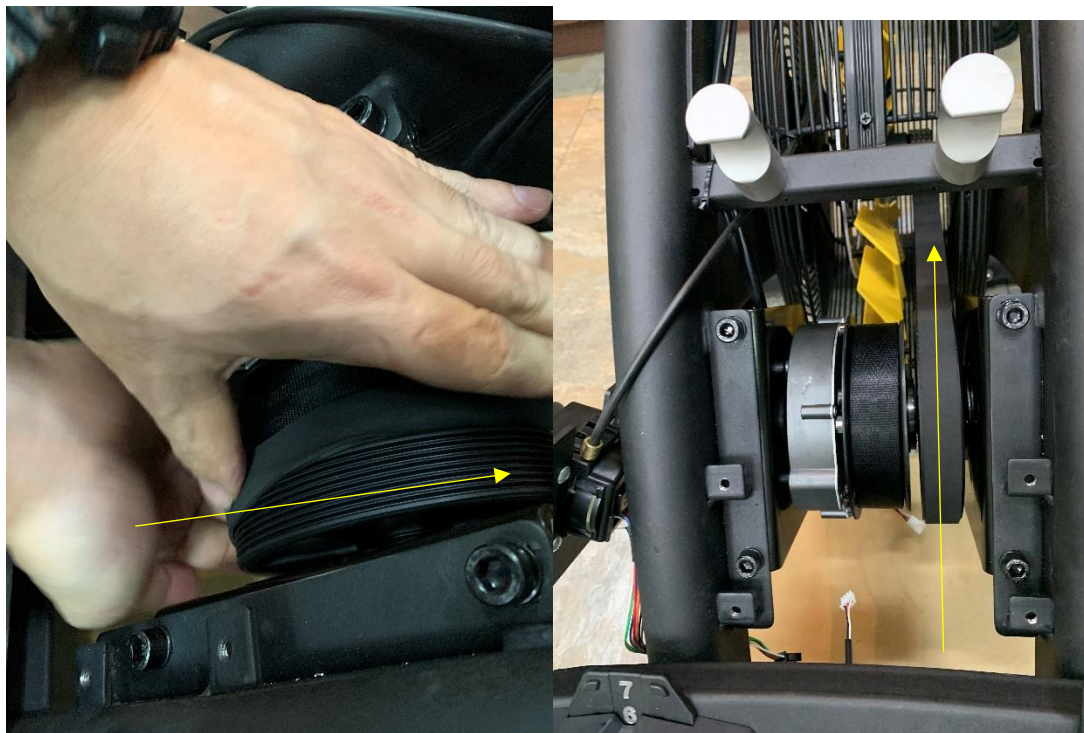
Assemble the upper stabilizer on to the spring box.



Step 17

Install the ribbed belt onto the belt wheel by pushing the Belt wheel FORWARD clockwise to settle the belt on to the grooves. (Direction: from Back to the Front)

Notice : The Belt wheel can only be pushed forward



Step 16

Pull the strap out from the spring box and through the aluminum pulley.



Step 17

Repeat the steps to assemble back the rower.