



## How to Replace the Glide Rail



### **TOOLS:**

- Flat Head Screwdriver (1)
- 11mm Wrench (1)
- T27 Wrench (1)
- Work Gloves (1)
- Clean, Dry Rags (1)

### **PARTS:**

- Replacement Glide Rail (1)
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## Step 1 — How to Replace the Glide Rail



- Warning - When handling the glide rail the use of gloves is required to prevent injury.

## Step 2



- Using the T27 and 11mm wrenches, remove the 4 bolts and nuts holding the plastic glide rail end cap in place.
- With the end cap removed, slide the seat off the rail.

### Step 3



- Wearing gloves, use a flat head screwdriver to carefully pry up the end of the glide rail.
- Gripping the end of the rail, peel up and away from the rower to detach it from the main beam.
- The rower is now ready for the installation of the replacement part.

### Step 4



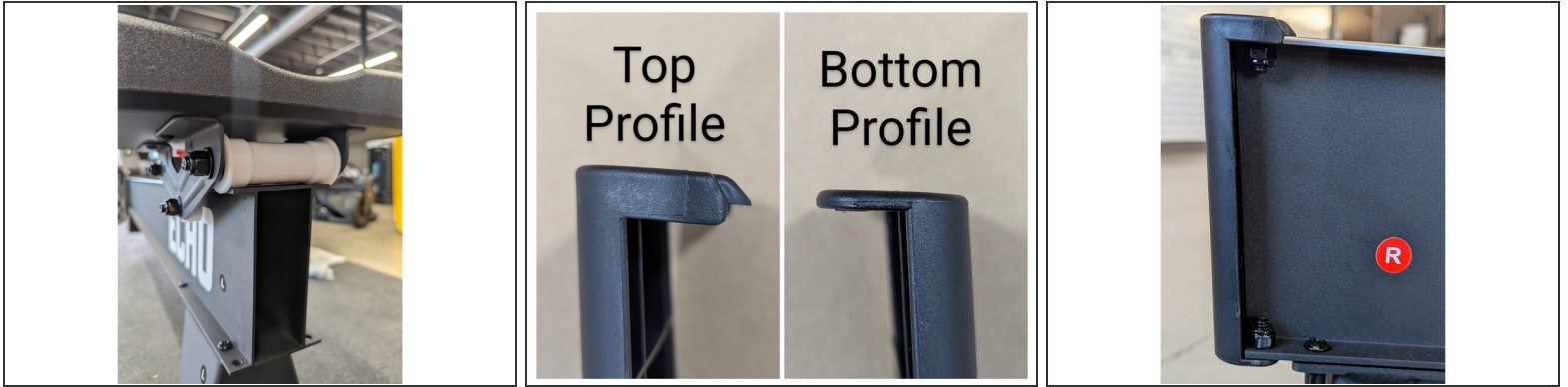
- Peel the backing off the double stick tape.
- With the tape facing down, insert one end of the glide rail under the lip at the front of the main beam, pushing it forward until it sits snug and squarely against the forward edge.
- Working towards the rear of the rower, applying light pressure, secure the part to the beam top.
- When properly installed, the rear end of the rail will not obstruct access to the holes used to secure the end cap in place.

### Step 5



- With the part in place, use a clean rag to press down on the rail working from the front to the rear of the rail.
- This downward pressure helps the double stick tape properly adhere to the beam.

### Step 6



- Before reinstalling the seat, check the rollers for any signs of damage or wear. If necessary, clean them using a clean rag and a mild, multi-purpose cleaner.
- Slide the seat back on to the rail, ensuring the seat divot is facing towards the rear of the rower.
- Reattach the end cap, ensuring the top and bottom profiles are properly orientated.
- Glide rail installation complete.