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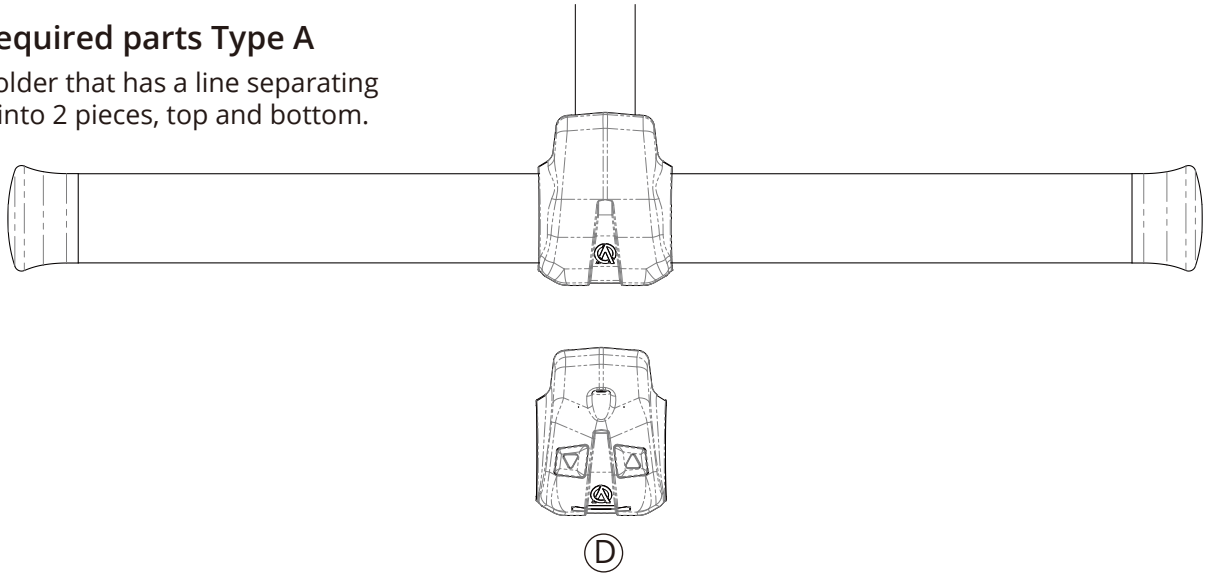
QUICK ADJUST RESISTANCE REMOTE
Type A|B Installation Guide

Identifying handlebar holder type

Before proceeding with assembly, please identify handlebar holder type as this will define method and required parts.

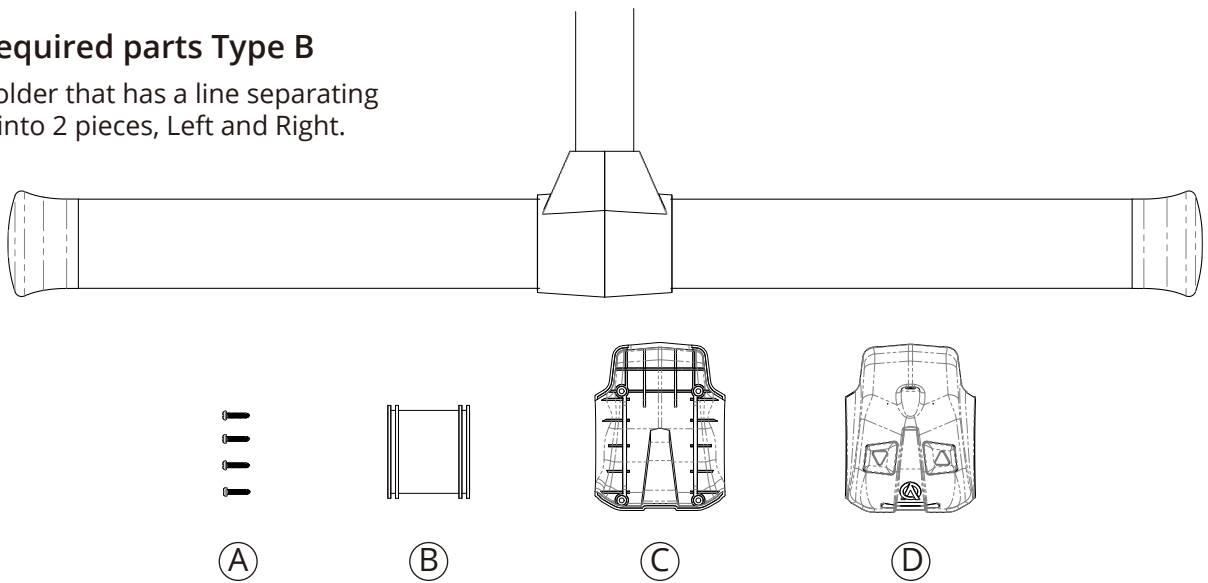
Required parts Type A

Holder that has a line separating it into 2 pieces, top and bottom.



Required parts Type B

Holder that has a line separating it into 2 pieces, Left and Right.



Parts list

- (A) ROUND HEAD SCREW M2x16MM*4
- (B) HEANDLE BAR BUSHING *1
- (C) CONTROLLER COVER - BOTTOM *1
- (D) CONTROLLER COVER - TOP *1

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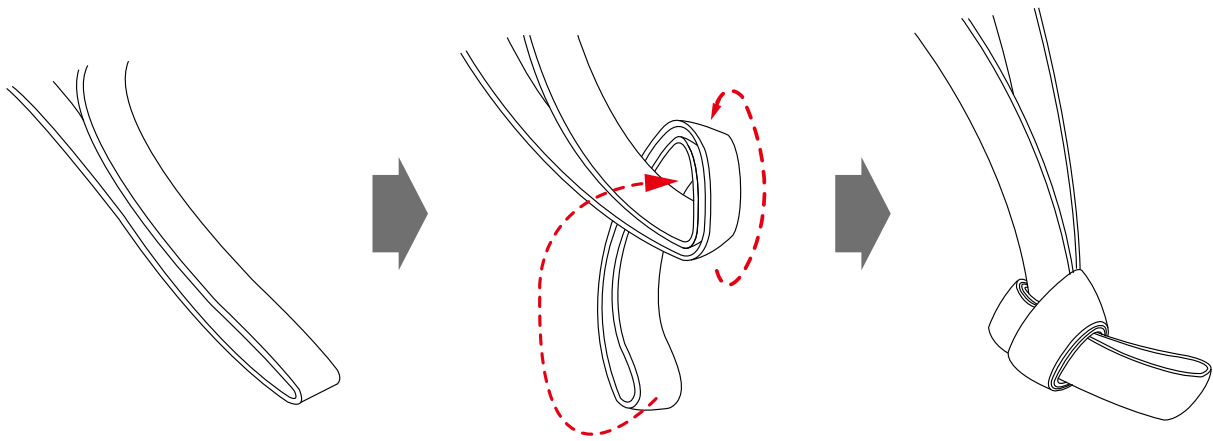
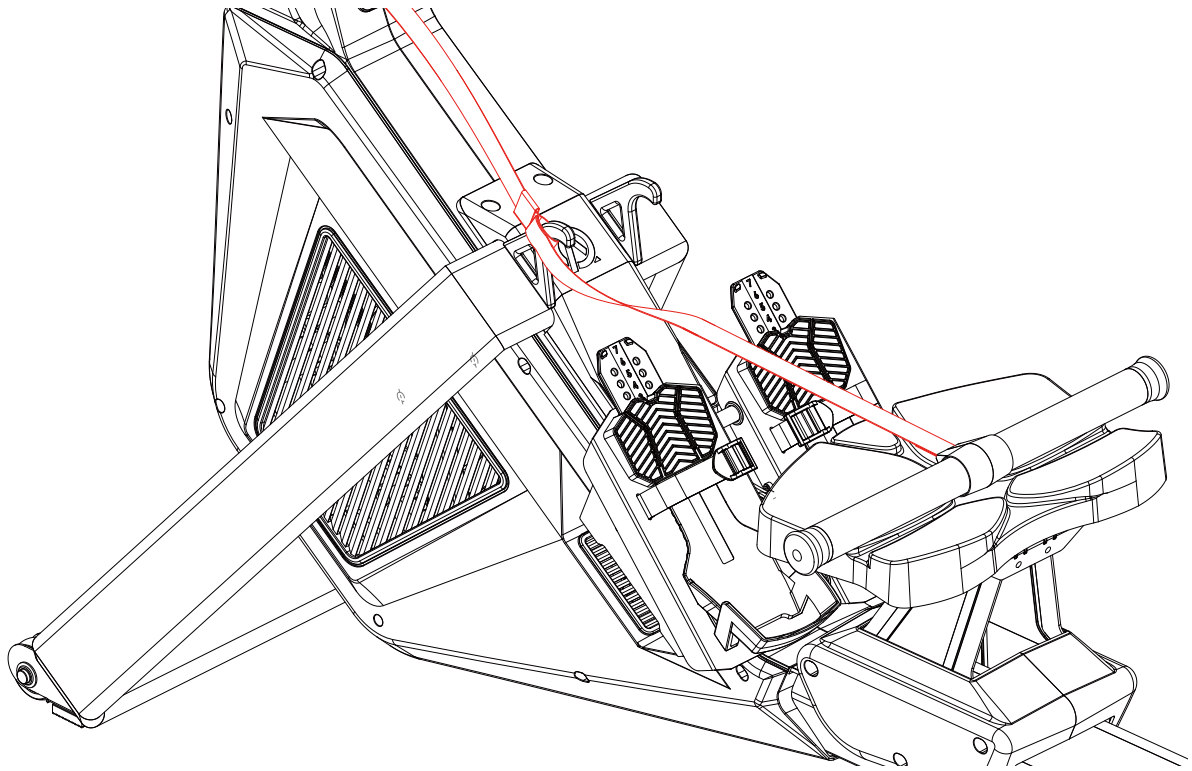
END BORING WORKOUTS

This guide will help you on how to safely install the Quick Adjust Resistance Remote. You can also find additional help and tutorials on our website www.avironactive.com

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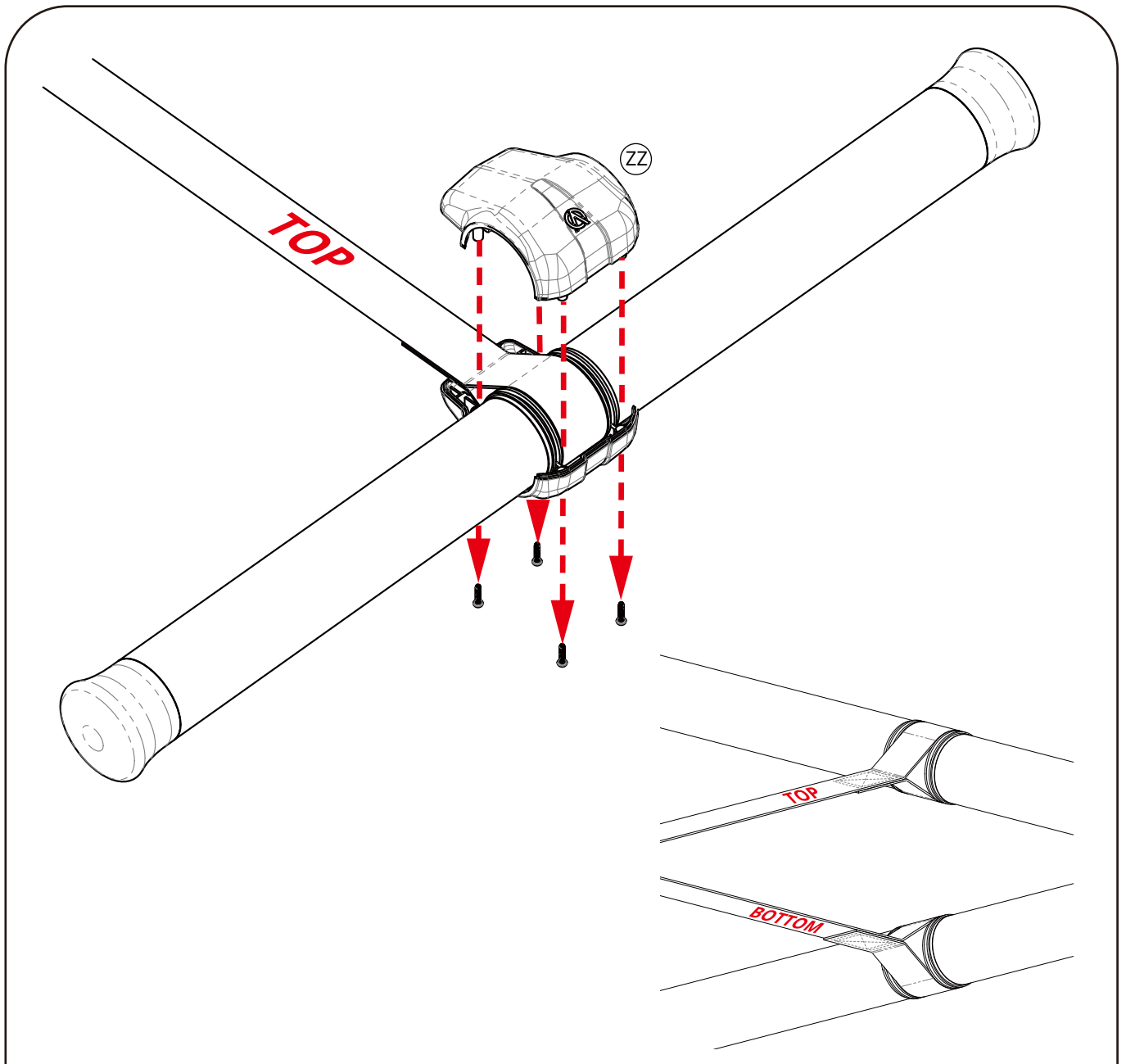
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Type A - Step 1 SECURE THE BELT



Instructions: To ensure stability and safety, it is crucial to secure the belt properly. Begin 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 of utmost importance.

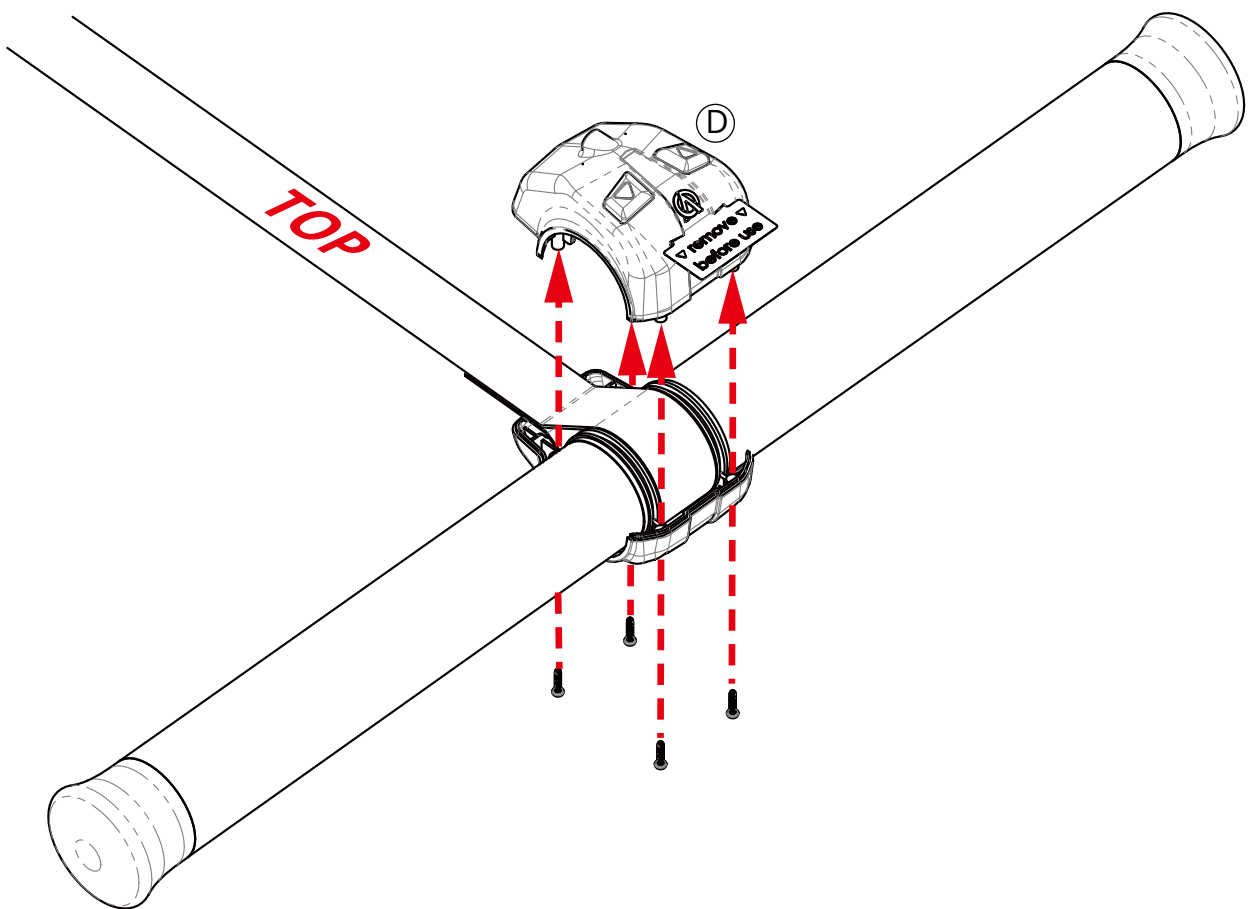
Type A - Step 2 REMOVE HOLDER TOP PORTION



Tools: screw-driver

Instruction: Using provided screw-driver remove 4 screws located at the bottom of handlebar holder. Discard top portion, ZZ part.

Type A - Step 3 ATTACH REMOTE TOP PORTION

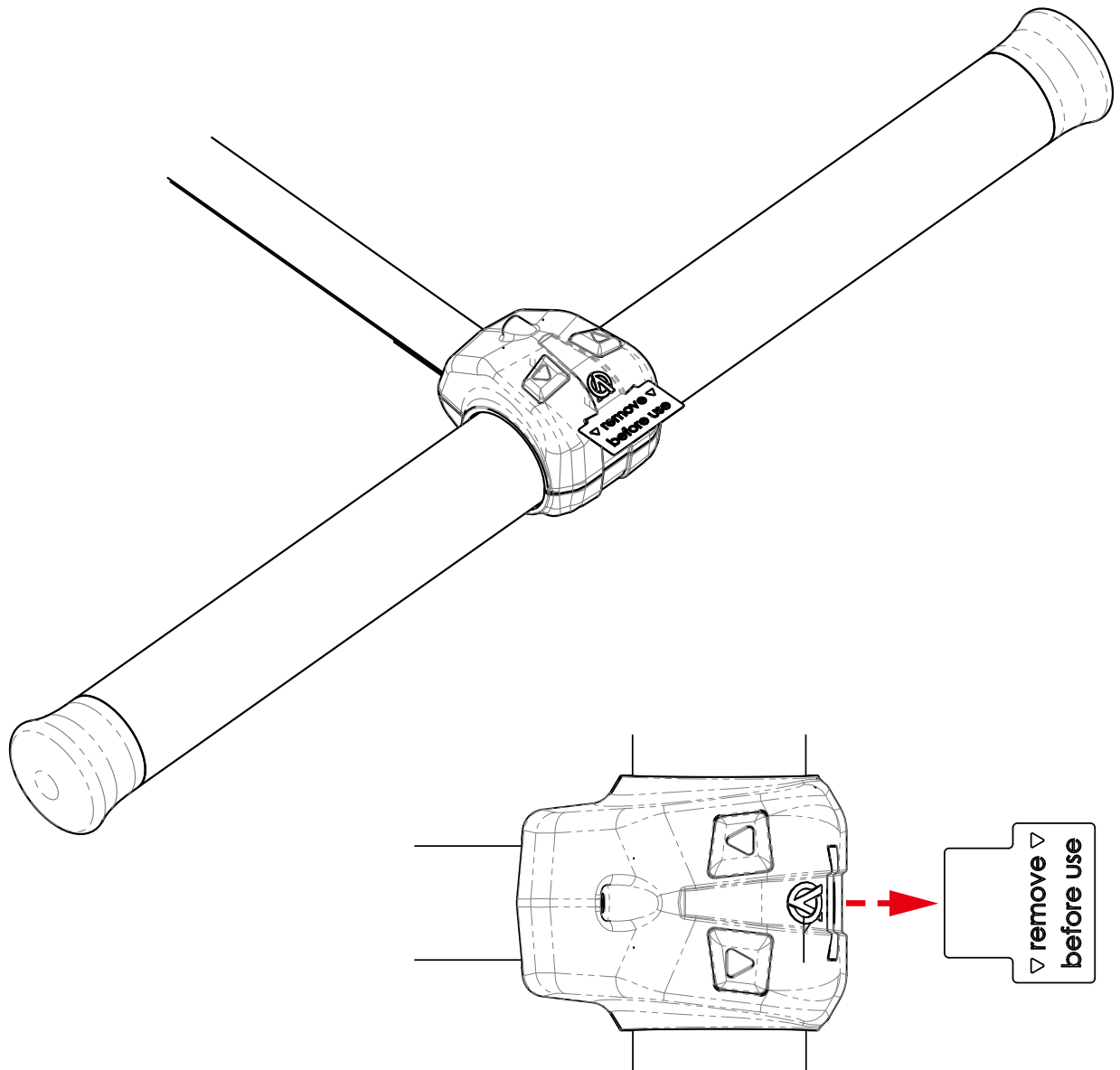


Parts: ①

Tools: screw-driver

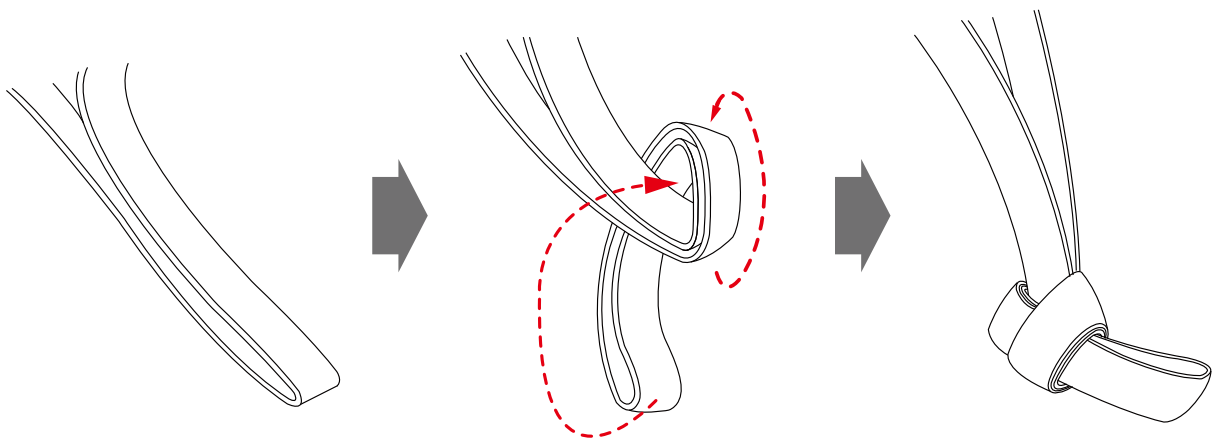
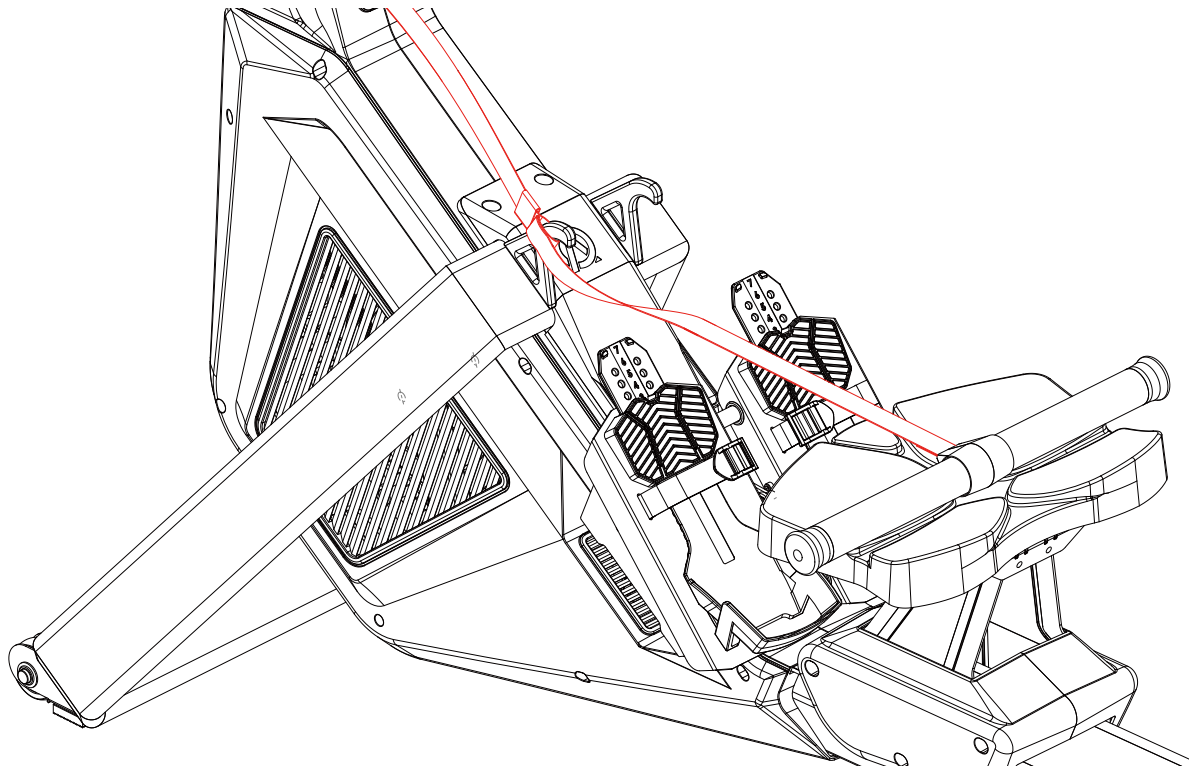
Instructions: Attach remote top, part D, ensuring belt is properly set into groove. Use provided screw-driver to re-insert and fasten 4 screws at the bottom.

Type A - ENABLE REMOTE FOR USAGE



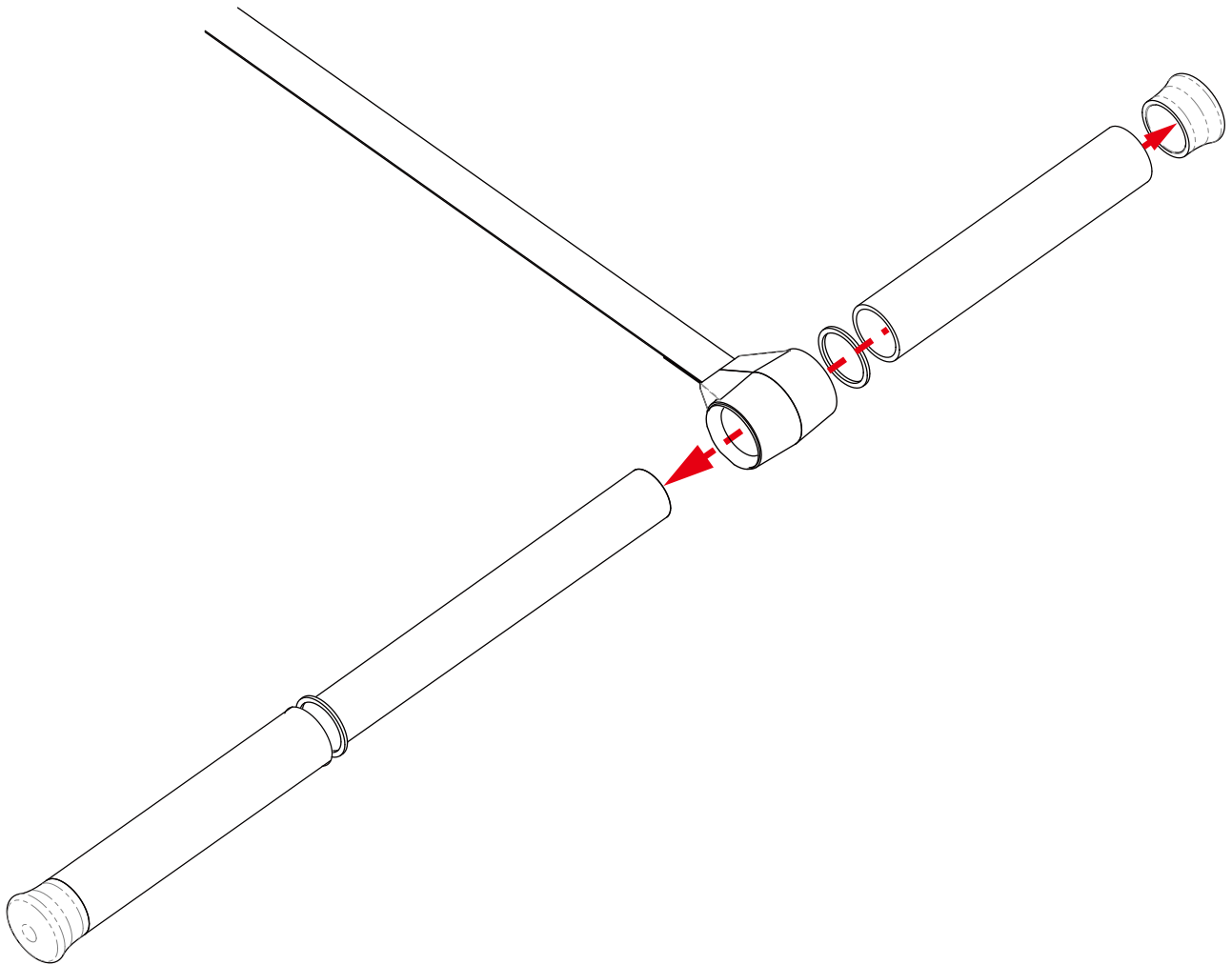
Instructions: Enable remote usage by pulling battery protection plastic.

Type B - Step 1 SECURE THE BELT



Instructions: To ensure stability and safety, it is crucial to secure the belt properly. Begin 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 of utmost importance.

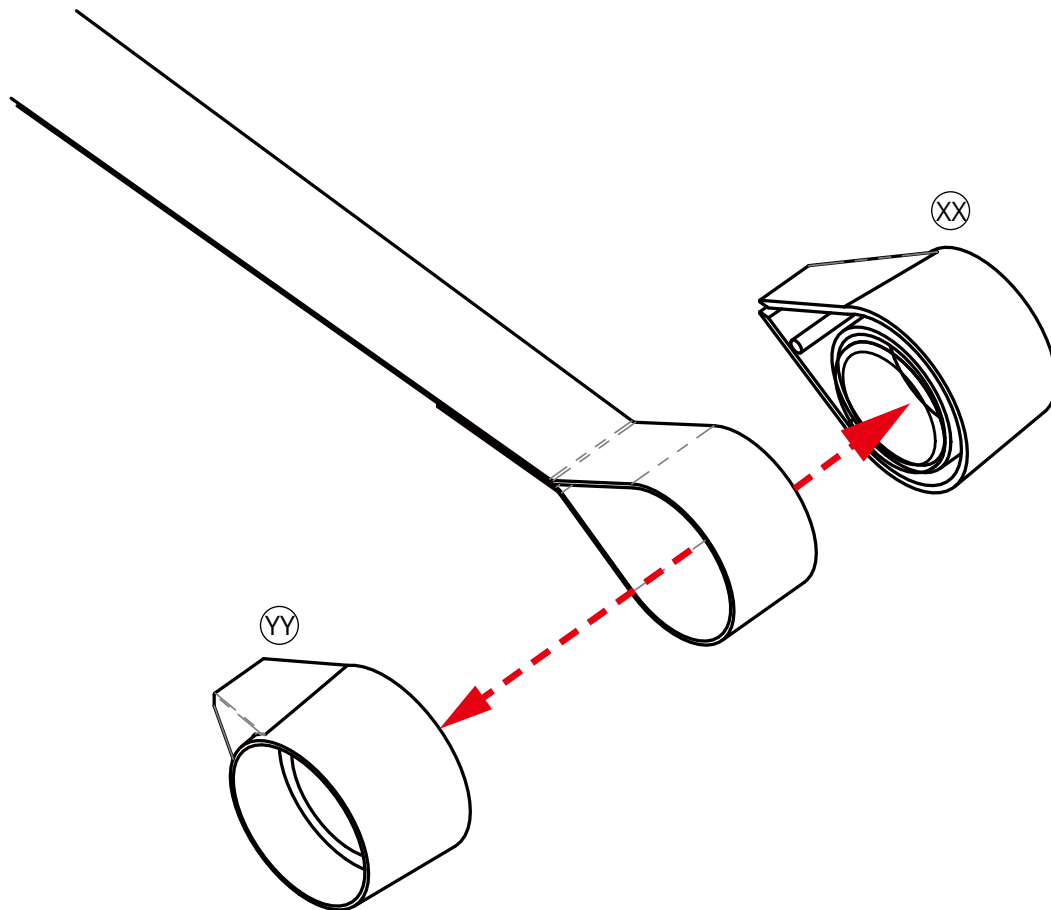
Type B - Step 2 REMOVE THE CAP



Tools: Flat-head screwdriver

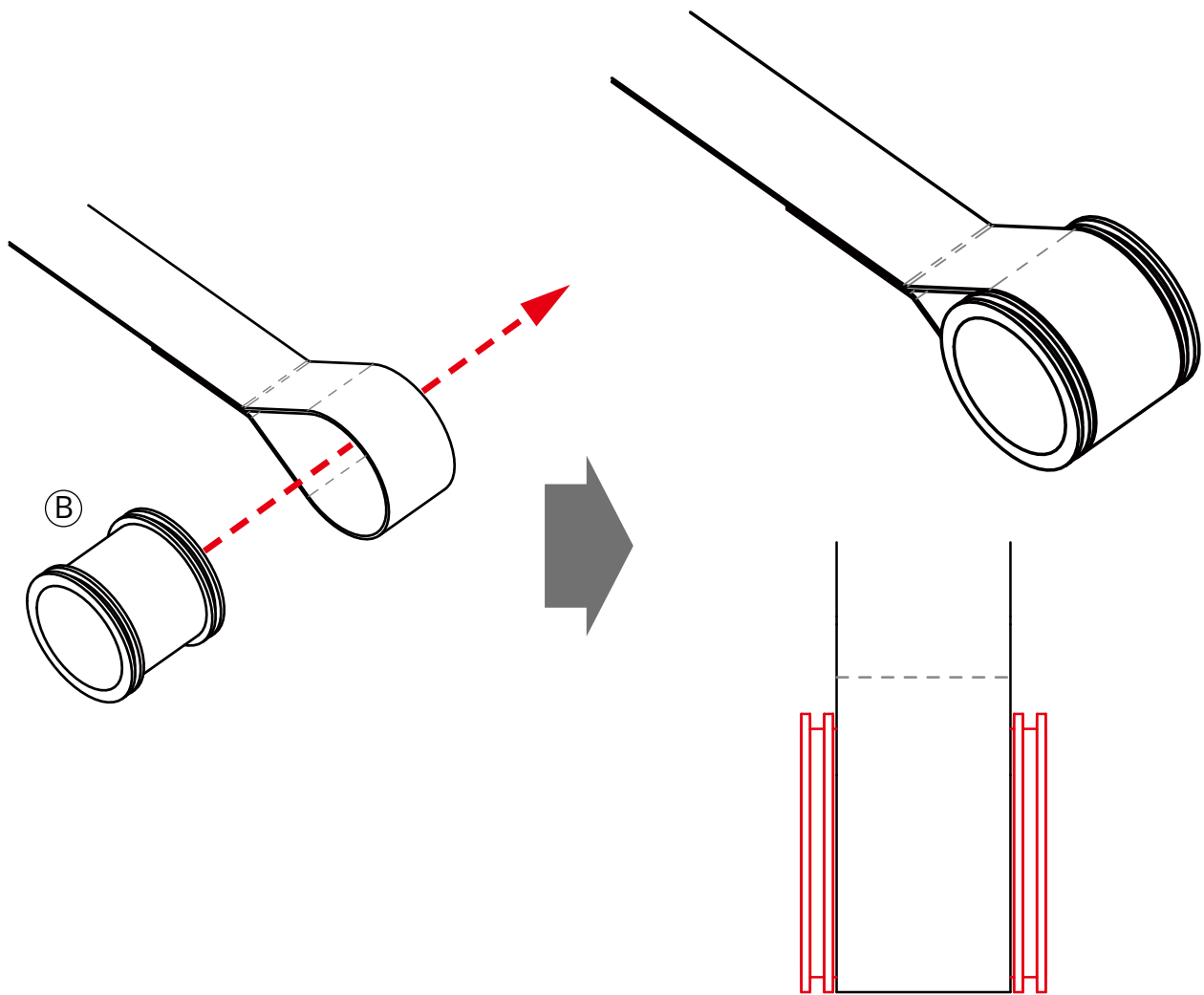
Instructions: To remove the cap at the end of the handlebar, you will need a flat-head screwdriver. Slowly use the screwdriver to loosen the cap by working your way around the circumference of the handlebar's end. Once the cap is removed, grasp the center and push it away from yourself while twisting.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

Type B - Step 3 PRY APART HOLDER



Instructions: To separate the holder, you may need to apply some force, as it is typically glued together - some twisting can also be helpful. If you end up causing any damage to the holder, don't worry, as this part will no longer be necessary. Remove and discard XX and YY.

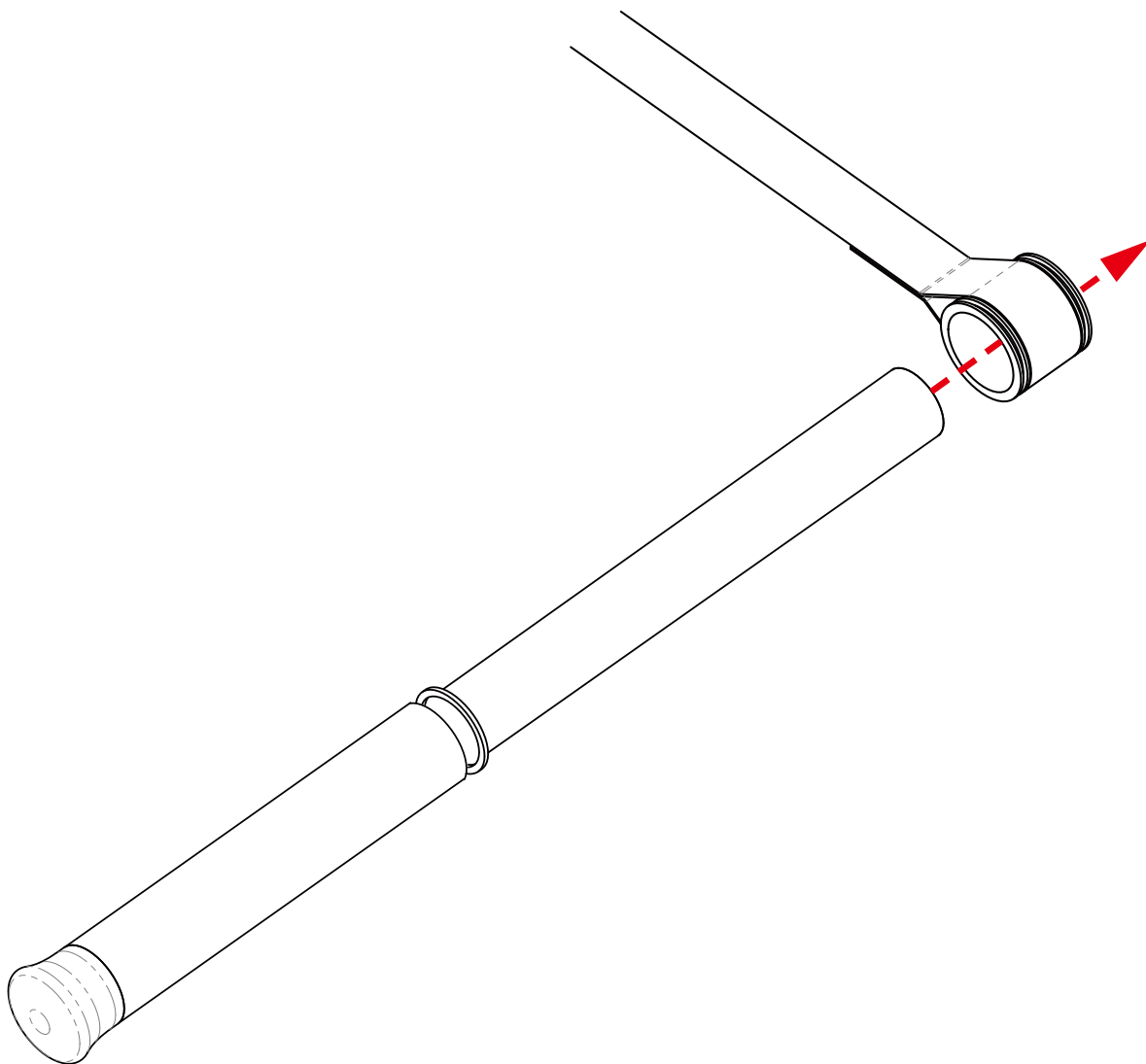
Type B - Step 4 INSERT THE CYLINDER IN THE LOOP



Parts: ①B

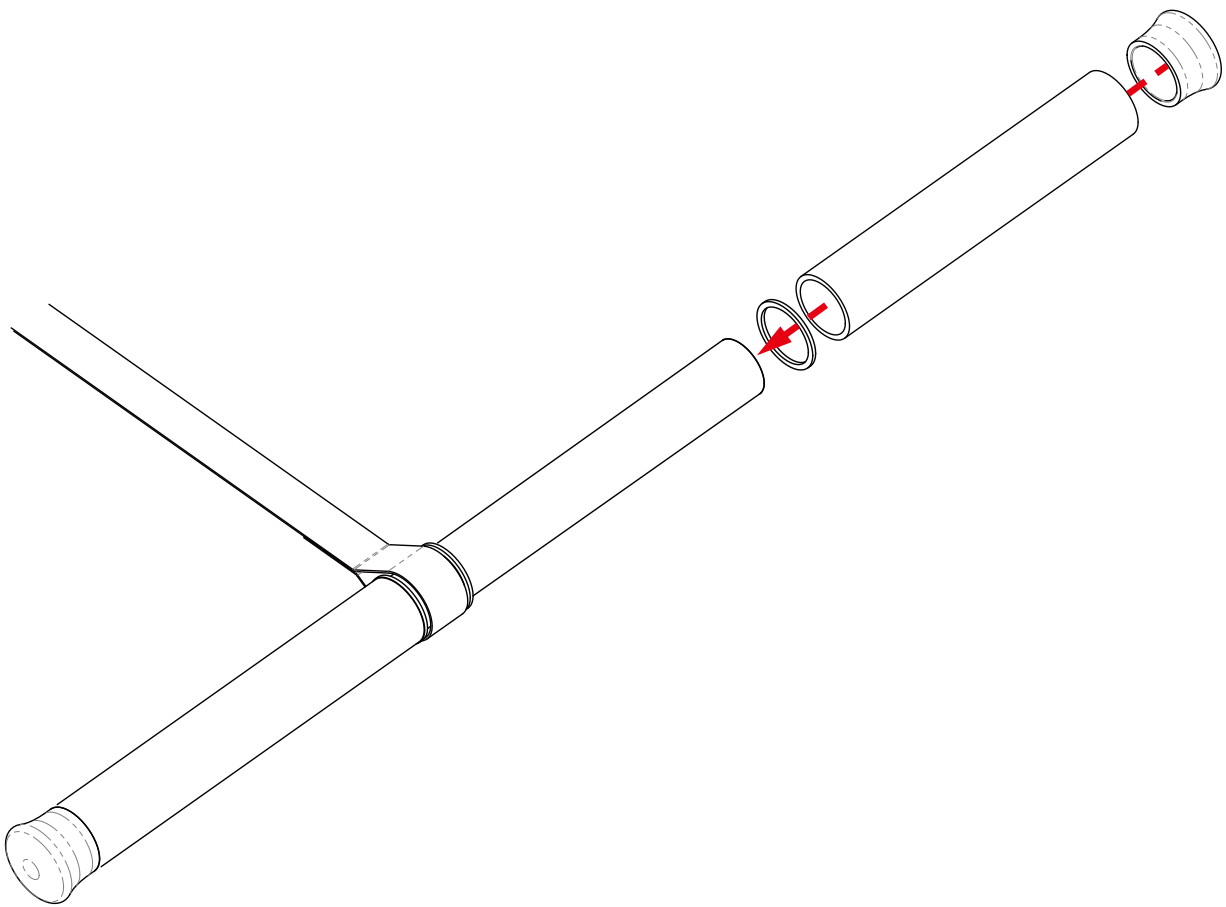
Instructions: Insert the cylinder, part B, through the loop in the belt. Ensure belt is set properly at the center of cylinder.

Type B - Step 5 INSERT HANDLEBAR



Instructions: Make sure sealing ring is present near grip foam, then slide handlebar through belt cylinder.

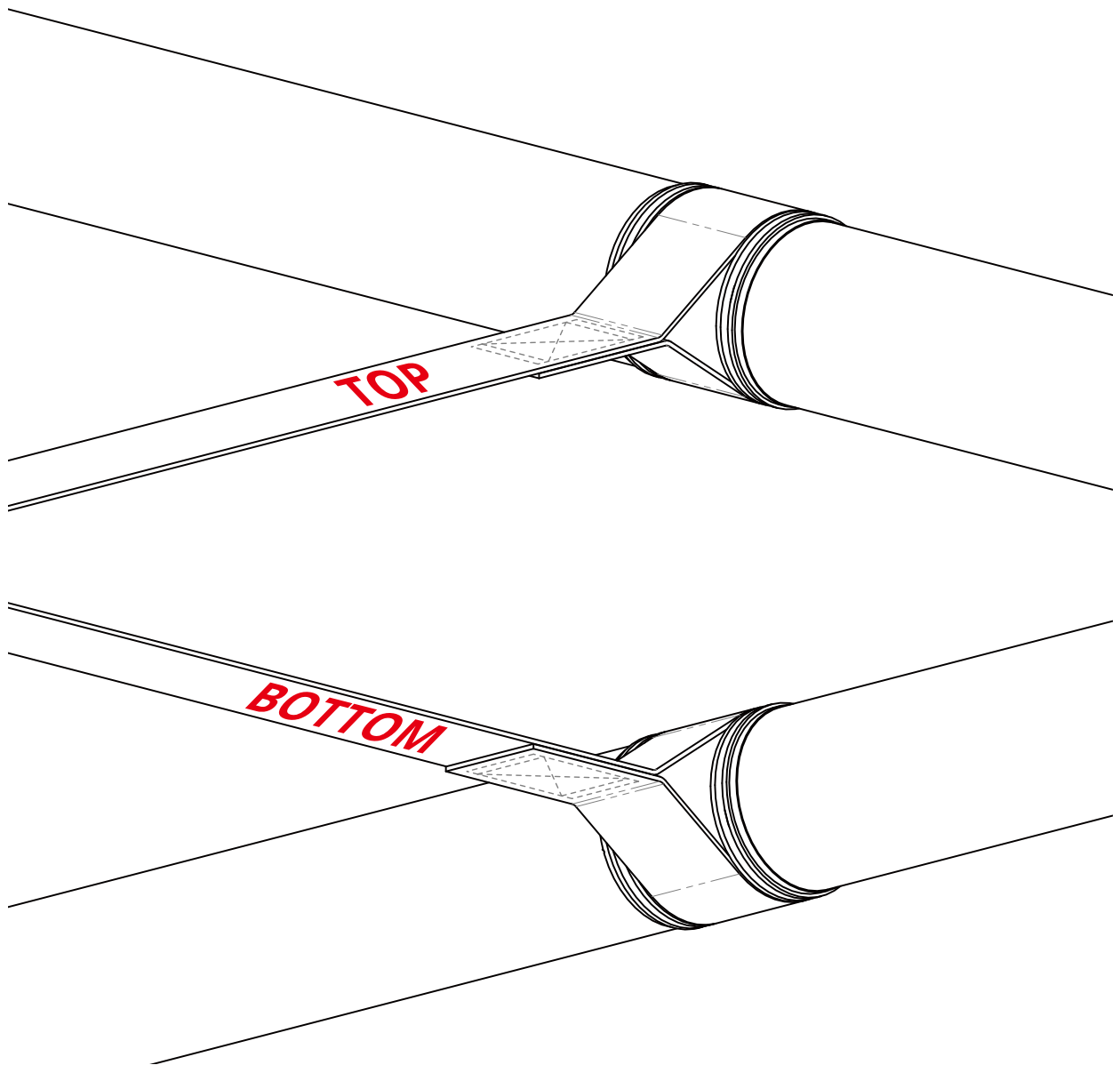
Type B - Step 6 ATTACH THE FOAM GRIP AND THE END CAP



Instructions: To finish the handlebar assembly, slide on the other sealing ring, foam grip, and cap.

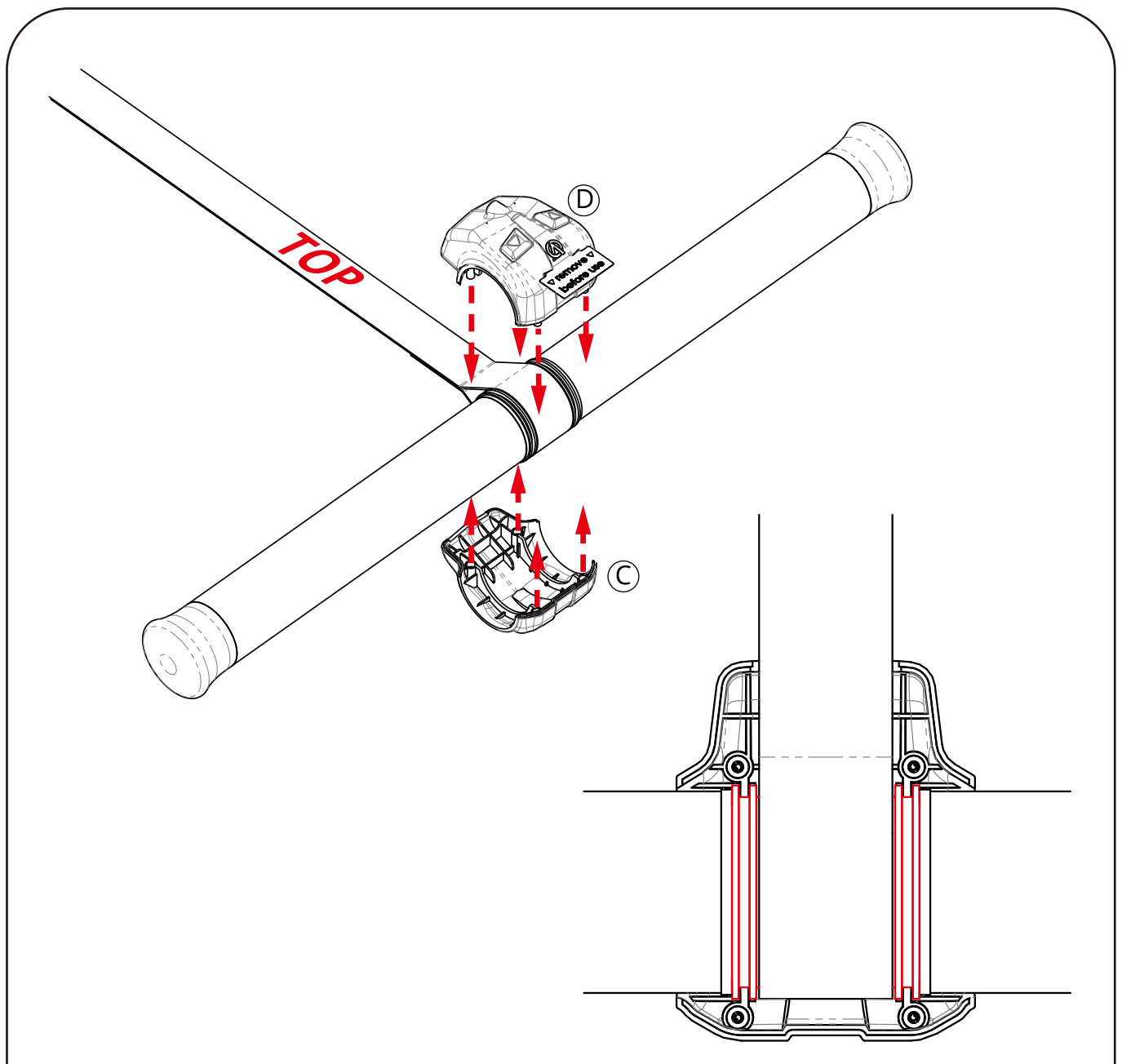
Tip: You may need to use some soapy water on the handlebar and inside the foam grip to make it easier to slide into place. If necessary, wiggle the foam grip until it is securely in place. While you can use glue to secure the cap, it should stay in place without it.

Type B - Step 7 IDENTIFY BELT SIDE



Instructions: Ensure belt positioning before attaching remote portion.
Bottom of belt is where it ends after loop.

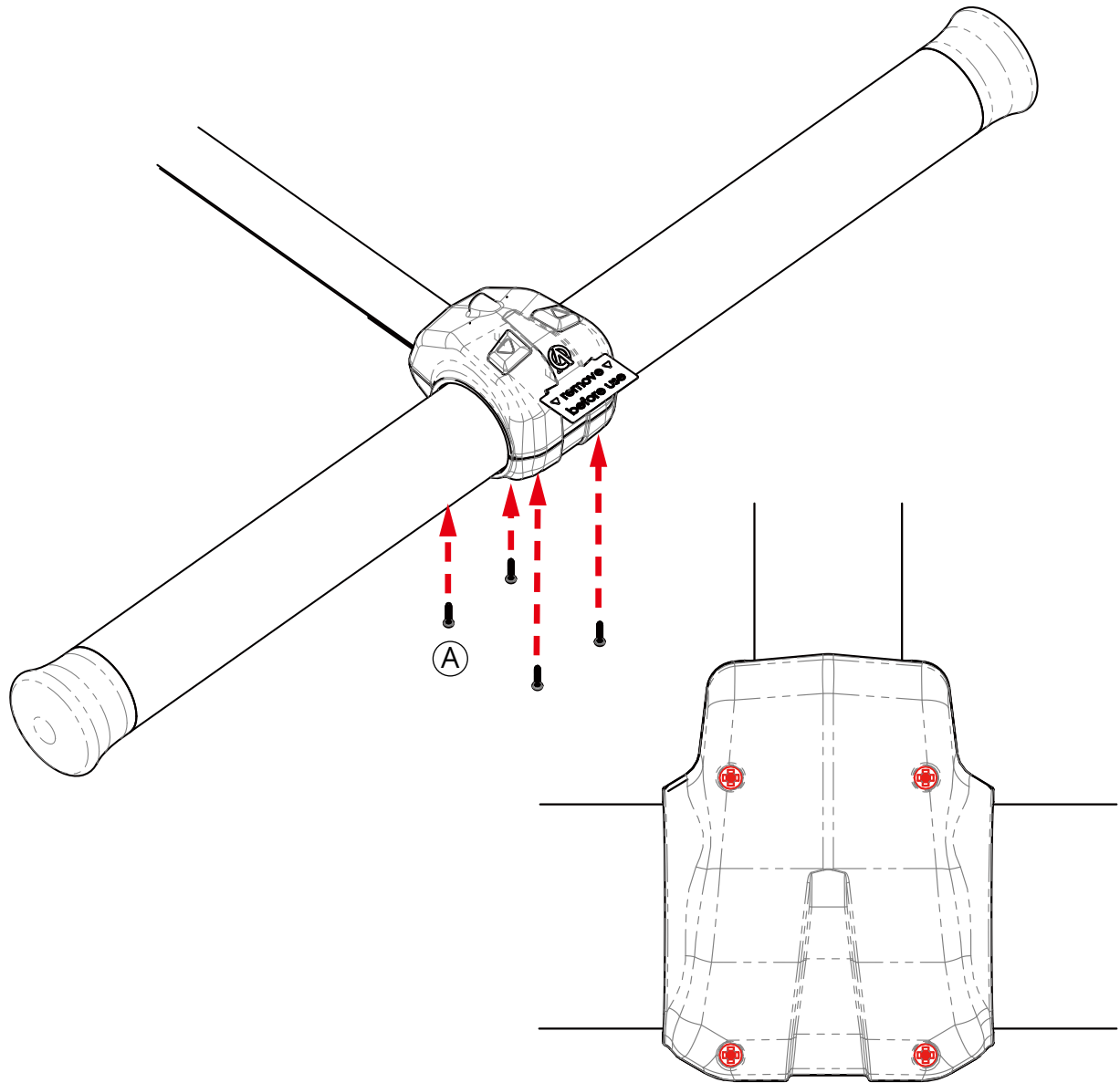
Type B - Step 8 ATTACH RESISTANCE REMOTE



Parts: © and  

Instructions: Separate the top and bottom parts of the remote. Position the bottom portion, part C, at the bottom of the handlebar, ensuring the belt is properly set into the groove. Place the top part of the remote, part D, at the top of the handlebar, making sure the belt is correctly set in the groove at the end.

Type B - Step 9 FASTEN REMOTE SCREWS

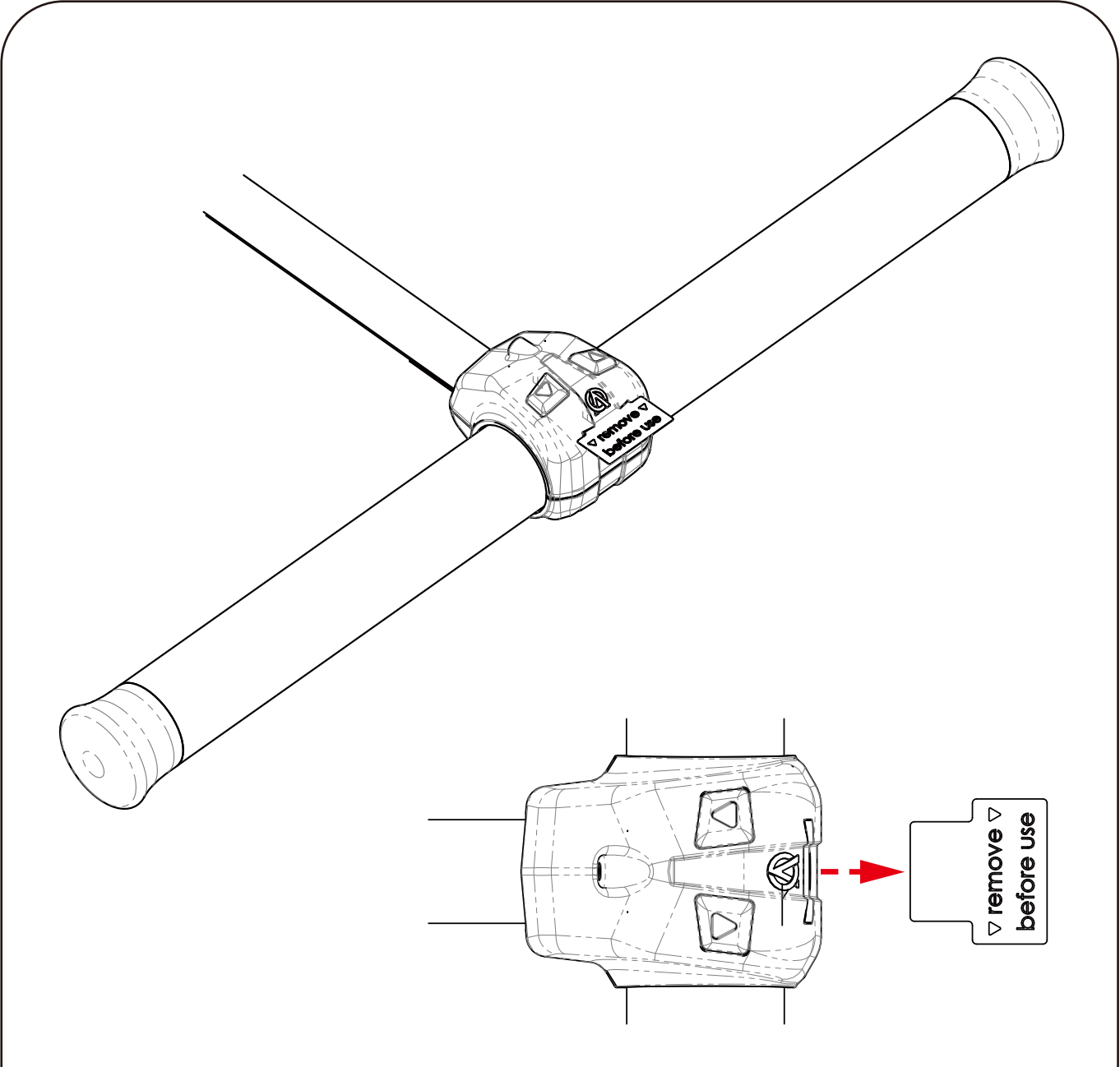


Parts: (A)

Tools: Screw-driver

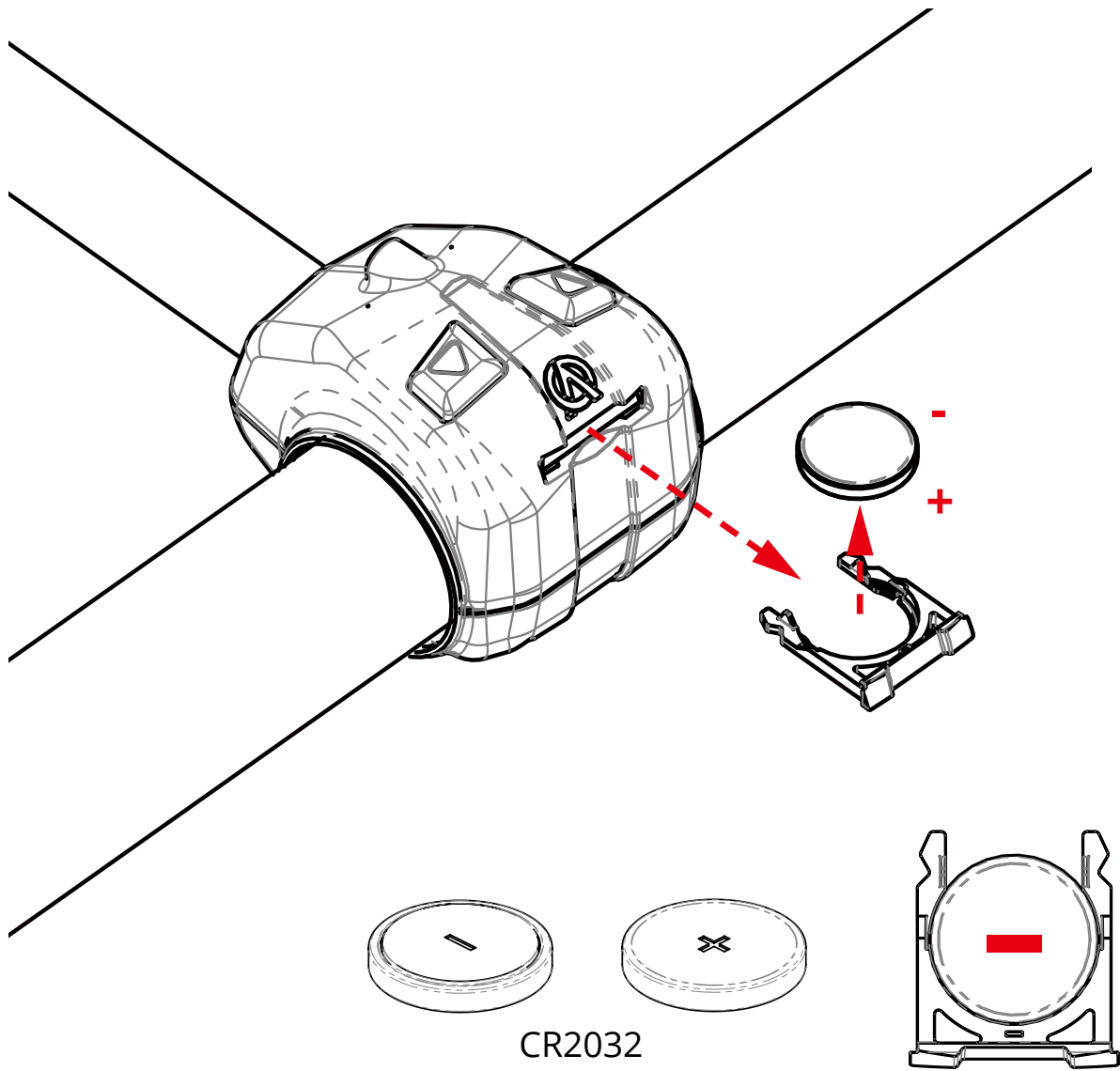
Instructions: Using provided screw-driver, fasten 4 screws, part A, at the bottom portion of remote.

Type B - ENABLE REMOTE FOR USAGE



Instructions: Enable remote usage by pulling battery protection plastic.

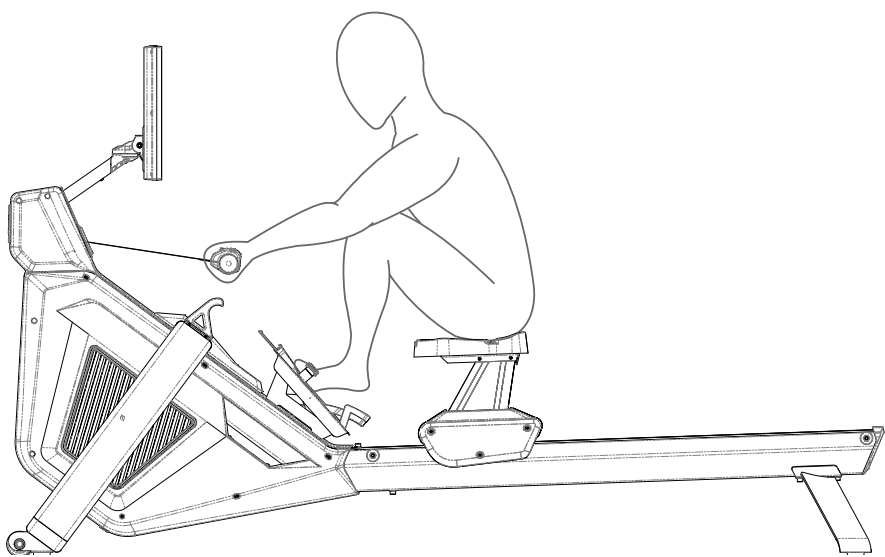
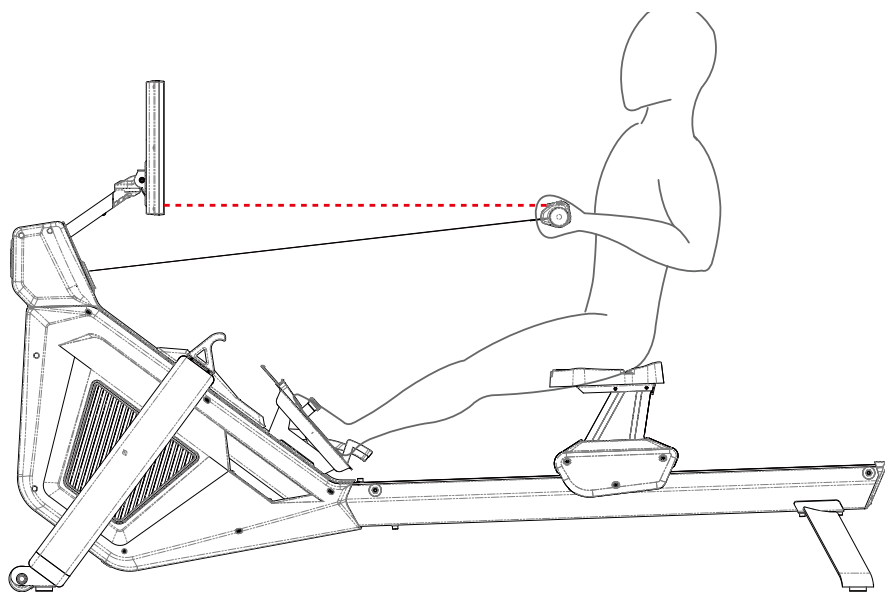
Battery Replacment



Instructions: If battery replacement is required, make sure proper battery size (CR2032) is being used, also make sure polarity is met.

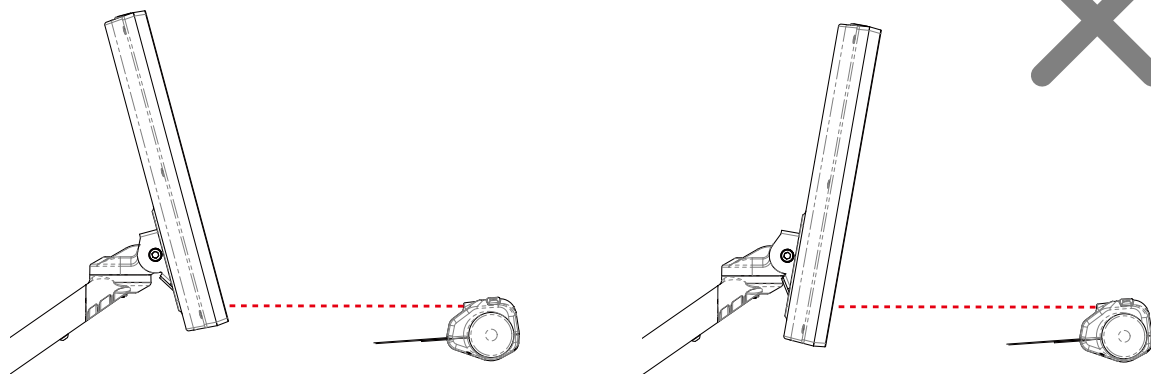
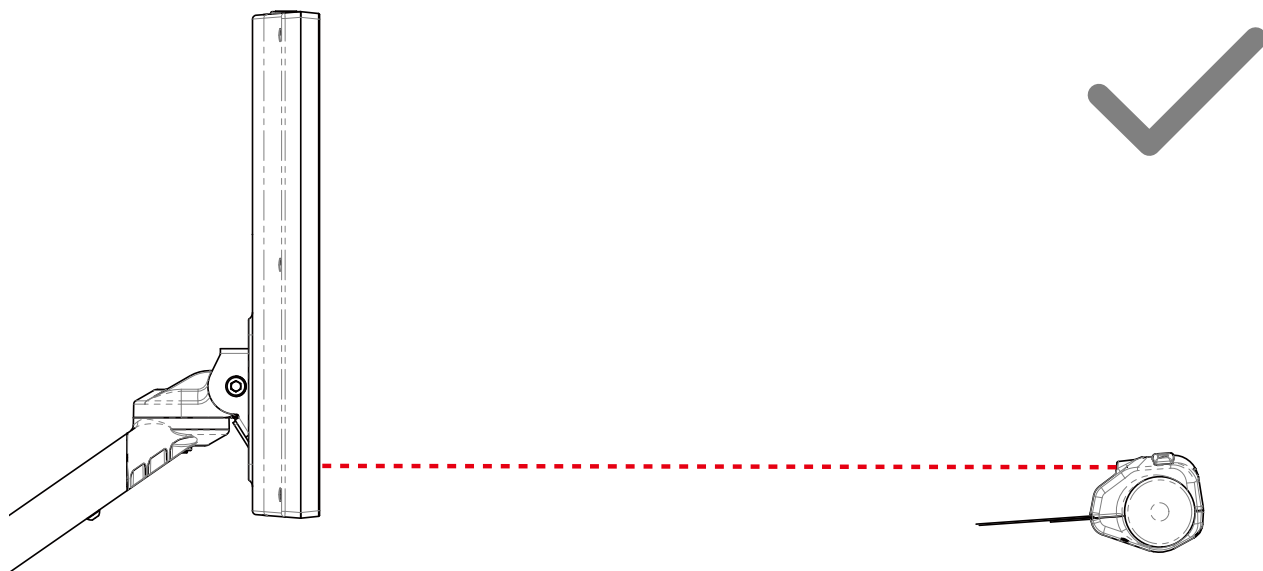
TIP: Battery positive pole must face downwards.

Usage tips: MAKE SURE YOU ADJUST THE RESISTANCE IN THE FINISH POSITION



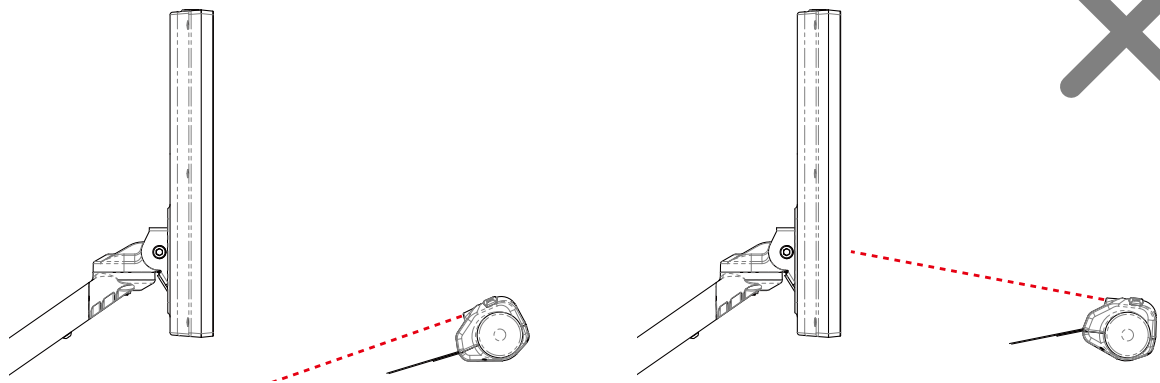
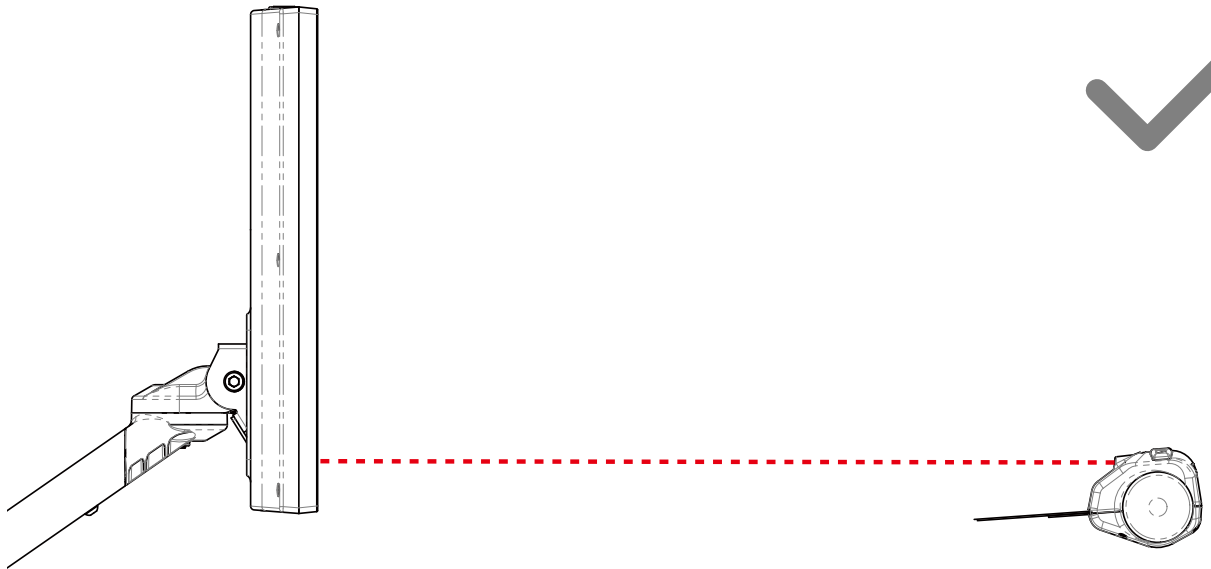
Instructions: Make sure quick adjust remote is used at the finish rowing position - when legs are extended.

Usage tips: MAKE SURE THE REMOTE IS ALIGNED WITH THE SCREEN



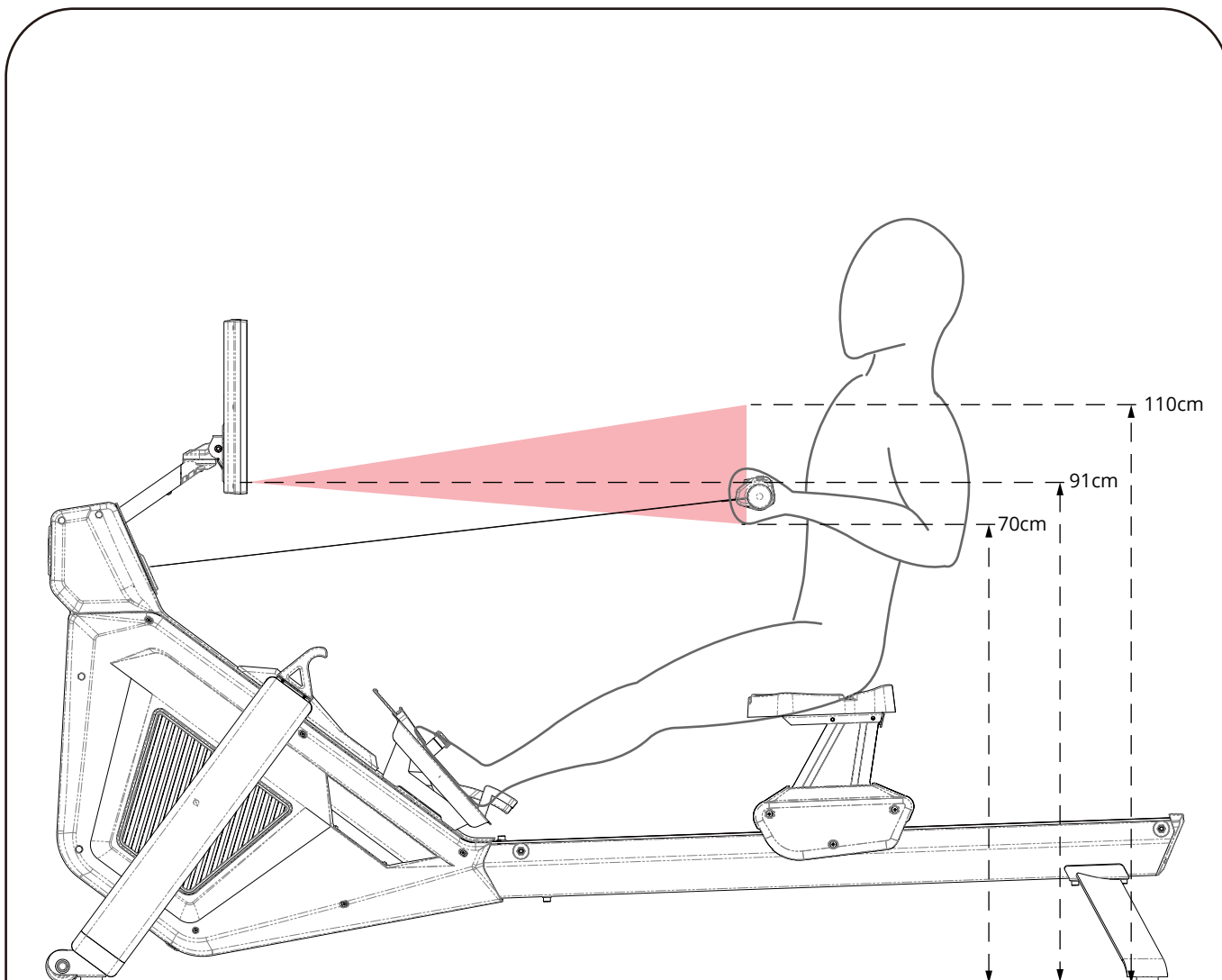
Instructions: Ensure remote top portion is aligned with IR sensor at the bottom of screen.

Usage tips: KEEP THE REMOTE STRAIGHT



Instructions: Make sure remote is straight while attempting to adjust resistance.

Usage tips: Remote Detection Area



Instructions: For optimal performance, please make sure remote is within provided detection range.

THE ROWING MACHINE THAT ENDS BORING WORKOUTS



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