

ROGUE®

ECHO ROWER

HOW TO ADJUST, ALIGN AND TIGHTEN THE SHOCK CORD



⚠ IMPORTANT SAFETY INFORMATION

DISCLAIMER:

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or even death. Use common sense when training, obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible persons. Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage, injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.

WARNING:

MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY.

Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

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.



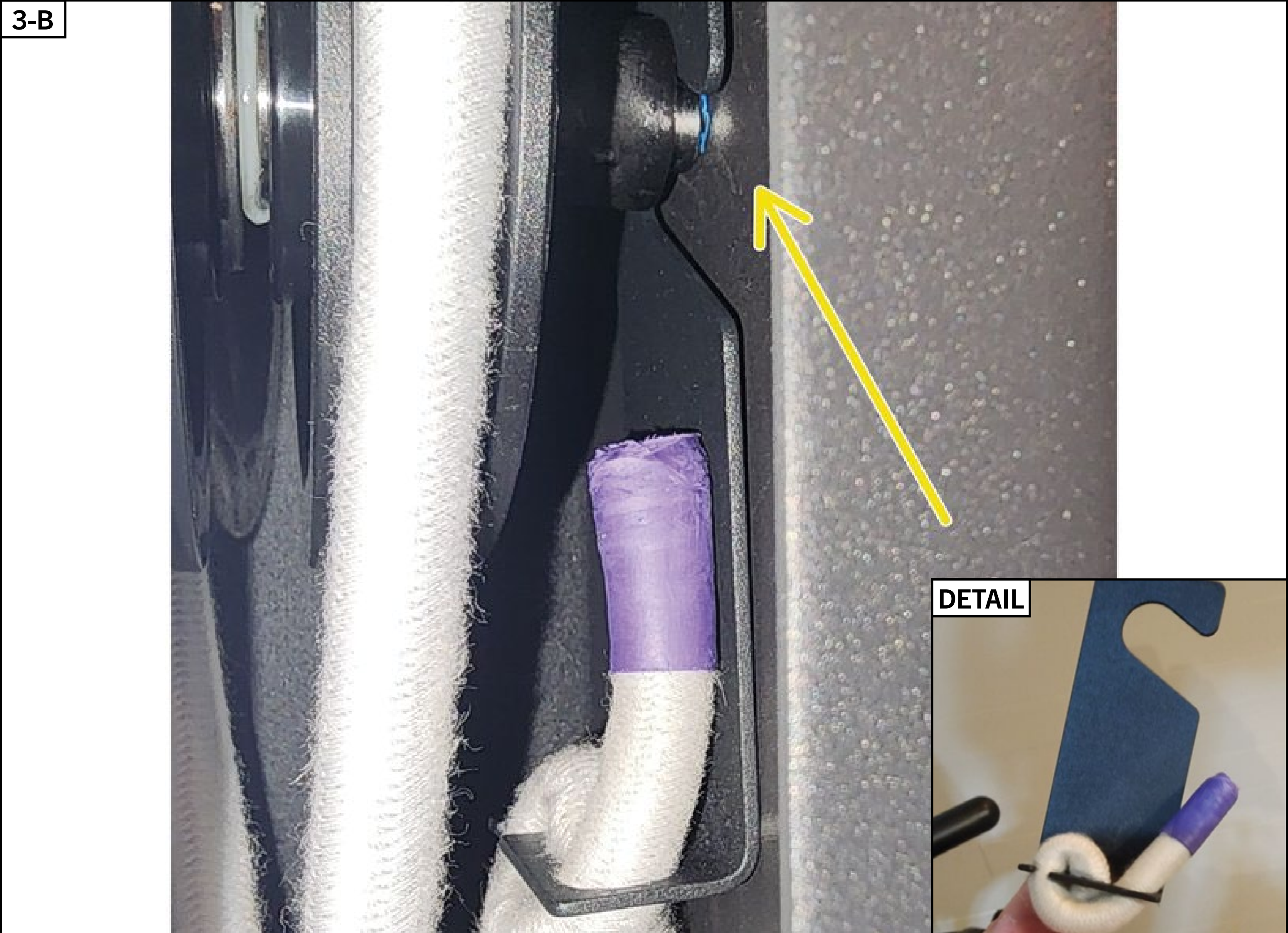
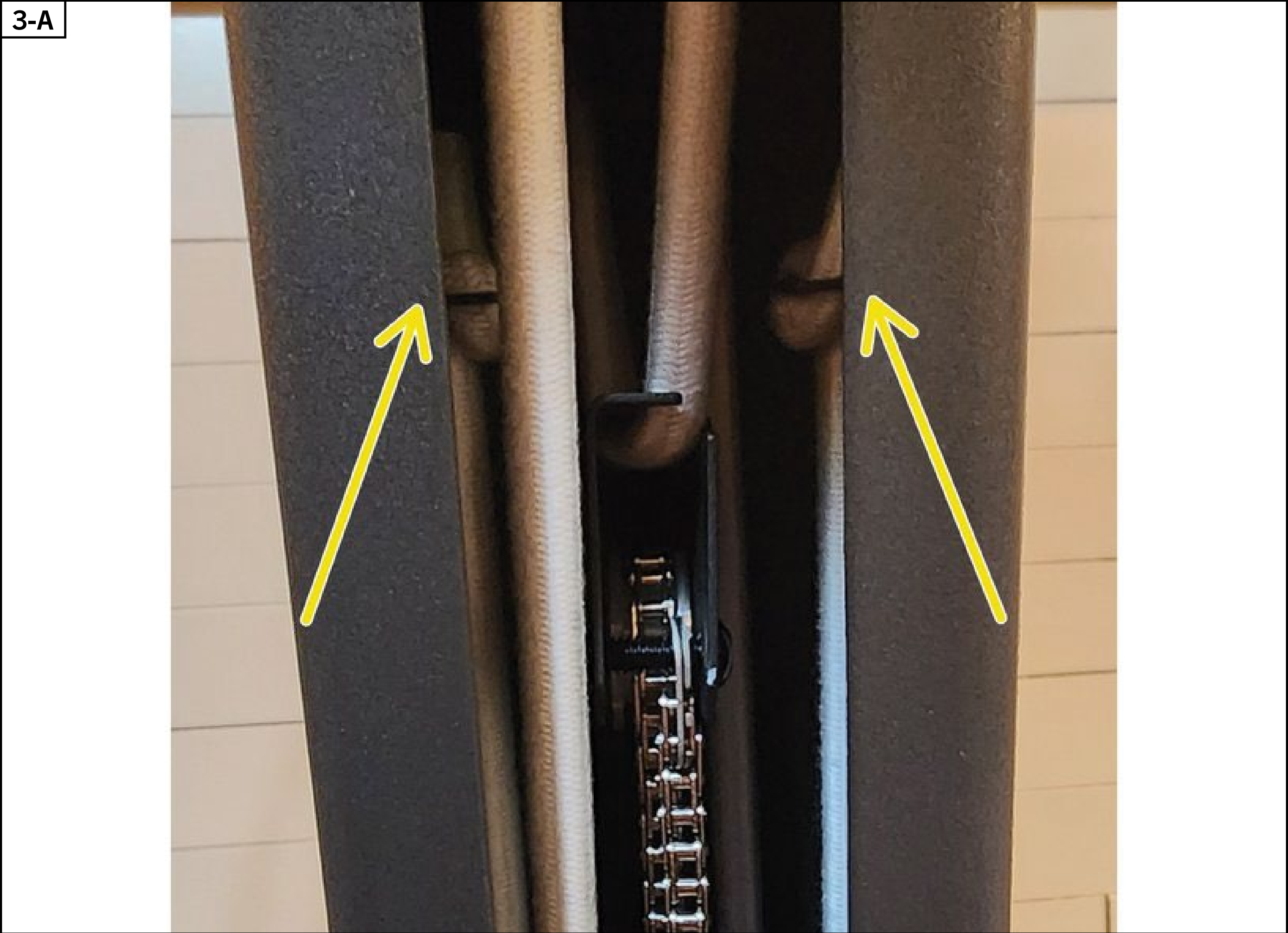
STEP 2 - REMOVE THE PROTECTIVE PLASTIC STRIP

- 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

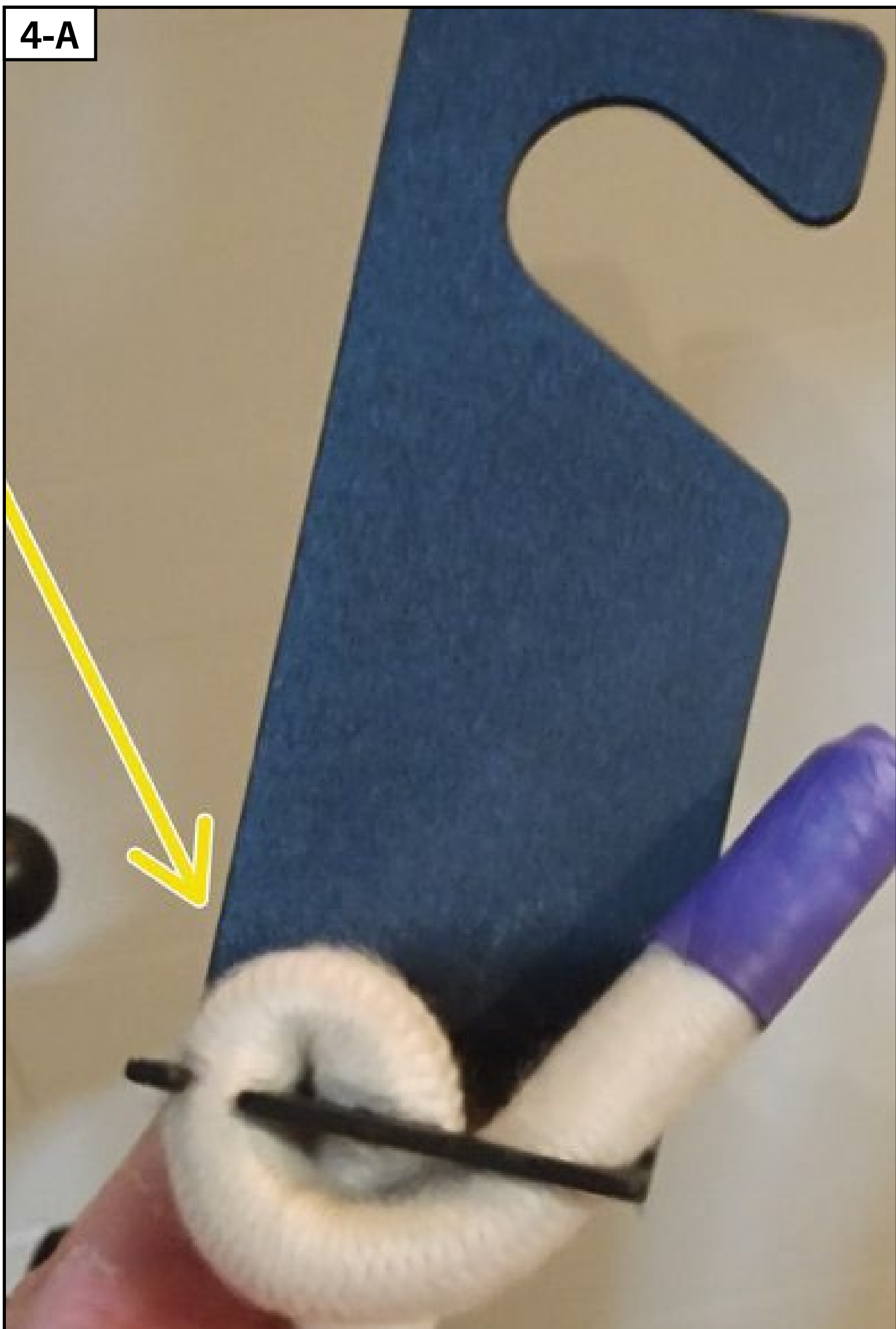
- The two shock cord adjusters hook to either side of the exposed shaft.
- Pull slack out of the line under the adjuster and slide the adjuster from the shaft.
- With the adjuster removed, the shock cord can be tightened.



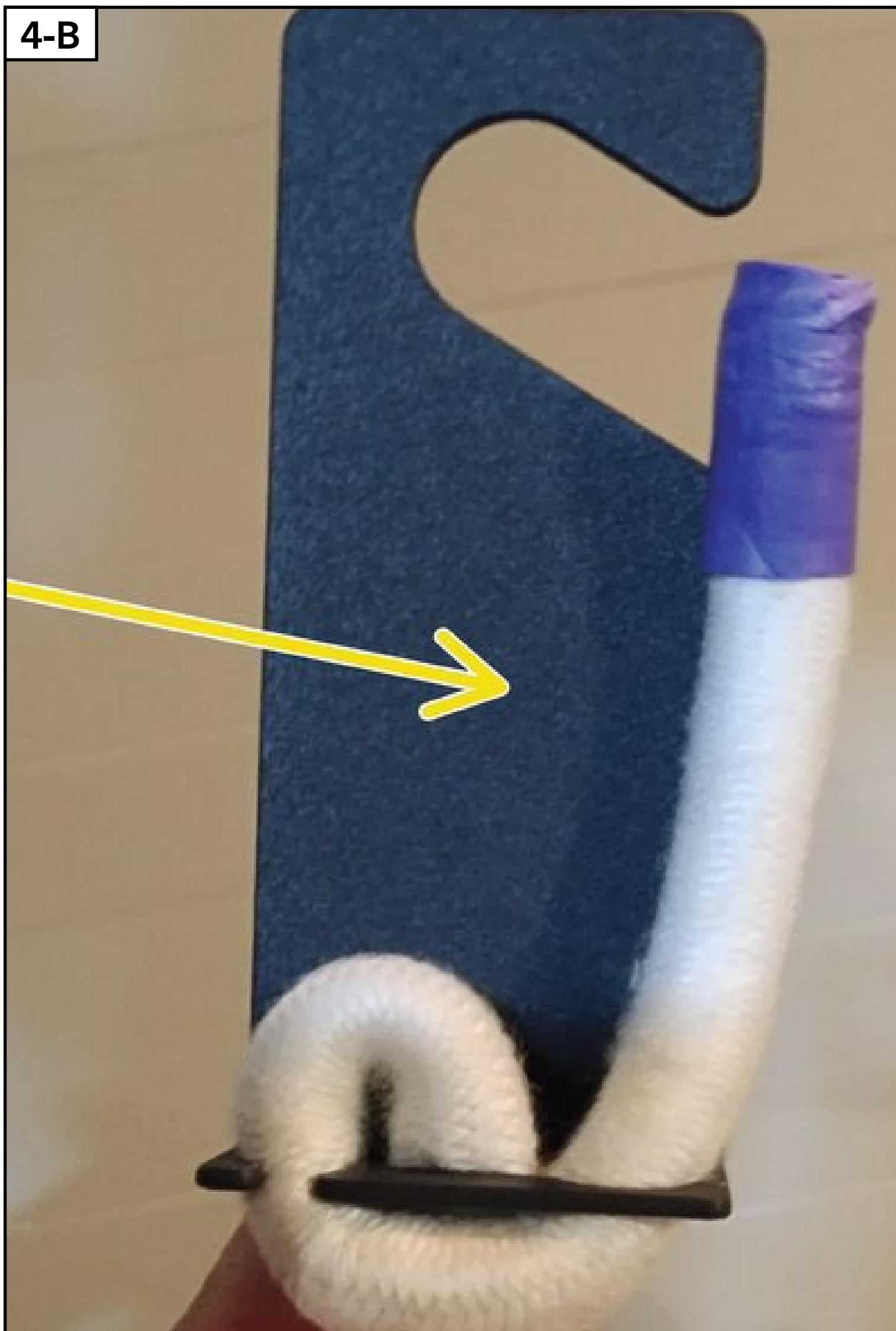
STEP 4 - TIGHTEN THE SHOCK CORD

- 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.
- Ensure both cord tails are of similar length.

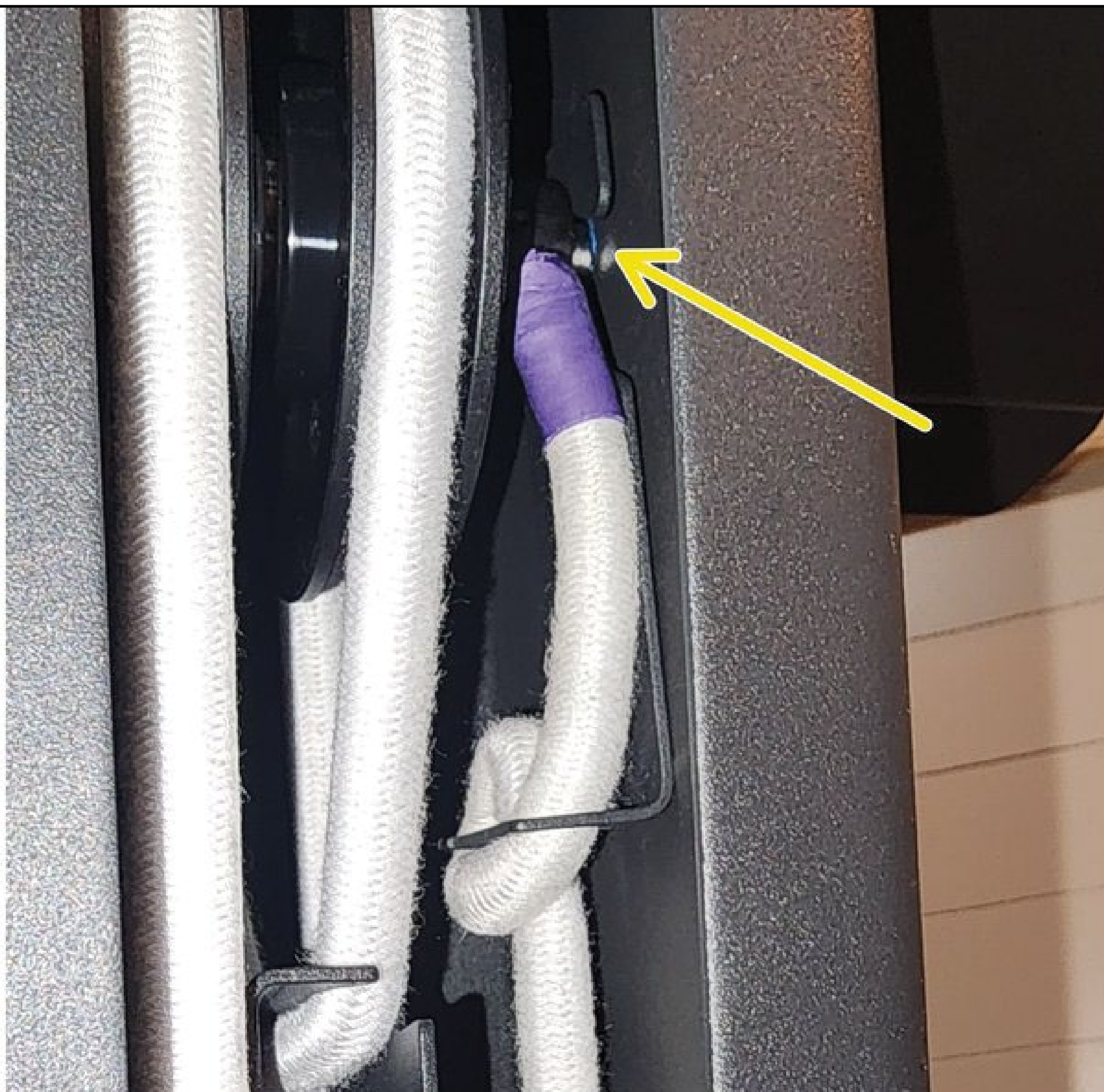
4-A



4-B



4-C



STEP 5 - Reassembly Notes

- Gently pull on the chain and check to see if the rower operates smoothly. If not, double check cord routing, ensuring the cord is in the pulley channels.
- Once operating smoothly, carefully slide the protective strip back into the channel under the rower.
- Adjustment complete.

