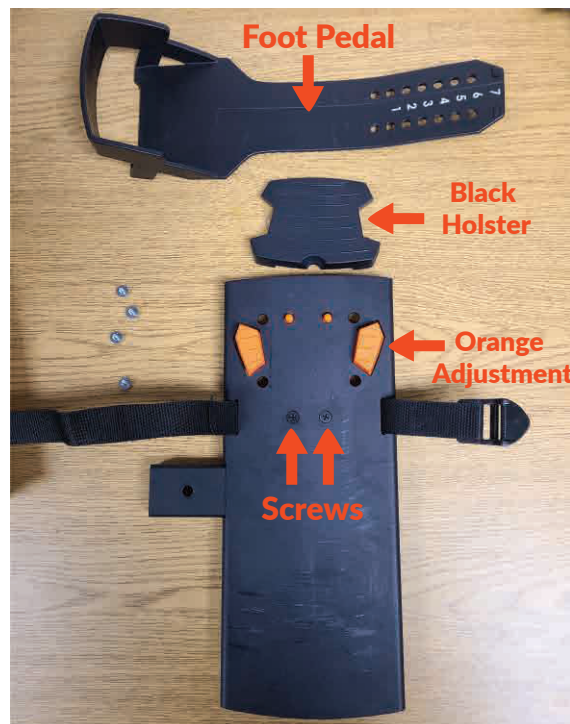


Replacing Foot Pedal and Foot Straps Guide

Step 1. Remove the 4 silver screws from the underside of the foot plate.
Note: You may find it easier to access the screws by either a) folding the rower or b) removing the footplate from the rower.



Step 2. Remove the black holster, the orange adjustment, foot pedal and the two indicated screws.



Step 3. Flip the foot plate over and remove the strap from the foot plate.



Step 4. Insert the new strap through the holes on the front side of the foot plate, insert the opposite side of the strap through the backside of the footplate, as shown in the image below. Place the orange adjustment under the strap and the metal bracket.



Step 5. Attach the screws through the front side of the foot plate into the small silver bracket on the opposite side.



Step 6. Attach the black holster onto the footplate and attach the silver screws from the backside of the footplate.




Step 7. Slide the Velcro strap into the hole of the silver clasp and pull the strap over the top of the Velcro layer to secure it in place.



Replacement Parts and Tools needed:

Foot straps: x2

Foot Pedal: x2

Screwdriver: 

Allen key :8mm 