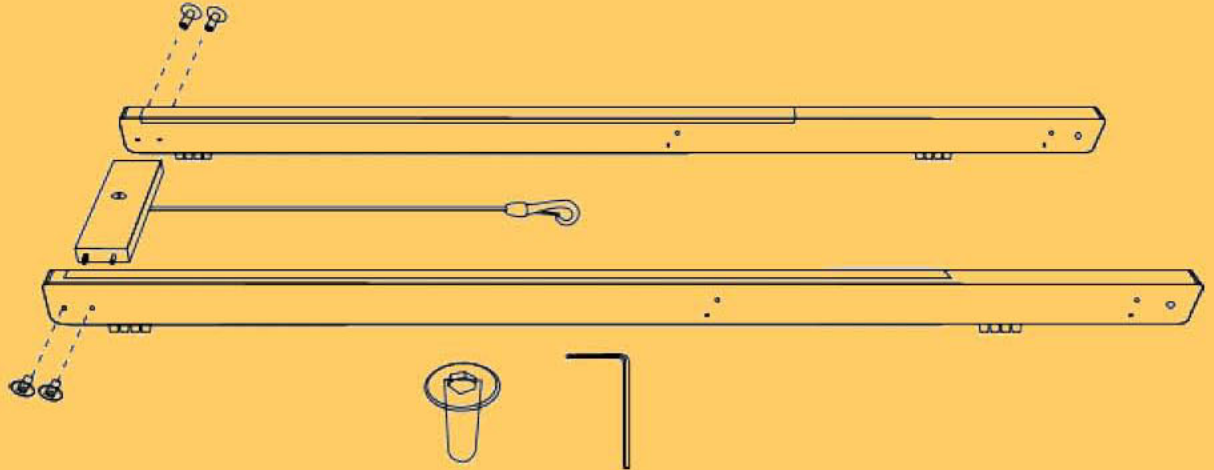


Assembly Procedure

Should your WaterRower come boxed, a small amount of assembly may be required as shown in the following ten steps. You will need only an Allen key, which comes supplied with the machine.

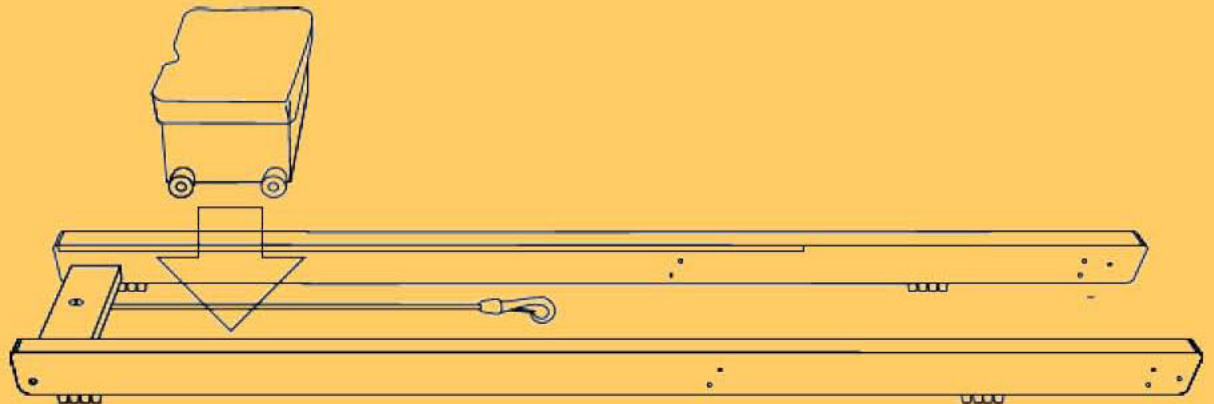
STEP ONE

Lay the rails on the floor, and connect the rear spacer using the male JCN nuts and the Allen key provided.



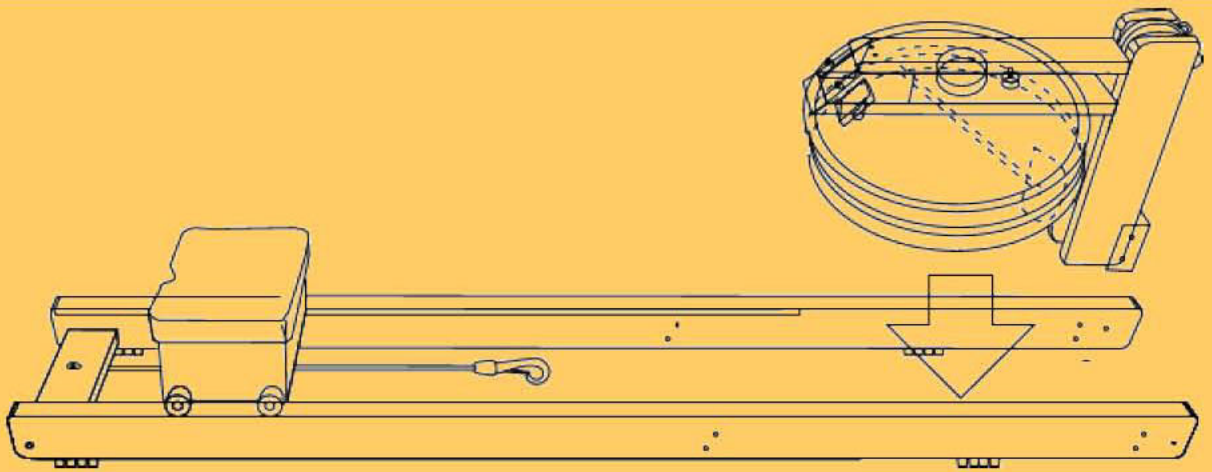
STEP TWO

Sit the seat between the rails. Note the orientation of the seat with the indent facing the rear. It may be necessary to separate the rails slightly to allow the seat to sit into place.



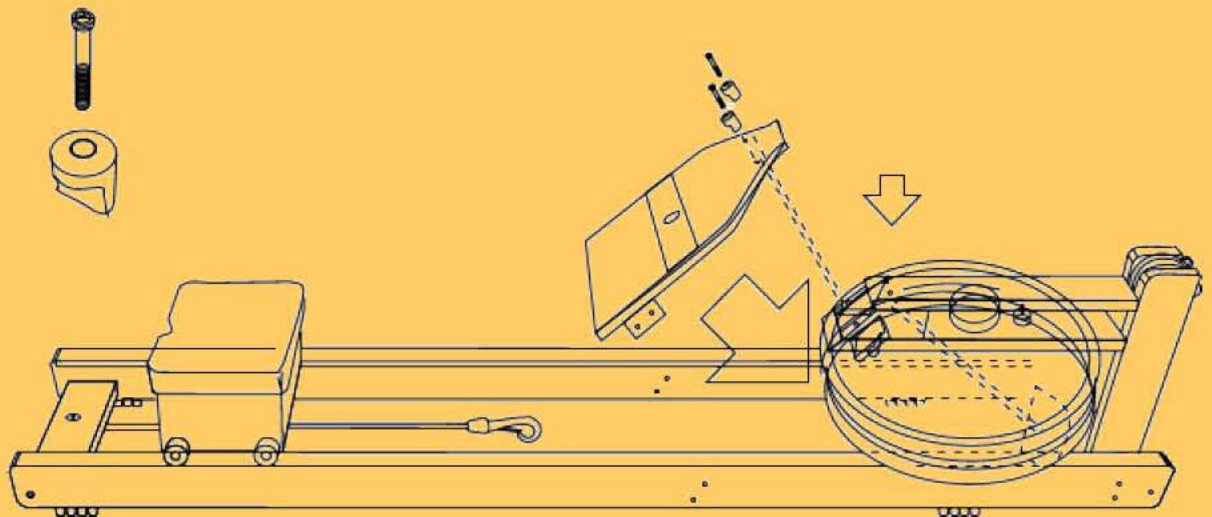
STEP THREE

Place the tank assembly between the rails.



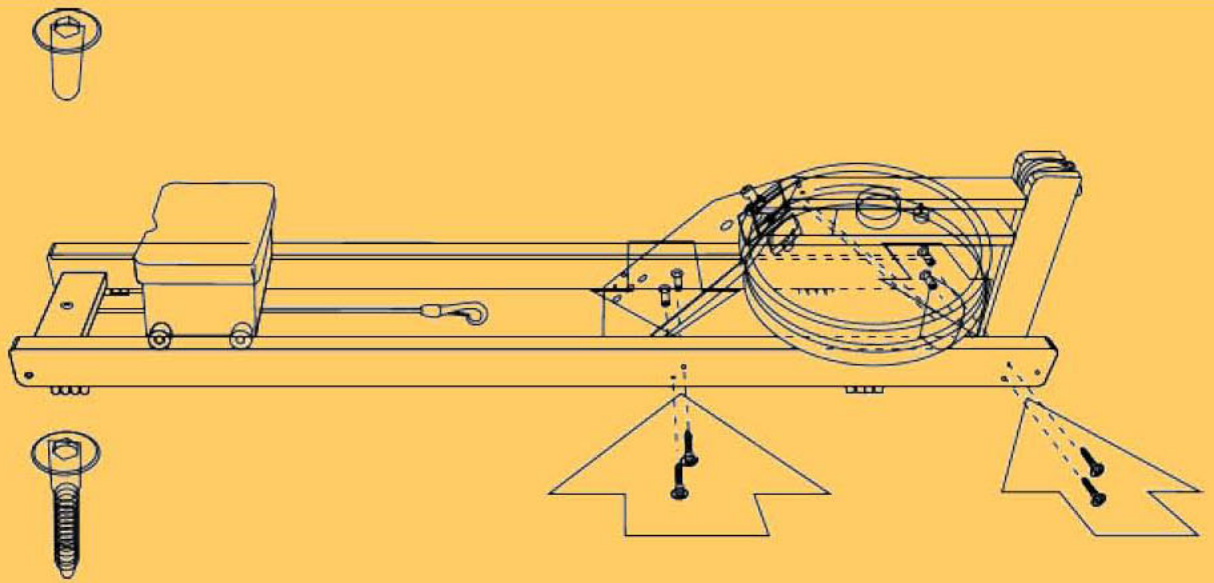
STEP FOUR

Place the Footboard between the rails, positioning the top two holes over the two threaded holes in the tank unit. Screw the handle rests into position using the handle rest bolts. It may be necessary to slightly loosen the two bolts on the top deck to allow the footboard clearance.



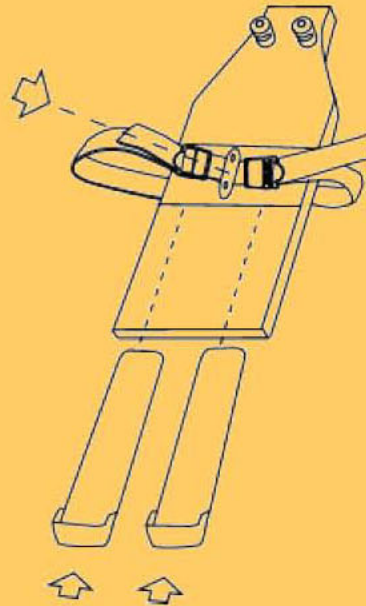
STEP FIVE

Insert the JCN nuts and JCB Bolts attaching the tank and the footboard to the rails at A & B. The nuts should be placed on the inside and the bolts on the outside. Should you experience any problem with aligning the components, loosen all the fasteners align and retighten.

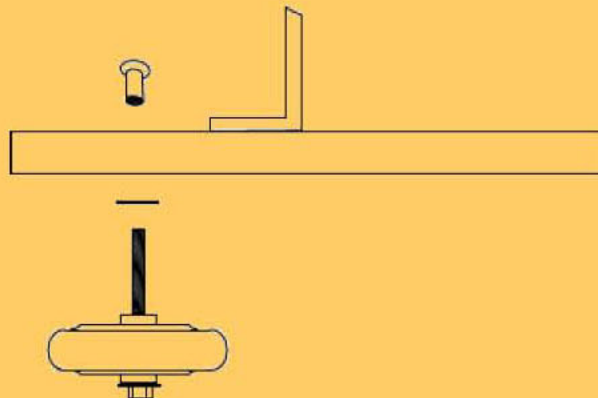


STEP SEVEN

Press the Heel Rest Button and insert the Heel Rest/Footpads into the cover board



STEP EIGHT Undo the Dolley Wheel assembly and fix to each rail as shown and tighten with allen key provided.



STEP NINE

Stand the WaterRower upright and connect the bungee to the recoil belt.



STEP TEN

Lay the WaterRower down and fill the tank to the desired level (see Water Level on page 3). Insert the stopper, your WaterRower is now ready for use.

