

ROGUE®

ECHO ROWER

HOW TO REPLACE THE SEAT MOUNT ASSEMBLY



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 - REMOVE THE END CAP

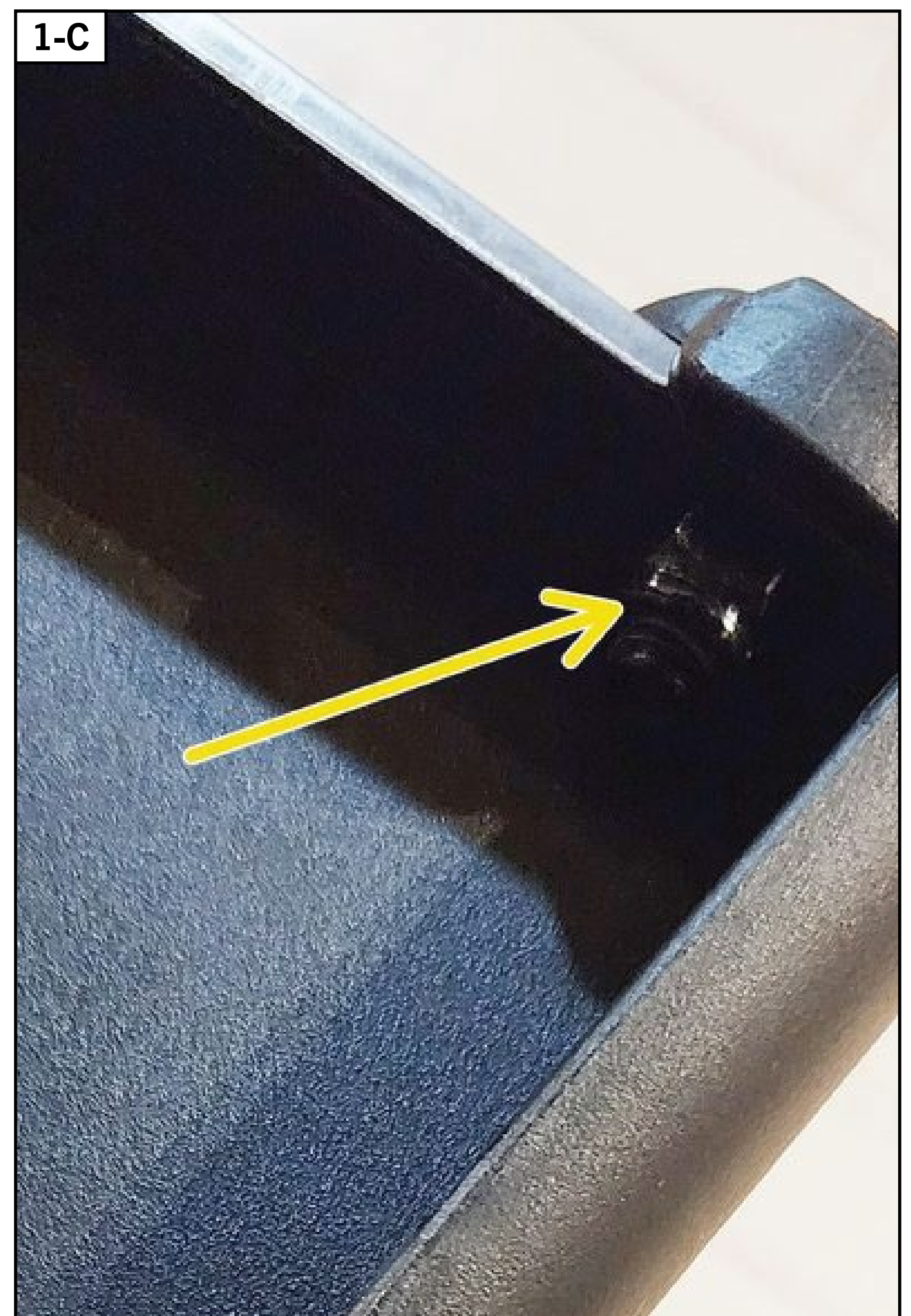
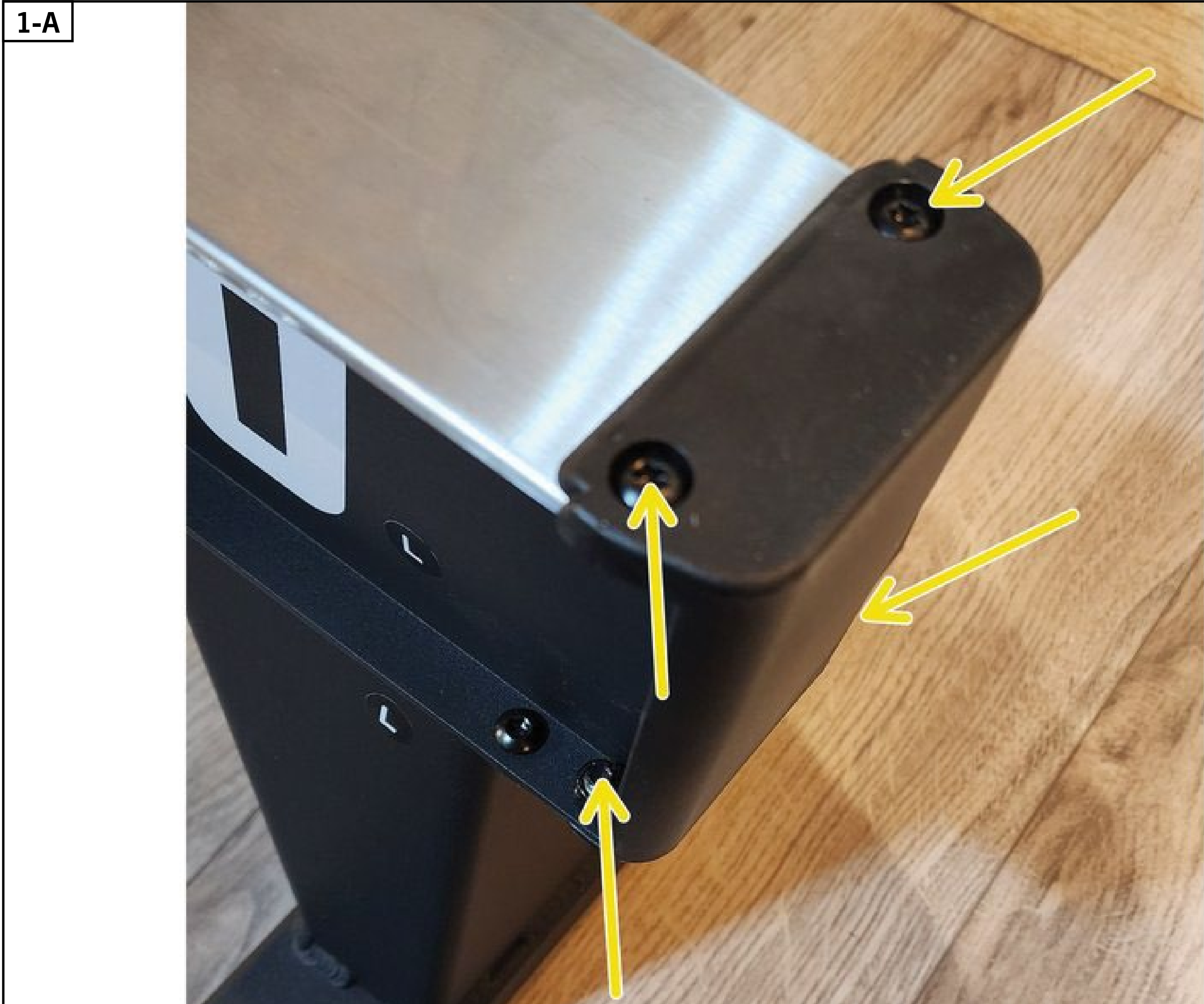
Tools Required:

- 11mm Wrench
- T27 Wrench

Parts Required:

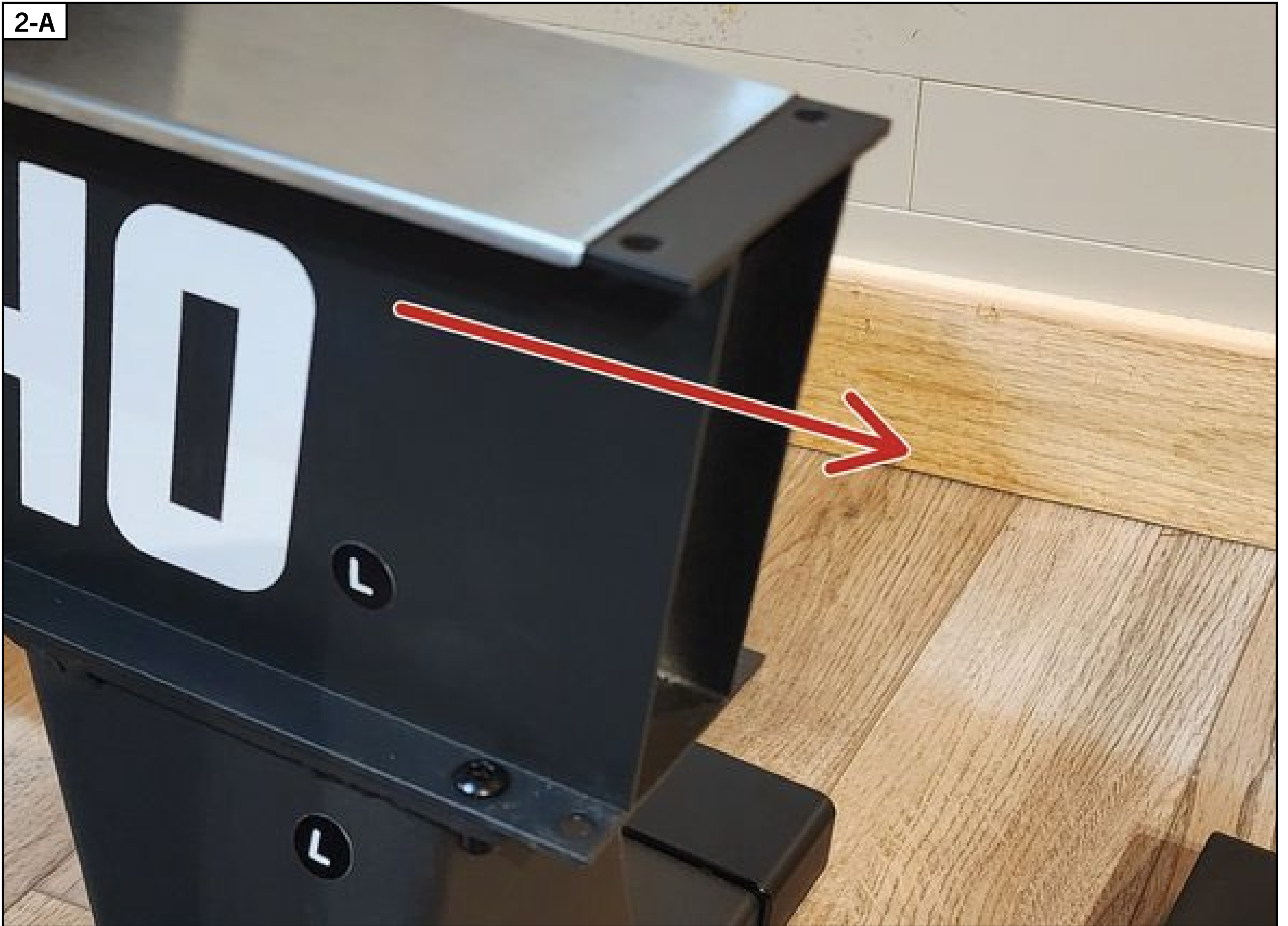
- Replacement Seat Mount Assembly

- Using the T27 wrench and the 11mm wrench, remove the 4 screws and accompanying nuts (2 on the top and 2 on the bottom) of the slide rail end cap.



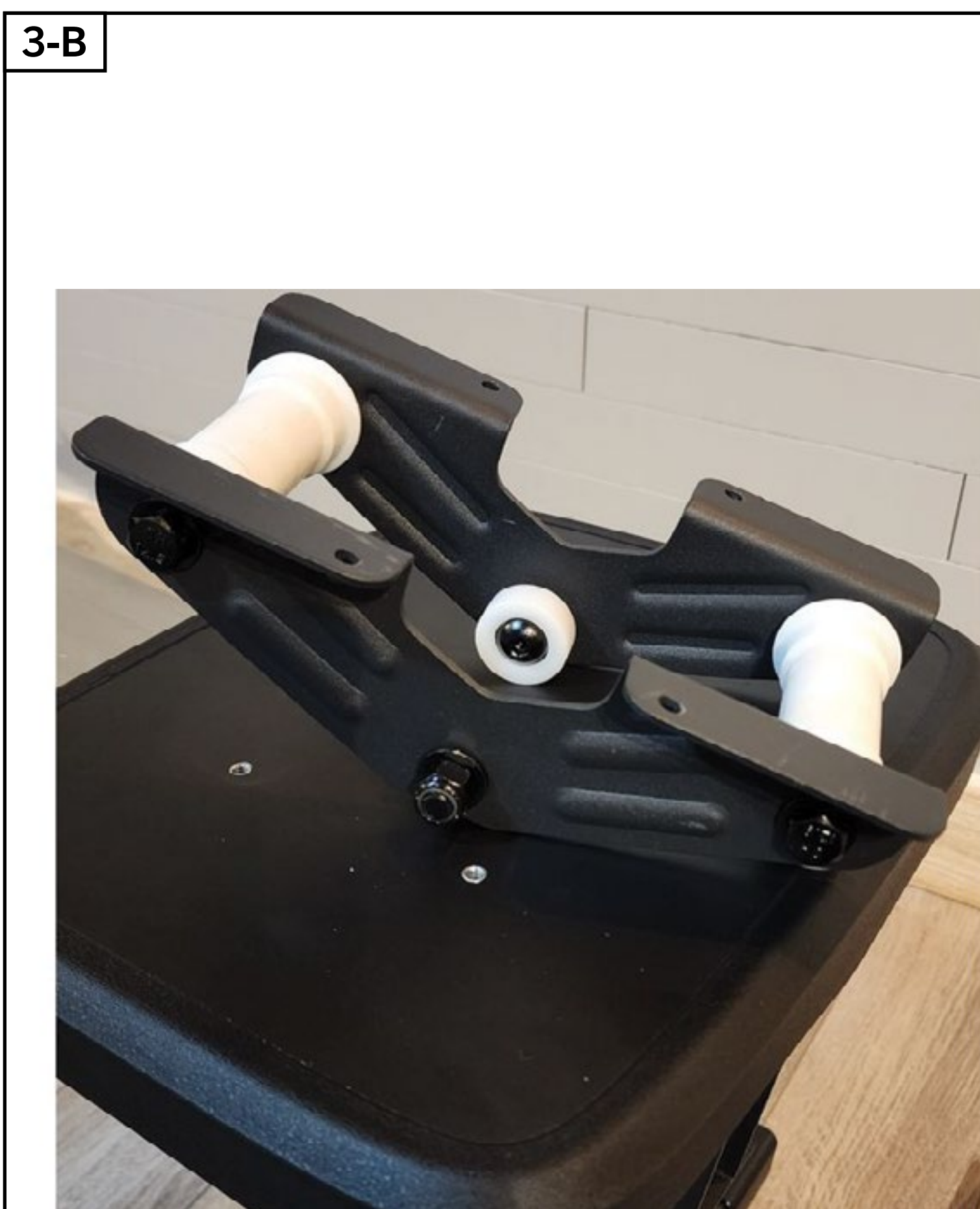
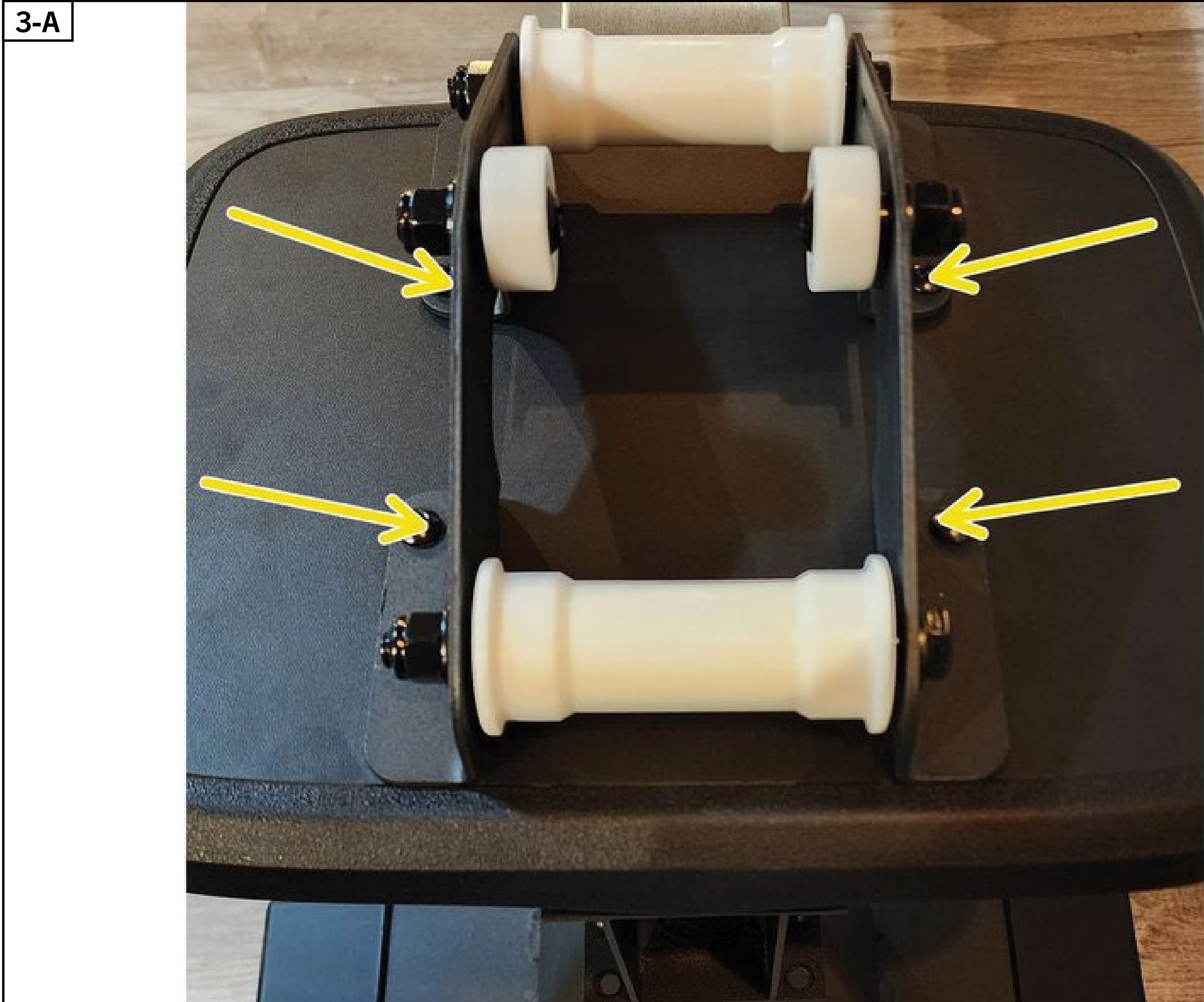
STEP 2 - REMOVE THE SEAT ASSEMBLY

- Pull the seat off the end of the slide rail.
- Flip the seat assembly over to expose the seat mounting screws.



STEP 3 -REMOVE THE SEAT FROM THE SEAT MOUNT ASSEMBLY

- Using the T27 wrench, remove the four mounting screws holding the seat to the seat mount assembly.
- NOTE: The four seat mounting screws are different from the four end cap screws.



STEP 4 - REASSEMBLY

- Install the seat on the seat mount assembly.
- Install the seat assembly back onto the slide rail.
- Install the end cap.

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