



How to Adjust the Shock Cord

How to tighten the shock cord in the event of noise under the rower during use.

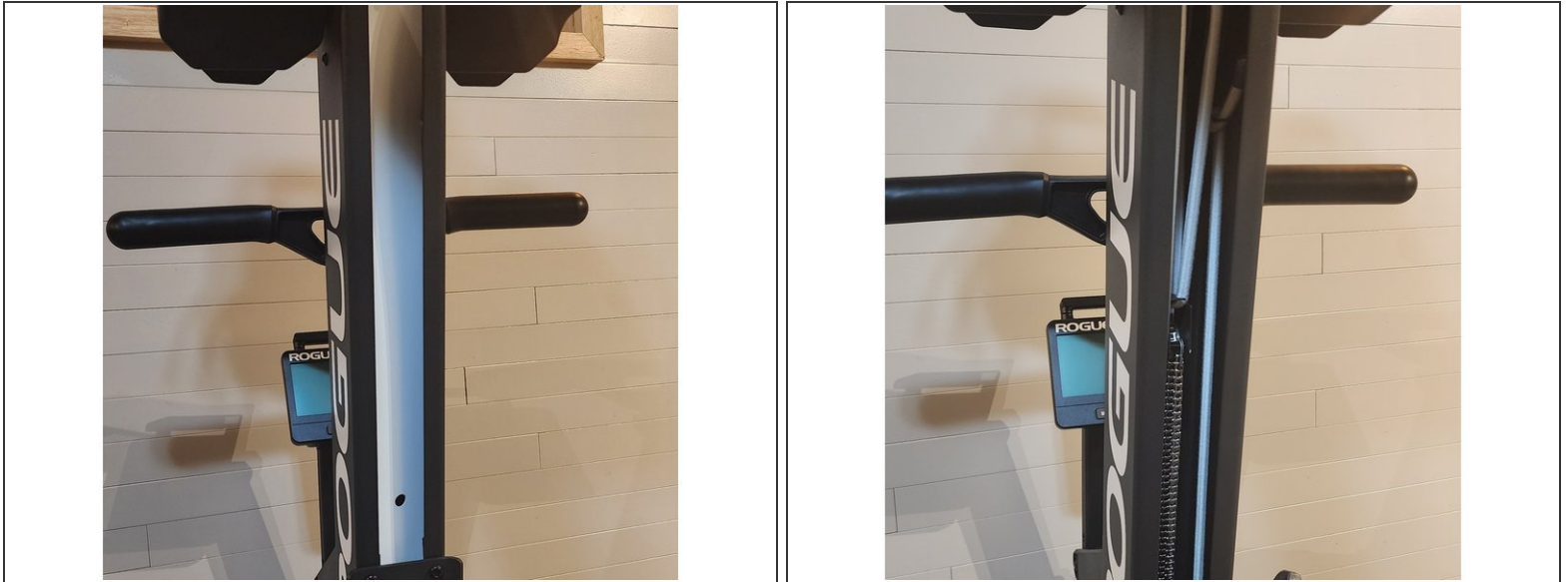


Step 1 — Position the rower.



- Start with the rower in its stored position.
- Release the catch and hinge the rower open to expose the bottom of the rower.
- NOTE use a helper to support the rear of the rower out of the way for the next steps.

Step 2 — Remove the protective plastic strip.



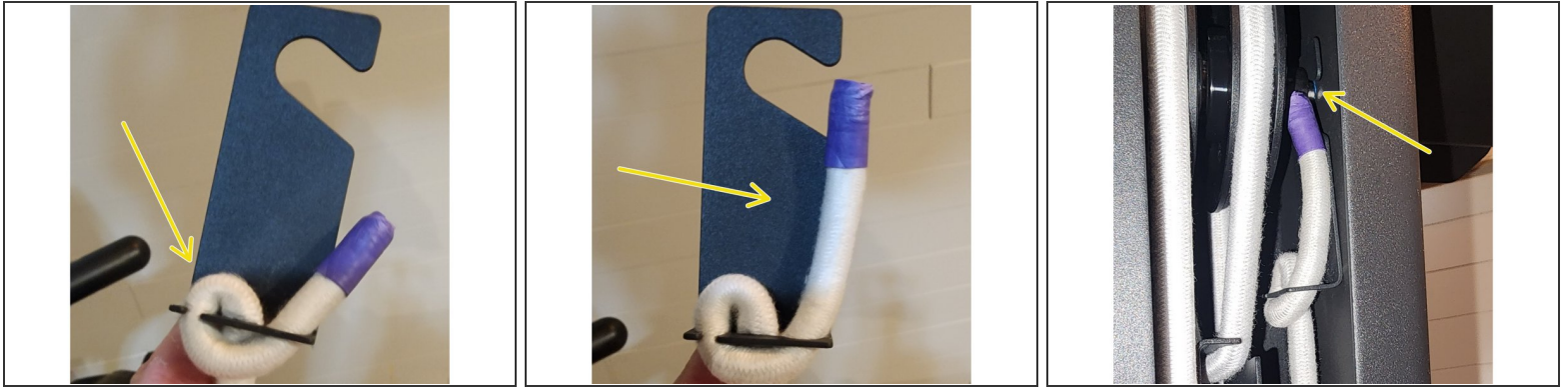
- Twist the white plastic protective strip until it pulls free of the channel under the rower.
- Slide the strip completely out of the rower to expose the chain and shock cord.

Step 3 — Remove the shock cord adjuster.



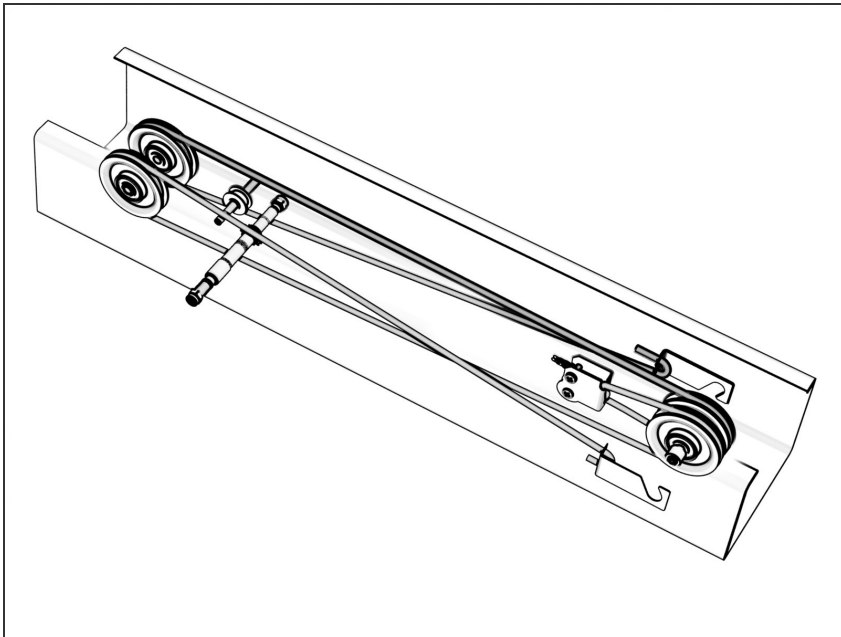
- Both shock cord adjusters hook to either side of the exposed shaft.
- Pull slack out of the line under the adjuster and slide the adjuster from the shaft.
- With the adjuster removed, the shock cord can be tightened.

Step 4 — Tighten the shock cord.



- Follow the path of the shock cord through the adjuster to tighten it.
- Tighten the cord until the tail is about 2.5" long.
- Hook the adjuster back to the shaft.
- Repeat for the other side.

Step 5 — Reassembly notes.



- Ensure the hangers and cords is routed as shown in the picture.
- Carefully slide the protective strip back into the channel under the rower.