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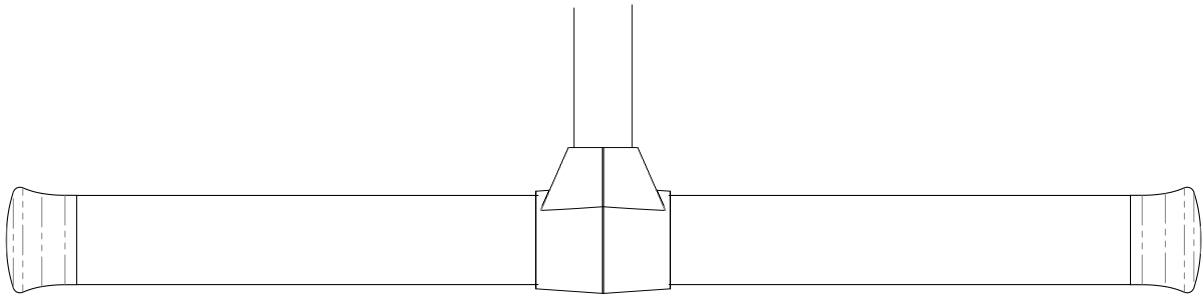
QUICK ADJUST RESISTANCE REMOTE | Type A

USER MANUAL

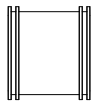
Part List

Type A

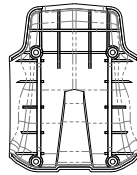
Please note that the Handlebar Type A has a vertical line on the center part of the handlebar.



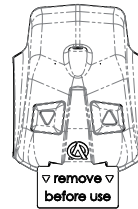
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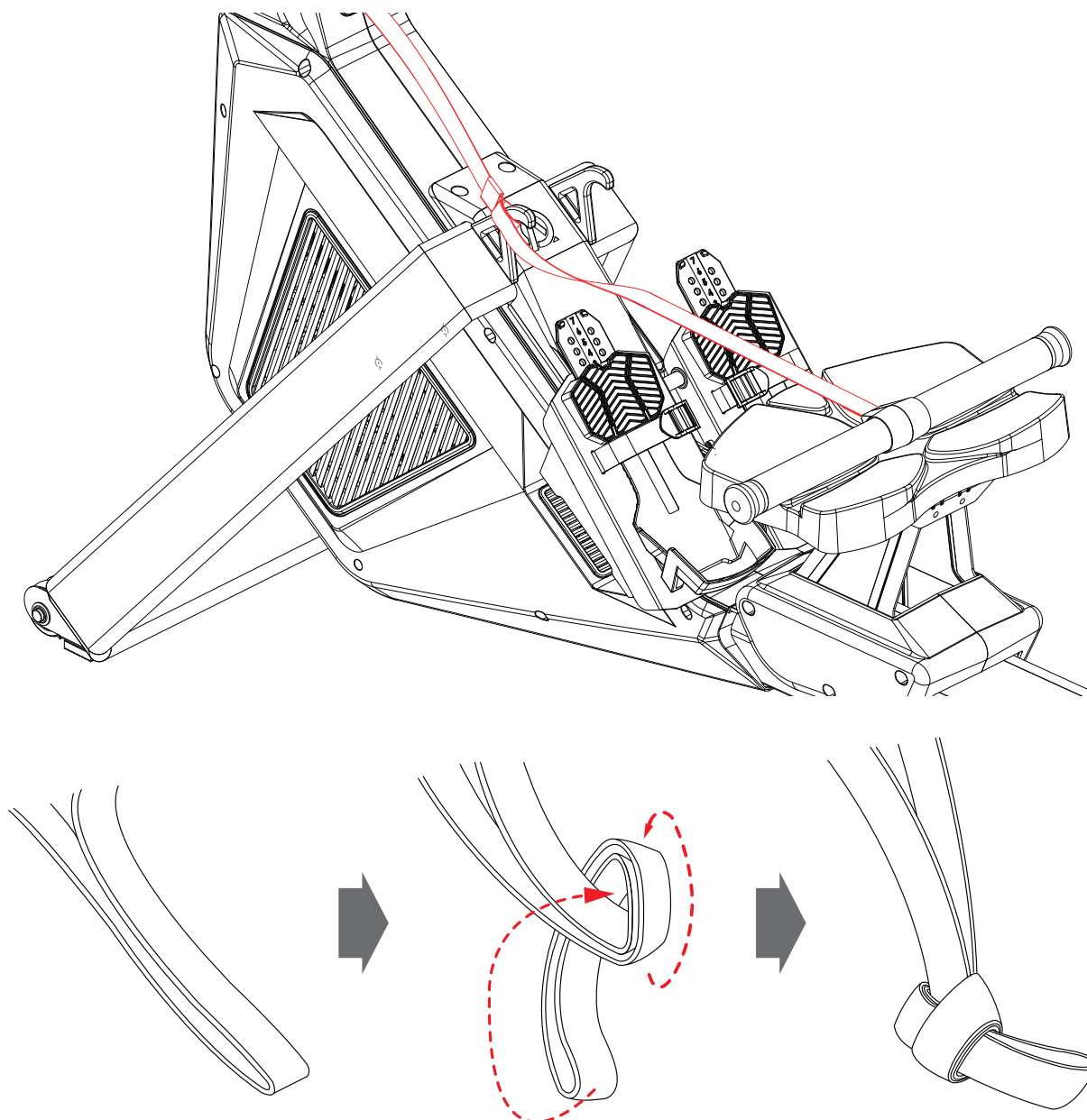
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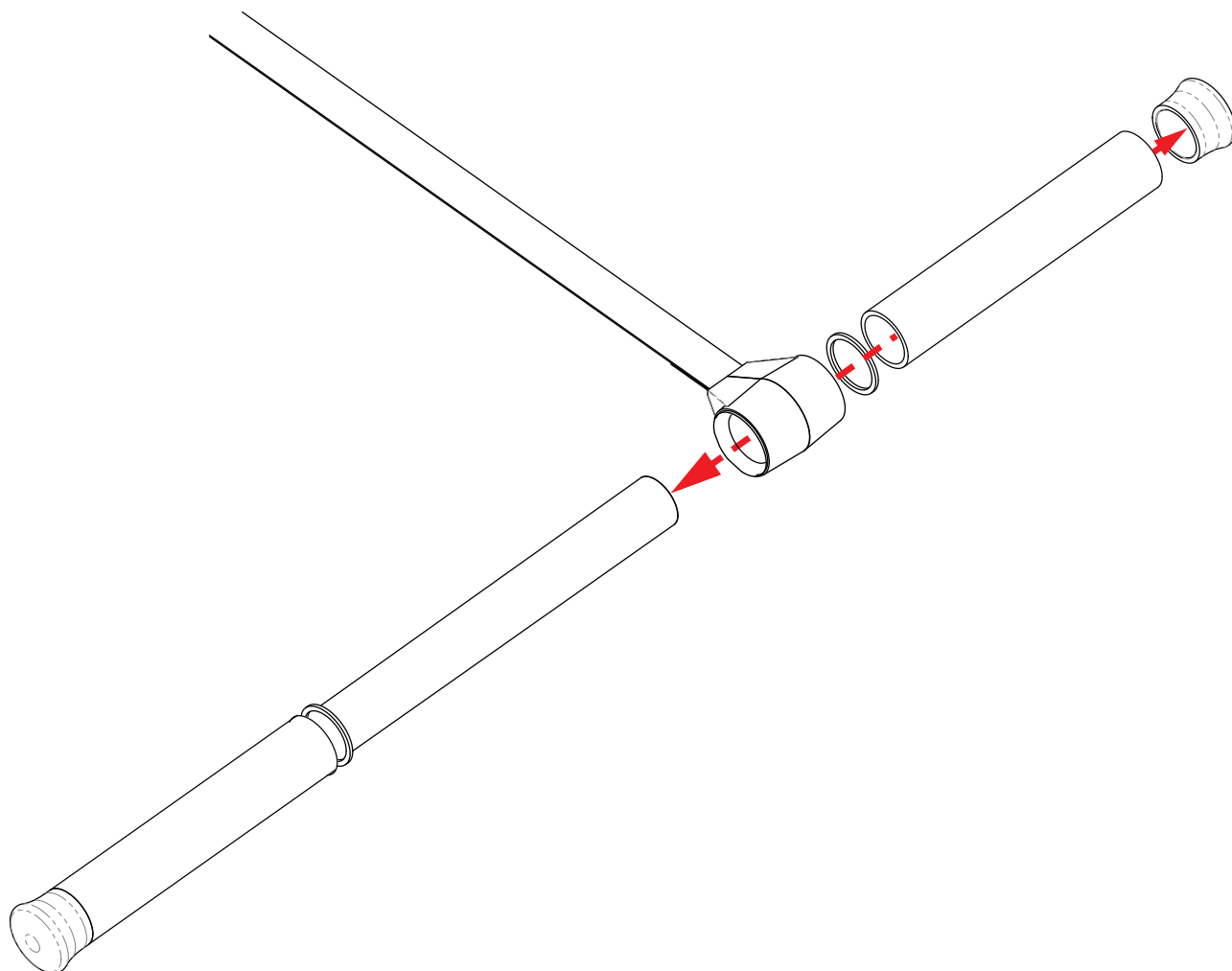
- Ⓐ ROUND HEAD SCREW M2x16MM*4
- Ⓑ HANDLEBAR CYLINDER *1
- Ⓒ CONTROLLER COVER - BOTTOM *1
- Ⓓ CONTROLLER COVER - TOP *1

Type A | Step 1 - Secure the belt



In order to ensure stability and safety, it is crucial to secure the belt properly. Start by extending the belt to its full length, then fold it in half to create a loop. Tie a knot in the loop, and attach it to the handlebar holder. This will provide some slack to the handlebar and prevent the belt from being drawn into the rower. This step is extremely important.

Type A | Step 2 - Remove the cap



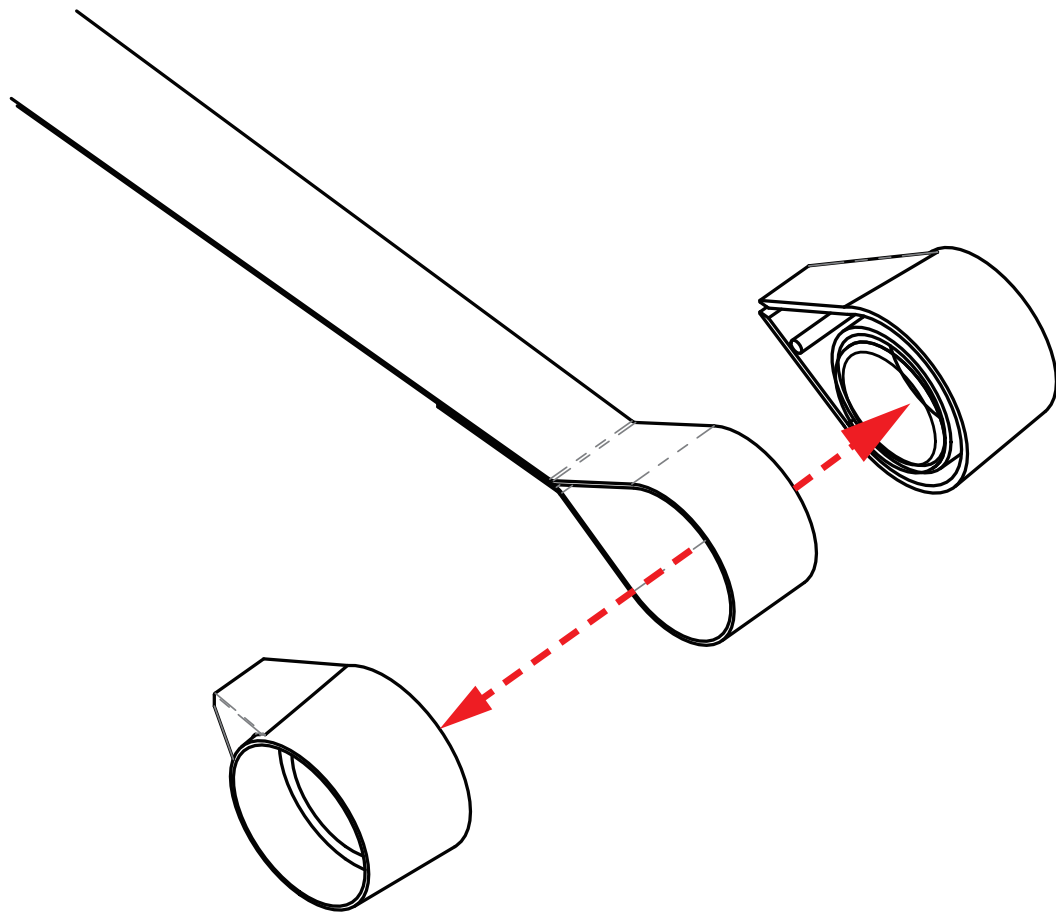
Tools:



(Optional)

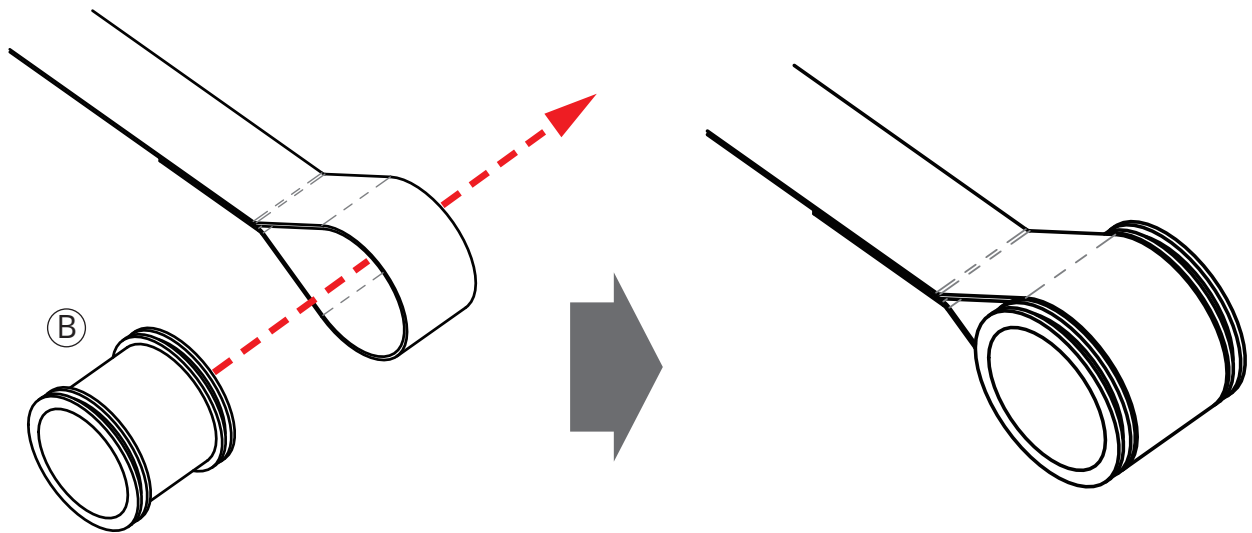
To remove the cap at the end of the handlebar, you will need a flat head screwdriver. Slowly use the screwdriver to loosen the cap by working your way around the circumference of the end of the handlebar. Once the cap is removed, grasp the center and push away from yourself while twisting. This will cause the foam grip to come out of the handlebar. You only need to remove one end of the handlebar.

Type A | Step 3 - Pry apart holder



To separate the holder, you may need to apply some force as it is typically glued together. If you end up causing some damage to the holder, don't worry as the part is not necessary

Type A | Step 4 - Insert the cylinder in the loop

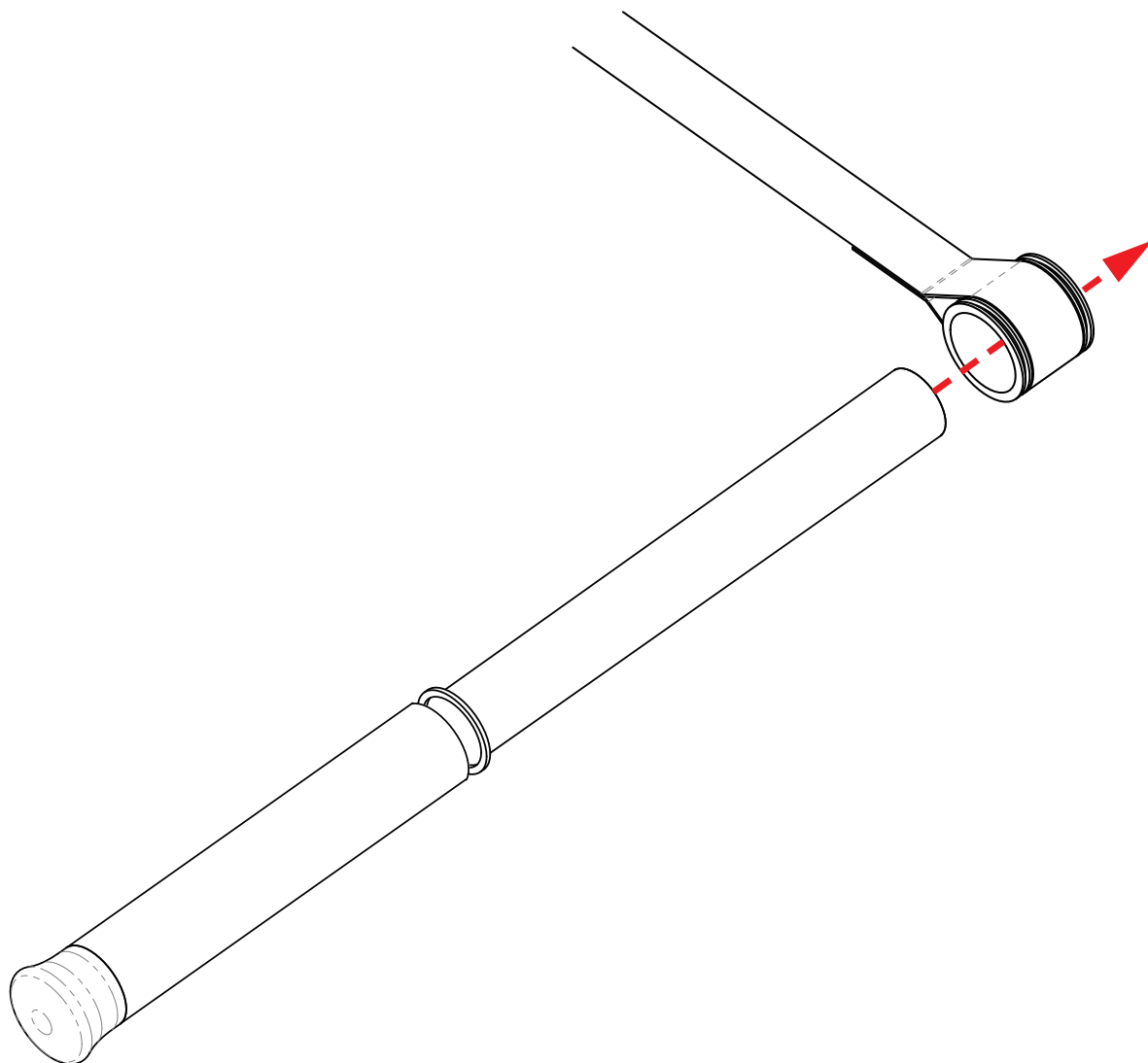


Parts:

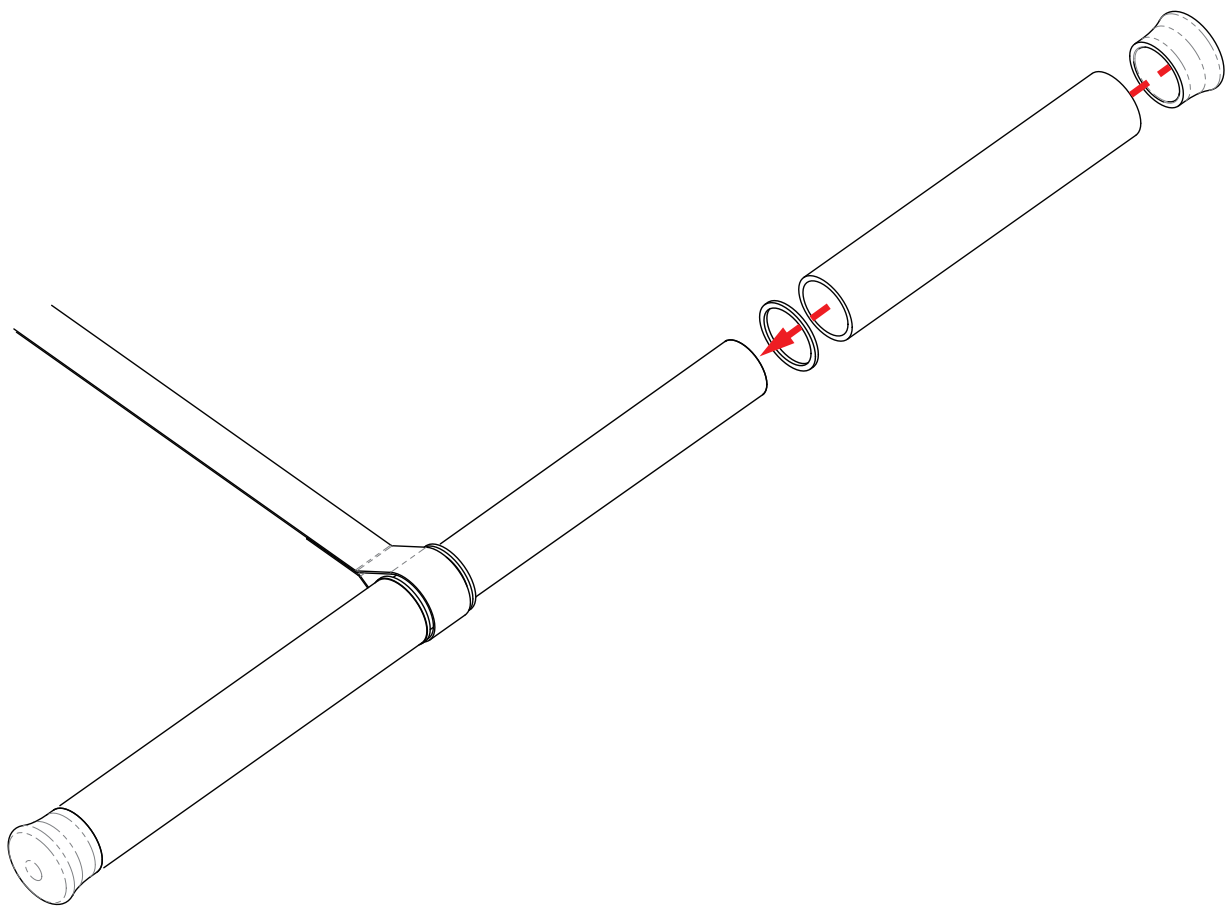
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Insert the cylinder through the loop in the belt. The belt wraps around the cylinder.

Type A | Step 5 - Slide the cylinder through the handlebar

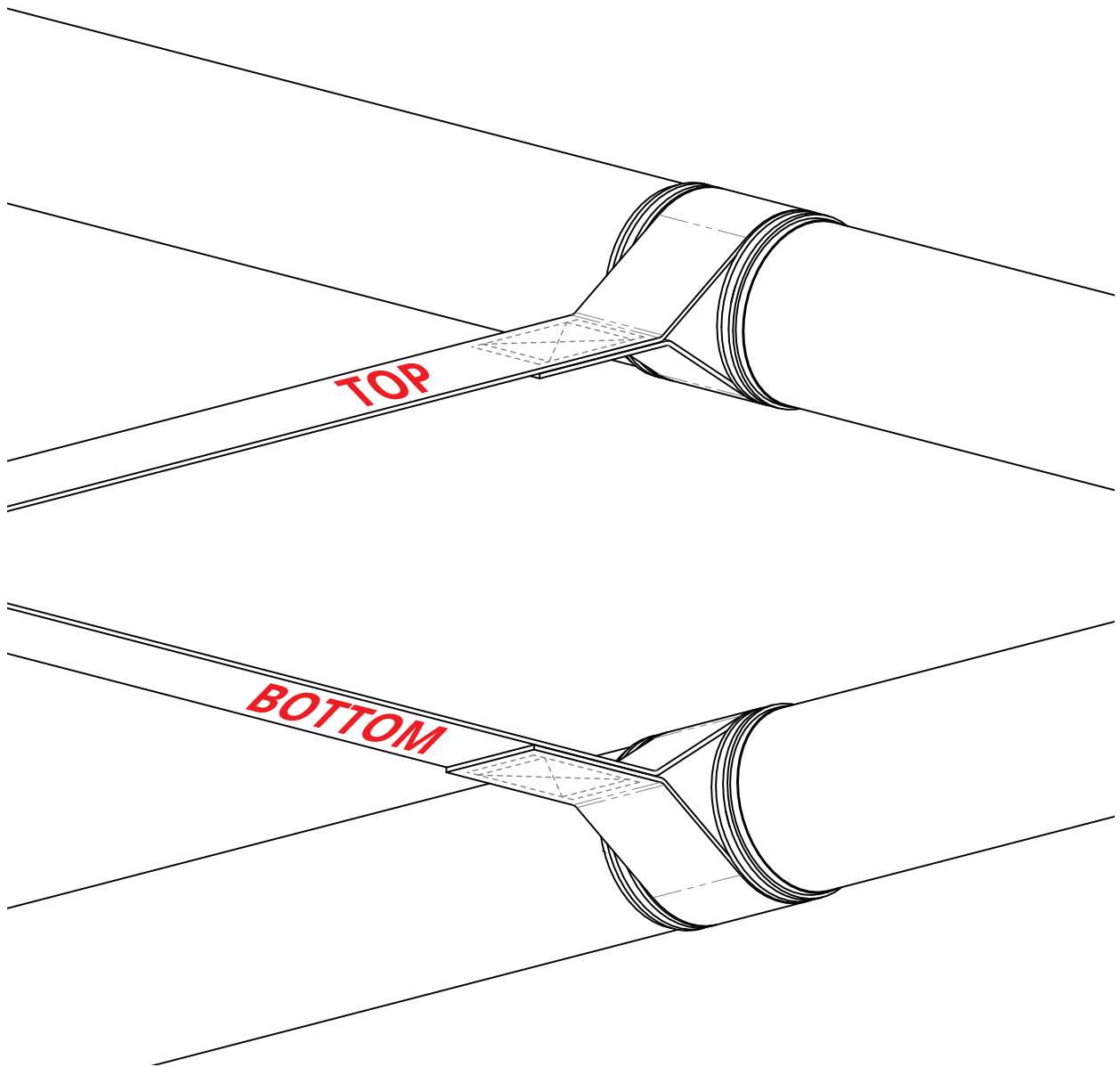


Type A | Step 6 - Attach the ring, foam and the end cap

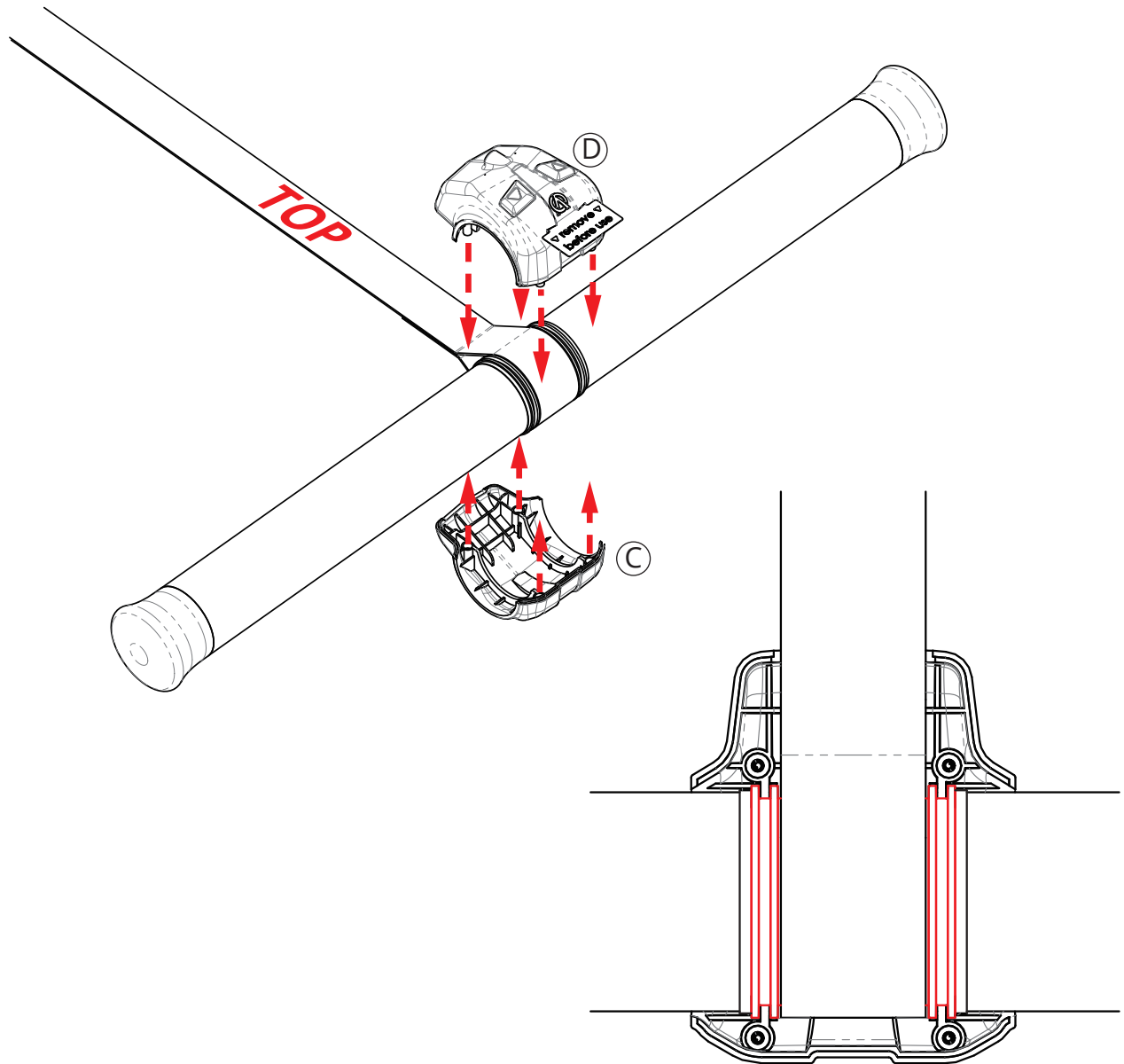


To assemble the ring, foam grip, and cap, you may need to use some soapy water on the handlebar and inside the foam grip to make it easier to slide into place. If necessary, wiggle the foam grip until it is securely in place. While you can use glue to secure the cap, it should stay in place without it.

Type A | Step 7 - Ensure the top of the belt is smooth prior to attaching the remote



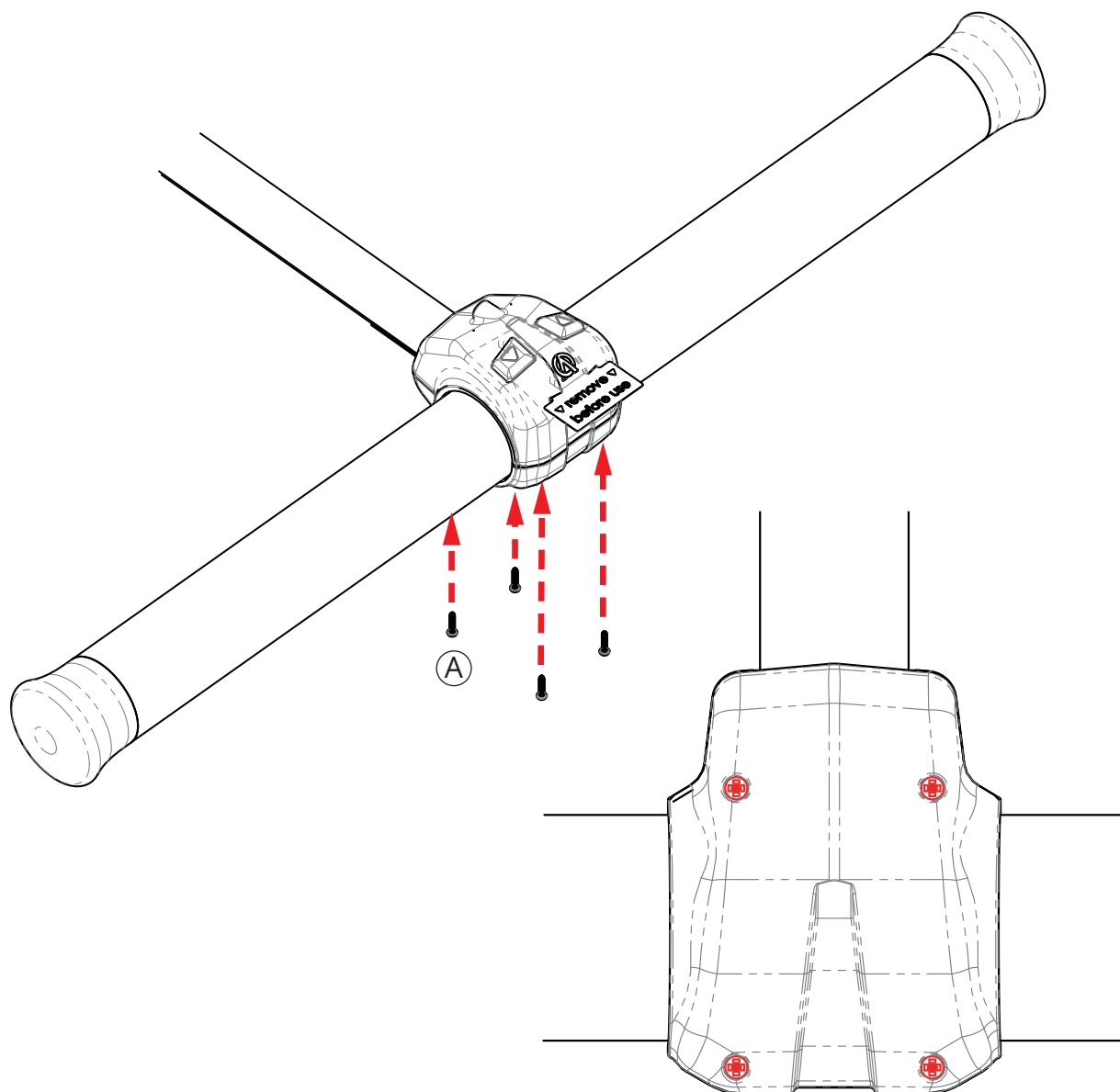
Type A | Step 8 - Snap in the top and the bottom resistance remote on the belt



Parts:

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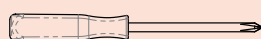
Type A | Step 9 - Secure the resistance remote by using the four screws provided



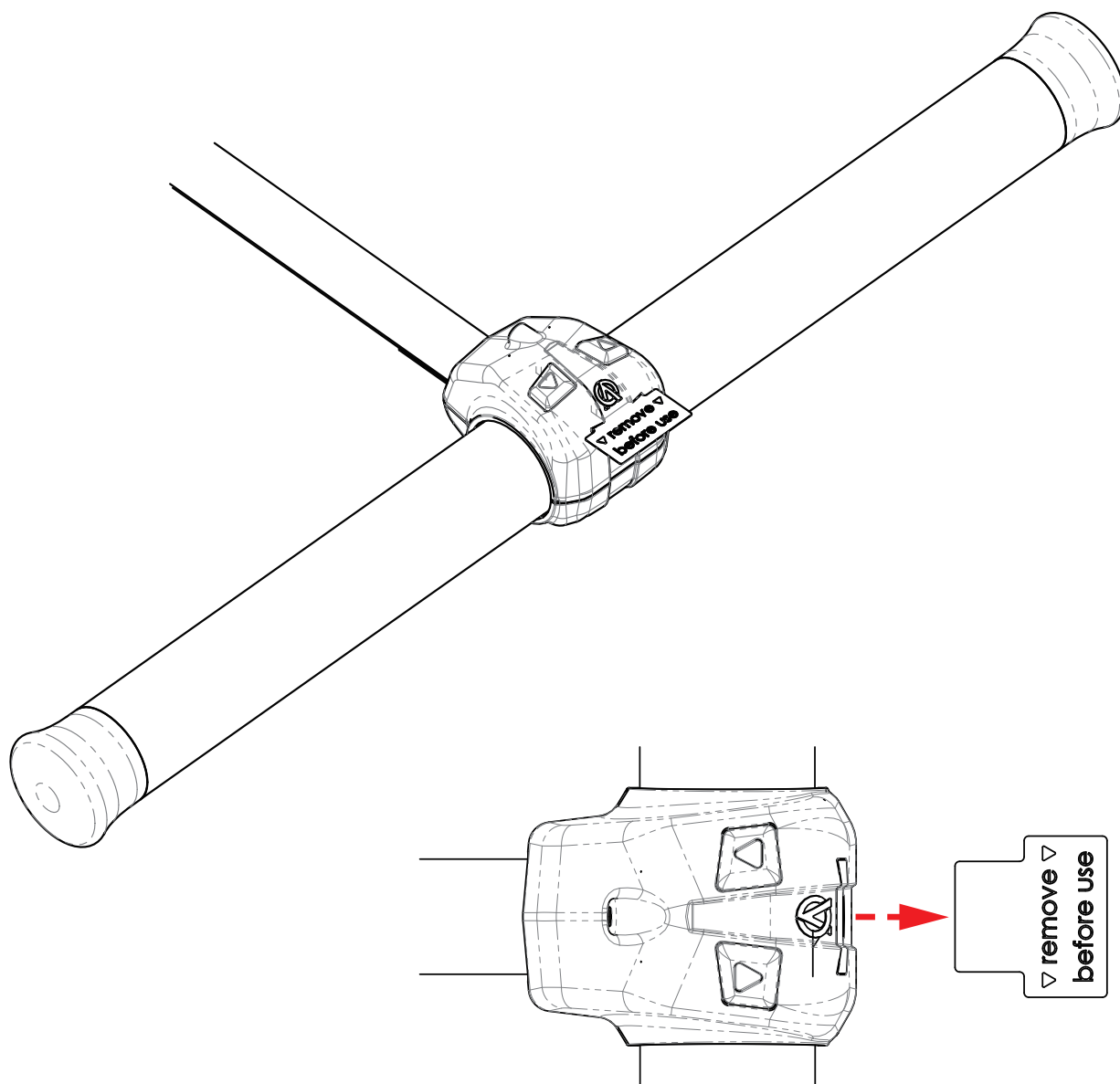
Parts:

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Tools:

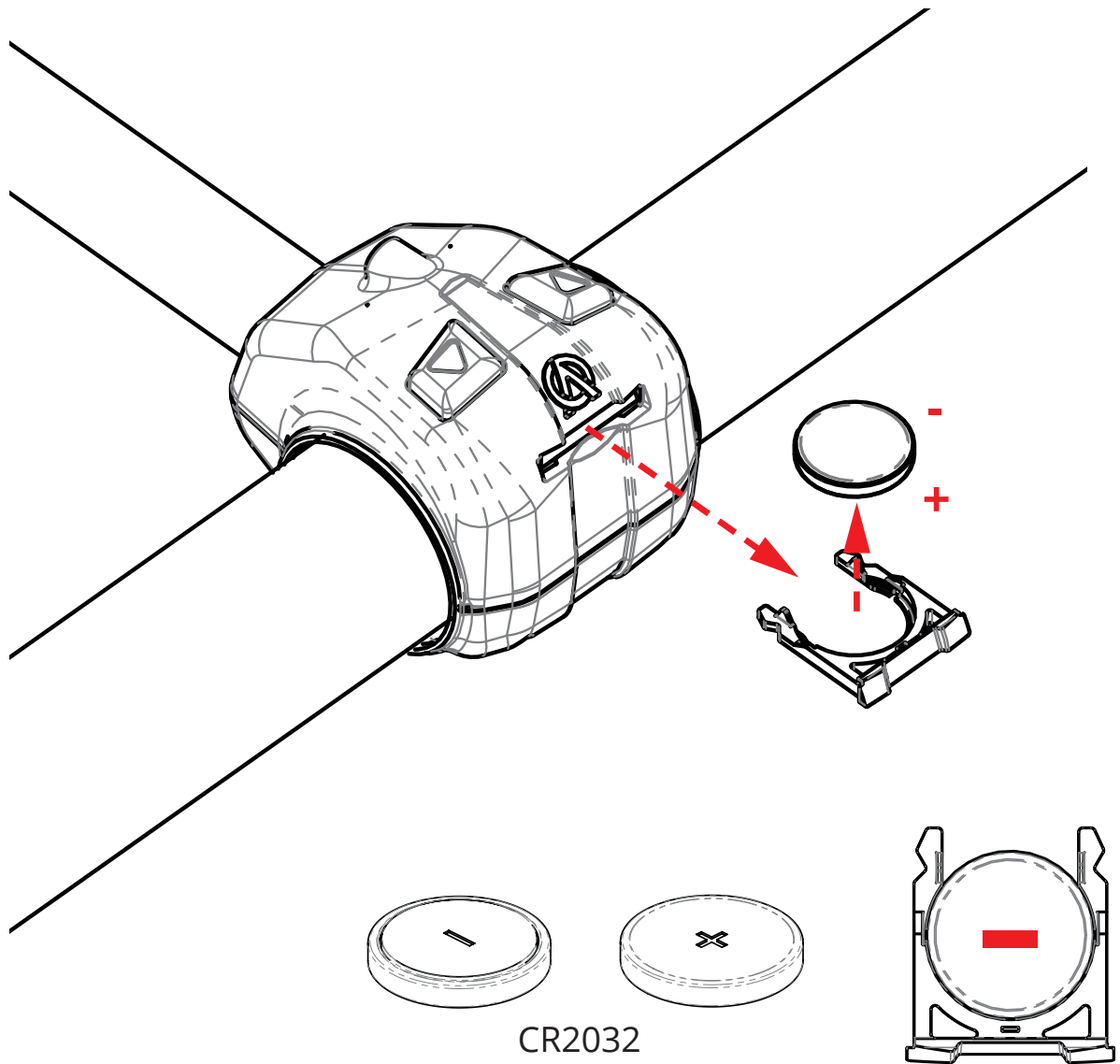


Type A | Complete



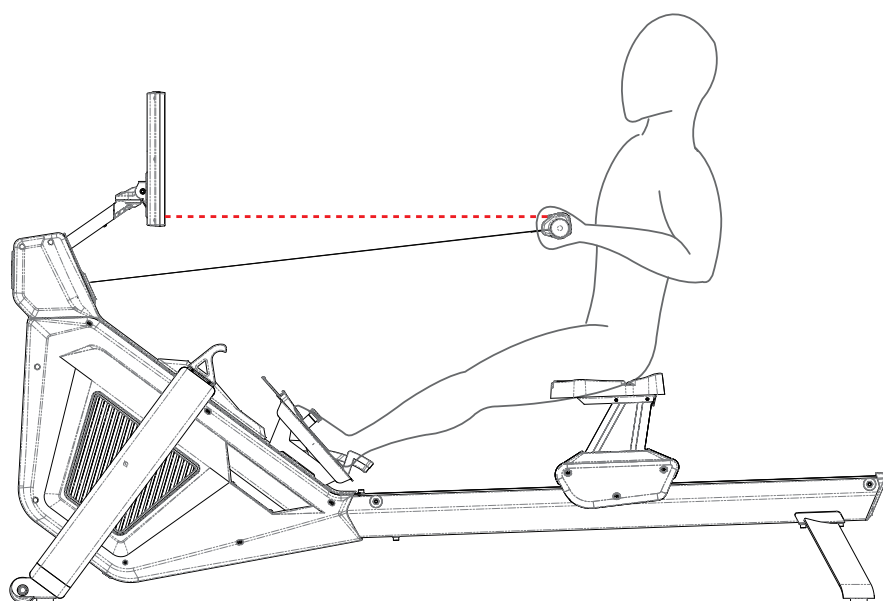
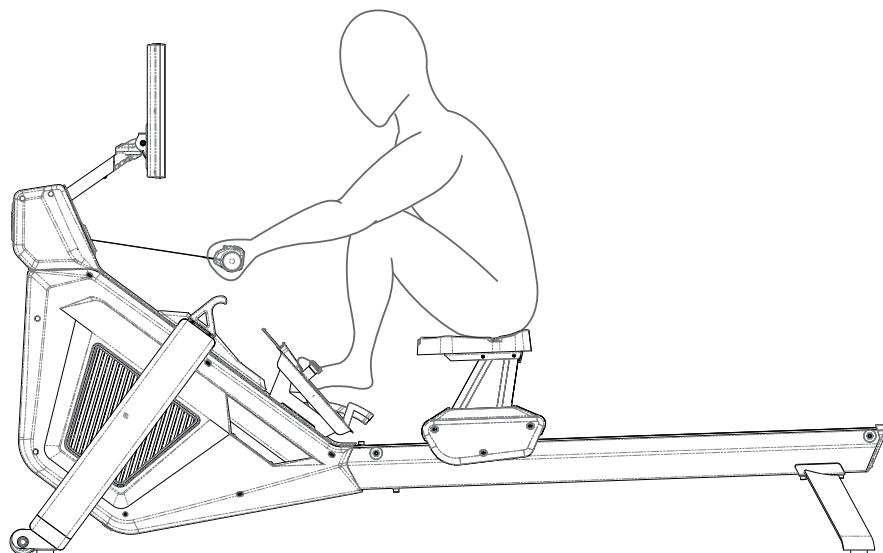
Please remove the safety slip prior to rowing.

Battery Replacement

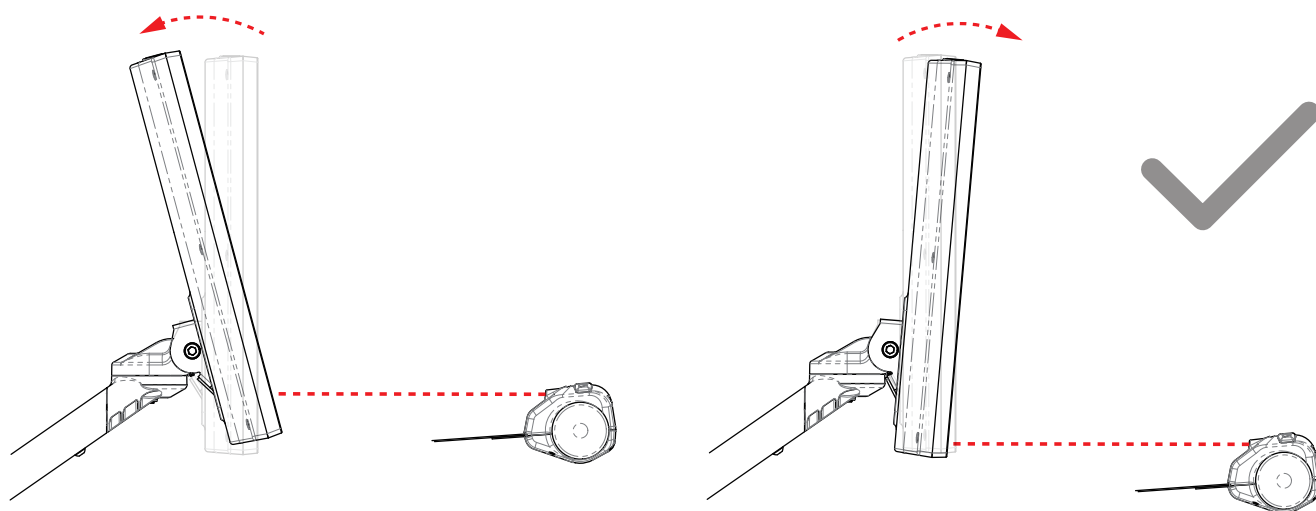
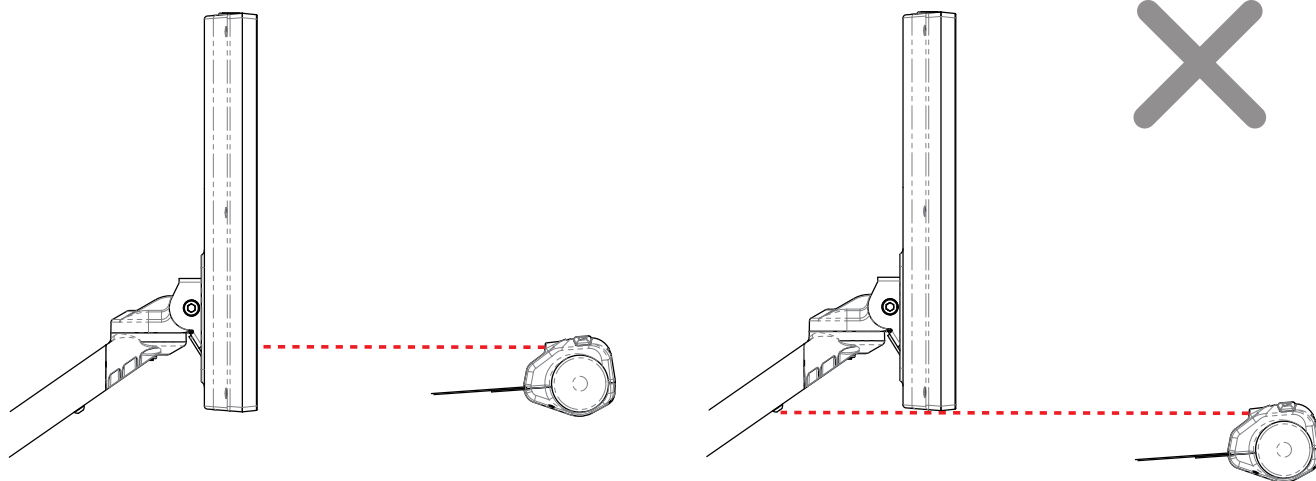


To replace the battery in the remote, you may need to gently remove the battery holder. Replace the battery with a CR2032 type and carefully insert the holder back into the remote.

Tip 1: Make sure you adjust the resistance in the finish position



Tip 2: Make sure the remote is directly aligned with the screen



You may need to tip the screen up or down depending on your height

Tip 3: Keep the remote straight

