

ROGUE®

ECHO ROWER

HOW TO REPLACE THE FOOTRESTS



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

Tools Required:

- T27 Wrench

Parts Required:

- Replacement Footrest

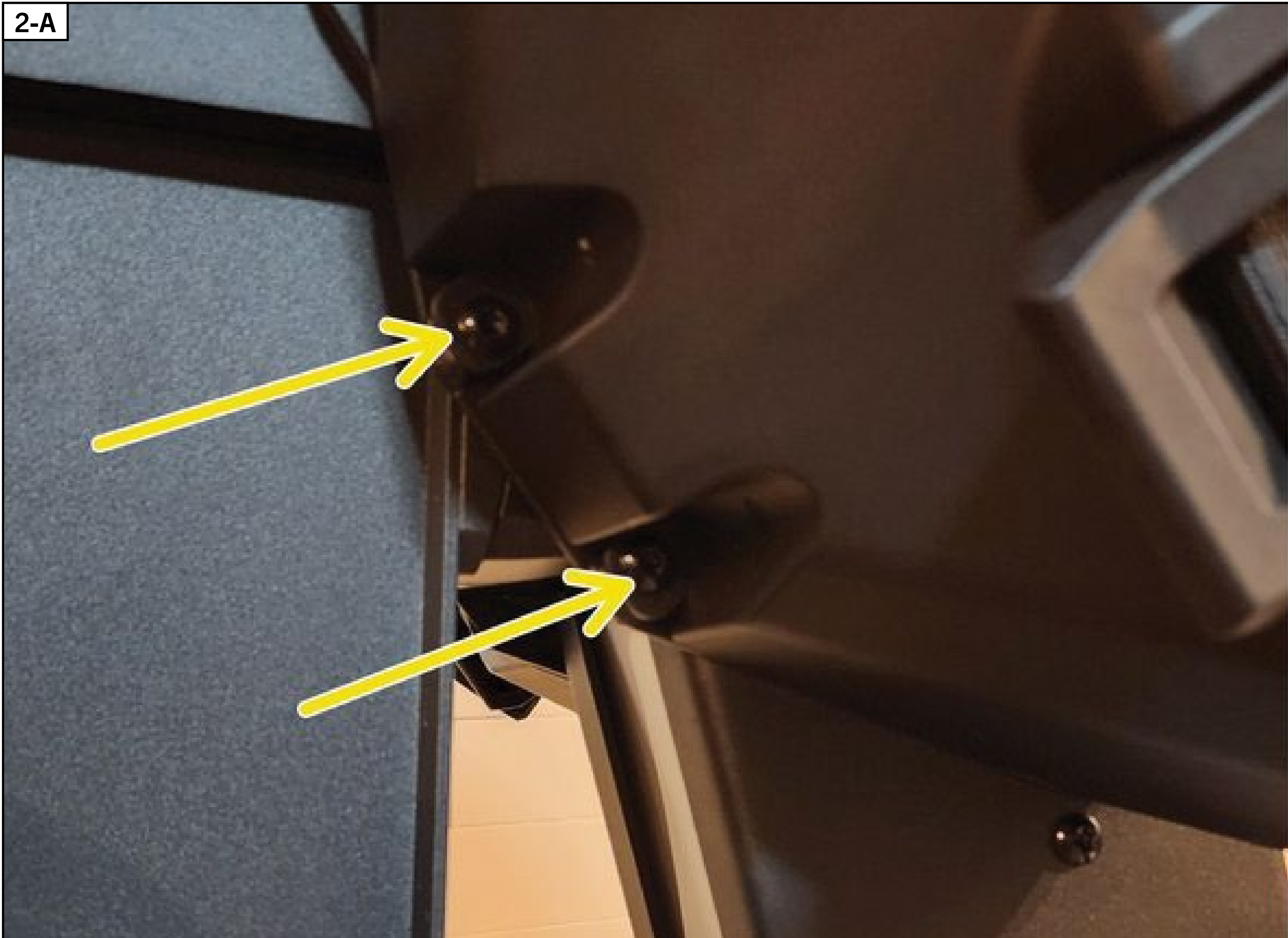
- Start with the rower in its stored position.
- Make sure the catch is engaged for stability.



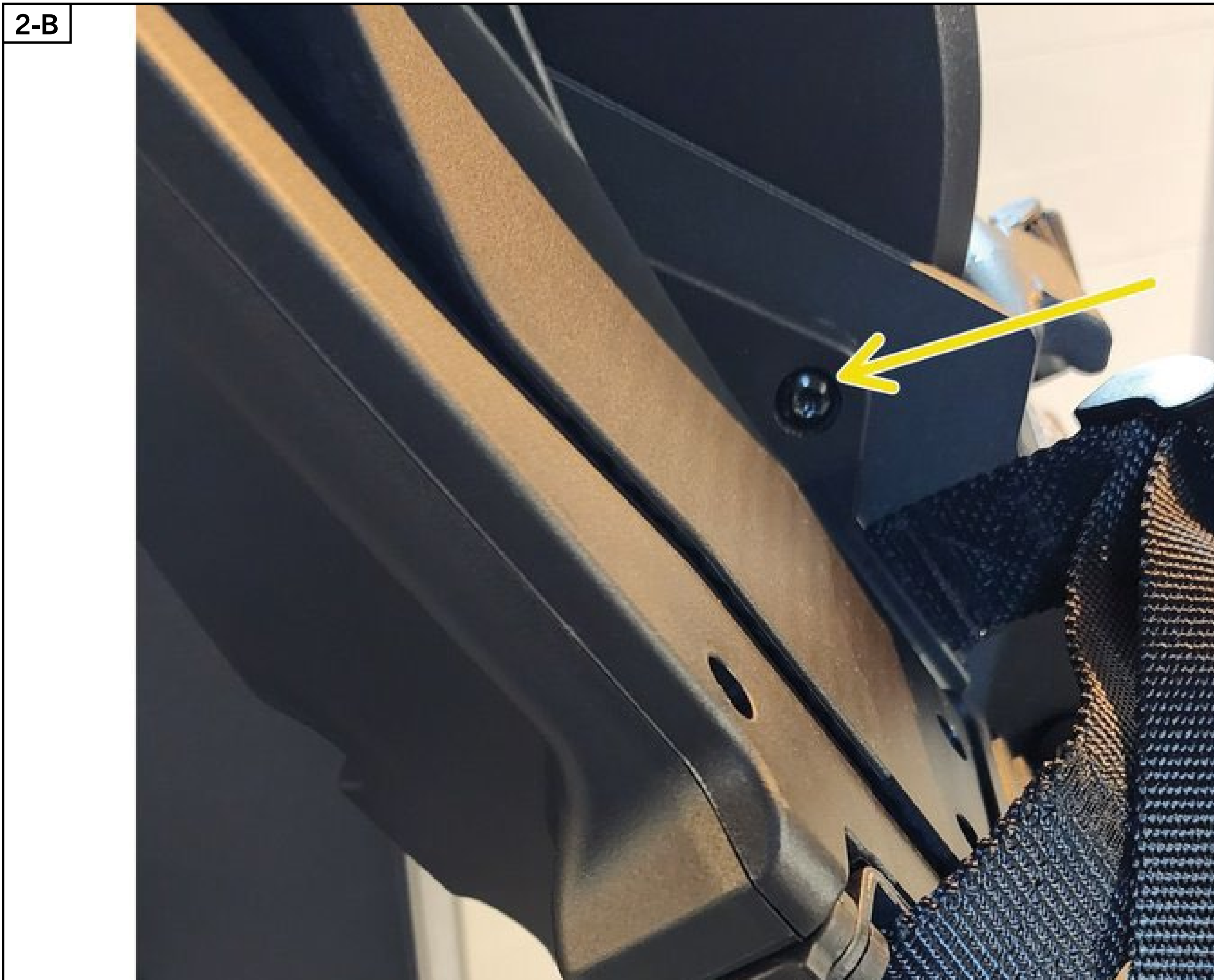
STEP 2

- Using the T27 wrench, remove the two(2) screws on the bottom of the footrest.
- Then remove the screw on the top of the footrest.
- Set the old footrest aside.

2-A



2-B



STEP 3

- Install the screws in the replacement footrest in reverse order.
- Caution: Failure to install all 3 bolts per footrest, securing the footrest to the rower, may lead to damage of the footrest during use.
- Install complete.

3-A

