



## How to Replace the Foot Strap



### **TOOLS:**

- Phillips/Cross Head Screwdriver (1)
- 2.5mm Allen Wrench (1)
- 3mm Hex/Allen key (2)
- T27 Wrench (1)

Optional

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### **PARTS:**

- Replacement Strap (1)

### Step 1 — How to Replace the Foot Strap



- Removal of the strap can be done with the Foot Pedal assembly attached or disconnected from the rower.
- In this guide, the Foot Pedal assembly will be detached from the rower.
- If you wish to detach the Foot Pedal assembly, use a T27 Torque wrench and remove the 3 screws securing it to the rower.

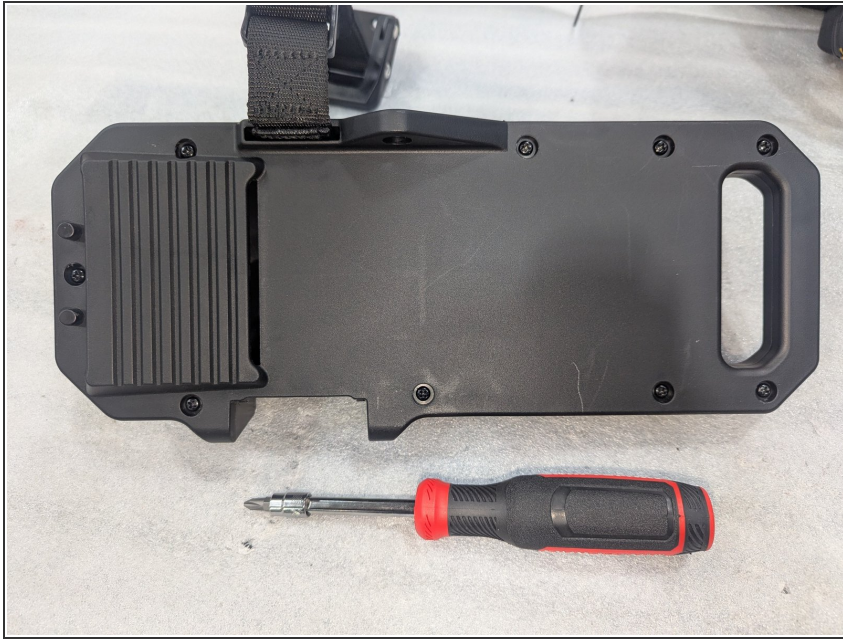
### Step 2



- Note: If you are replacing both straps, we recommend doing one side at a time so the opposite side can be used as a reference to assist with re-assembly.
- Remove the Flex Footslide from the Upper Pedal Plate.
- You now have access to all 9 screws holding the Pedal Plate to the Pedal Bottom.



## Step 3



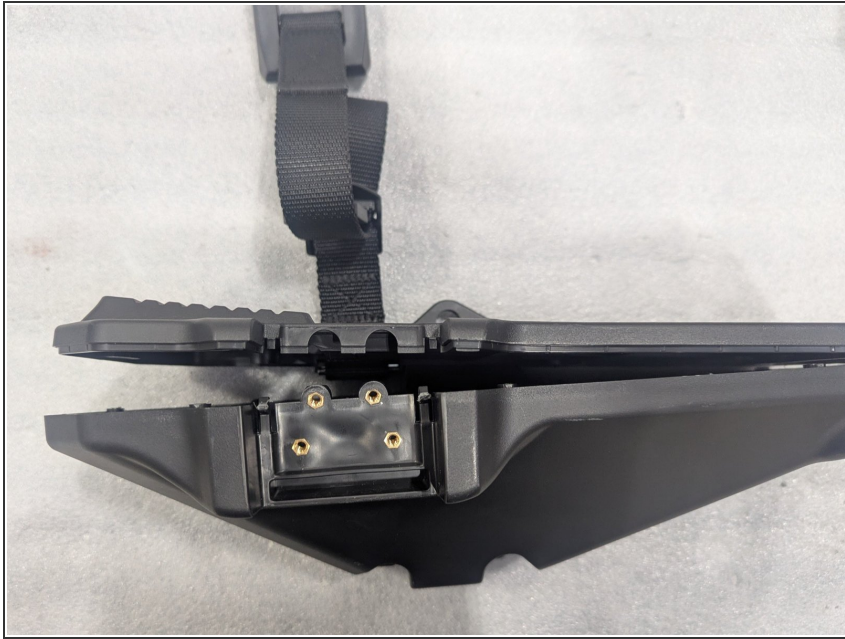
- This step and the next step can be done in either order.
- Using a Philips head screwdriver remove all 9 screws.

## Step 4



- This step and the previous step can be done in either order.
- Flip the strap buckle up to gain access to the bolts.
- Caution: When removing the bolts, ensure the Allen wrench is fully inserted so as not to strip the bolt heads.
- Using a 2.5mm Allen wrench remove the 4 bolts seen in the picture.

### Step 5



- With the 9 screws and 4 bolts removed, the top and bottom pieces can now be separated.

### Step 6



- Flip the top plate over.
- Remove the silver peg anchoring the end of the strap.
- Pull the strap through the plate.
- The strap is now detached from the plate. Proceed to the next step to remove the buckle.



## Step 7



- Using two 3mm Allen wrenches remove the bolt securing the end of the strap to the buckle.
- With the bolt removed, the old strap is now fully detached from the assembly.
- Proceed to the next step to begin re-assembly.

## Step 8 — Begin Reassembly



- Lay the flat edge of the buckle against a flat surface.
- With the strap buckle facing up (see picture) place the longer of the two ends on to the buckle and insert the buckle bolt through the strap opening.
- Secure the bolt using the two 3mm Allen wrenches.

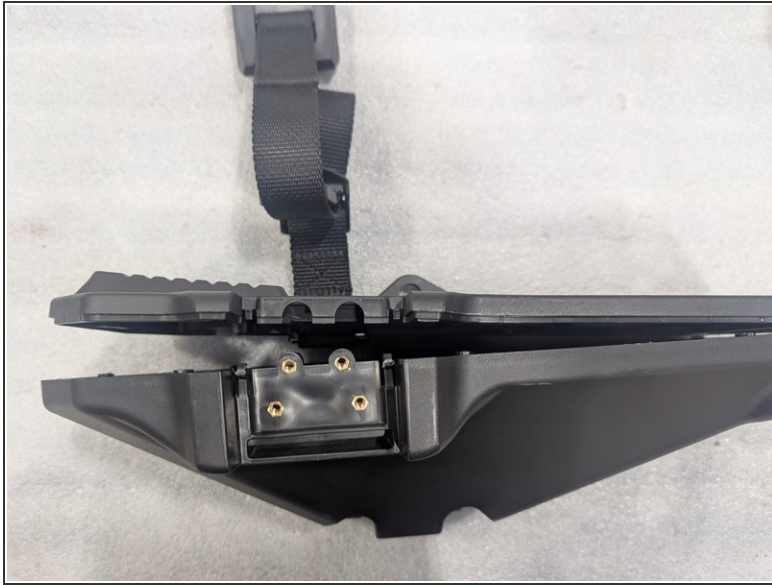
### Step 9



- Insert the free end through the top plate
- Insert the silver metal peg into the end of the strap.
- Pull the strap tight against the top plate so that the silver peg fits snug against the inside bottom of the plate.



## Step 10



- This step forward is the reverse of the disassembly steps.
- Place the top plate onto the bottom and secure in place using the 9 screws and a Phillips head screwdriver.

## Step 11



- Caution: When securing the bolts, ensure the Allen wrench is fully inserted so as not to strip the bolt heads.
- Using the 2.5mm Allen wrench, tighten the 4 bolts securing the buckle into place.

### Step 12



- The strap is now installed.
- If you removed the assembly from the rower, reattach it to the rower, ensuring all 3 bolts have been reinstalled. Failure to reinstall all 3 bolts will result in damage to the foot assembly during use.
- If both straps need to be replaced, repeat this guide for the other side.
- Install complete.