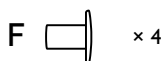
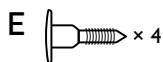




## Step 1

Lay the sub rails on the floor with ends parallel. Dolly wheels on the outside.

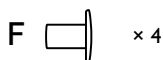
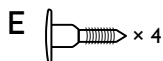
Attach the end of the mono rail to the opposite end of the sub rails with the allen key (N) and 4 pairs of the JCN nuts (F) and JCB bolts (E) . Do not tighten all the way.



## Step 2

Place the tank assembly on the sub rails in the direction shown in the picture below.

Using the allen key (N) and 4 pairs JCN nuts (F) and JCB bolts (E), attach the forward riser bracket to the rails. You may need to apply slight downward pressure for the top of the tank assembly to align bracket and rail holes. Do not tighten all the way.



## Step 3

Place the footboard on the rails, then attach the sensor cable to the monitor cable protruding from the back of the footboard.

The sensor cable may be taped to the back of the footboard. If so, remove the tape.

Align gold rivnuts on the tank assembly with the footboard's handle rest holes.

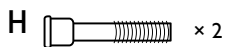


It may be necessary to slightly loosen the 2 bolts on the top deck to allow the footboard clearance.

## Step 4

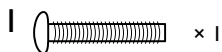
Using the 5mm allen key (M), screw the handle rests (G & H) through the top of the footboard into the rivnuts mentioned in the previous step.

Do not over tighten these bolts.



## Step 5

Tighten the footboard to the mono rail by screwing in the clamp bar bolt (I).



## Step 6

Stand the machine up and insert two of the back of footboard bolts (K) into the footboard bracket.



## Step 7

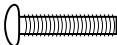
Screw in the mono rail bracket (L) underneath the footboard using the 2 remaining of the back of footboard bolts (K).

K  × 2



## Step 8

Insert the rail bracket bolt (J) through the “U” in the mono rail bracket to the rail (L). Do not tighten all the way, leave 1/4” (6mm) of the bolt between the bracket and rail. This bolt controls the tension on the rower. If the front end lifts while rowing, tighten the bolt. If the mid section lifts while rowing, loosen this bolt.

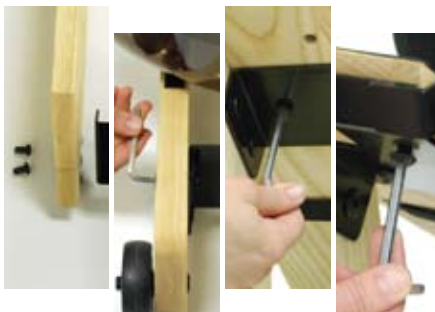
J  × 1



## Step 9

Go back and tighten all the bolts in steps 1, 2, 5, 6 and 7. Leave the bolts in step 4 and 8 alone.

Should you experience any problem with aligning the components, loosen all bolts, align and retighten.



## Step 10

Unwrap the recoil belt from the forward riser bracket, making sure the belt runs below and around the pulley.

Attach the D ring on the recoil belt to the bungee hook.



## Step 11

Lay the unit flat and remove the tank stopper from between the top and bottom deck. Use the included syphon pump (O) to fill the tank to the level indicated on the level gauge sticker located on the underside of the tank.

**Do not fill above the “19” level mark.**

Insert one chlorine tablet (P) every six months. Additional chlorine tablets are available upon request.

Moisten the tank stopper to assist with replacement.



If you have any questions or comments about the assembly or use of this unit, please contact [support@waterrower.com](mailto:support@waterrower.com).

## How to Fill and Empty the Tank

- 1) To pump water be sure to turn knob clockwise to close valve as shown in figure A
- 2) Locate water source above (higher than) water destination:
  - See Figure B for filling tank
  - See Figure C for emptying tank
- 3) Squeeze pump 4-5 times until water flows
- 4) Turn knob counter-clockwise to allow air into the pump and end syphon.



Make note of the serial number. This number can be found on the level gauge sticker and is required when contacting WaterRower for customer support.



560 Metacom Ave. Warren, RI 02885  
T: (401) 247-7742 – F: (401) 247-7743