

ROGUE®

ECHO ROWER

HOW TO REPLACE THE FOOT STRAP



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:

- Philips Screwdriver
- T27 Wrench
- 2.5 Allen Wrench
- 3mm Hex/Allen Key

Parts Required:

- Replacement 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.

1-A



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.

2-A



2-B



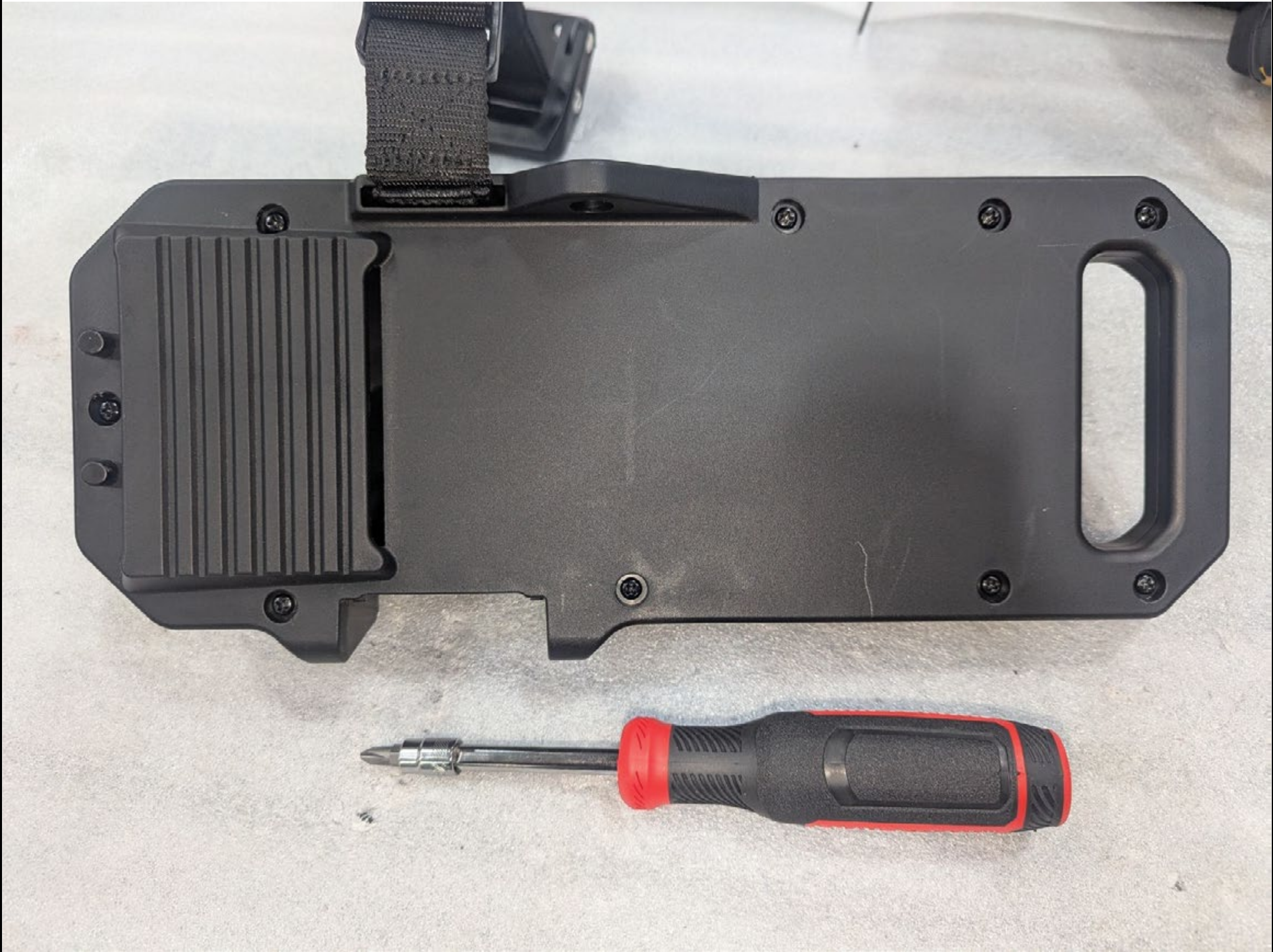
2-C



STEP 3

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

3-A



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.

4-A



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.

6-A



6-B



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.

7-A



7-B



STEP 8

- 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.



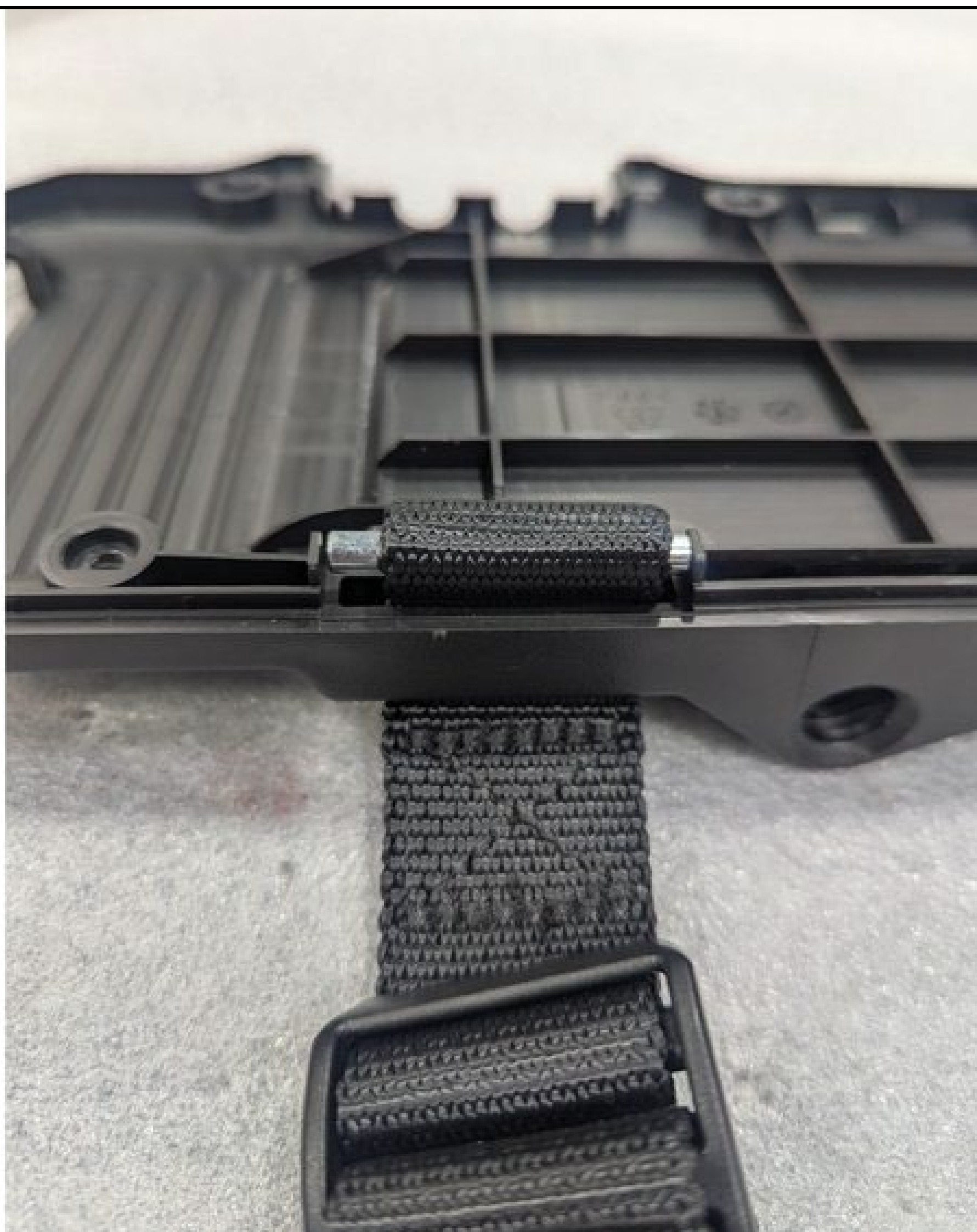
STEP 9

- 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.

9-A

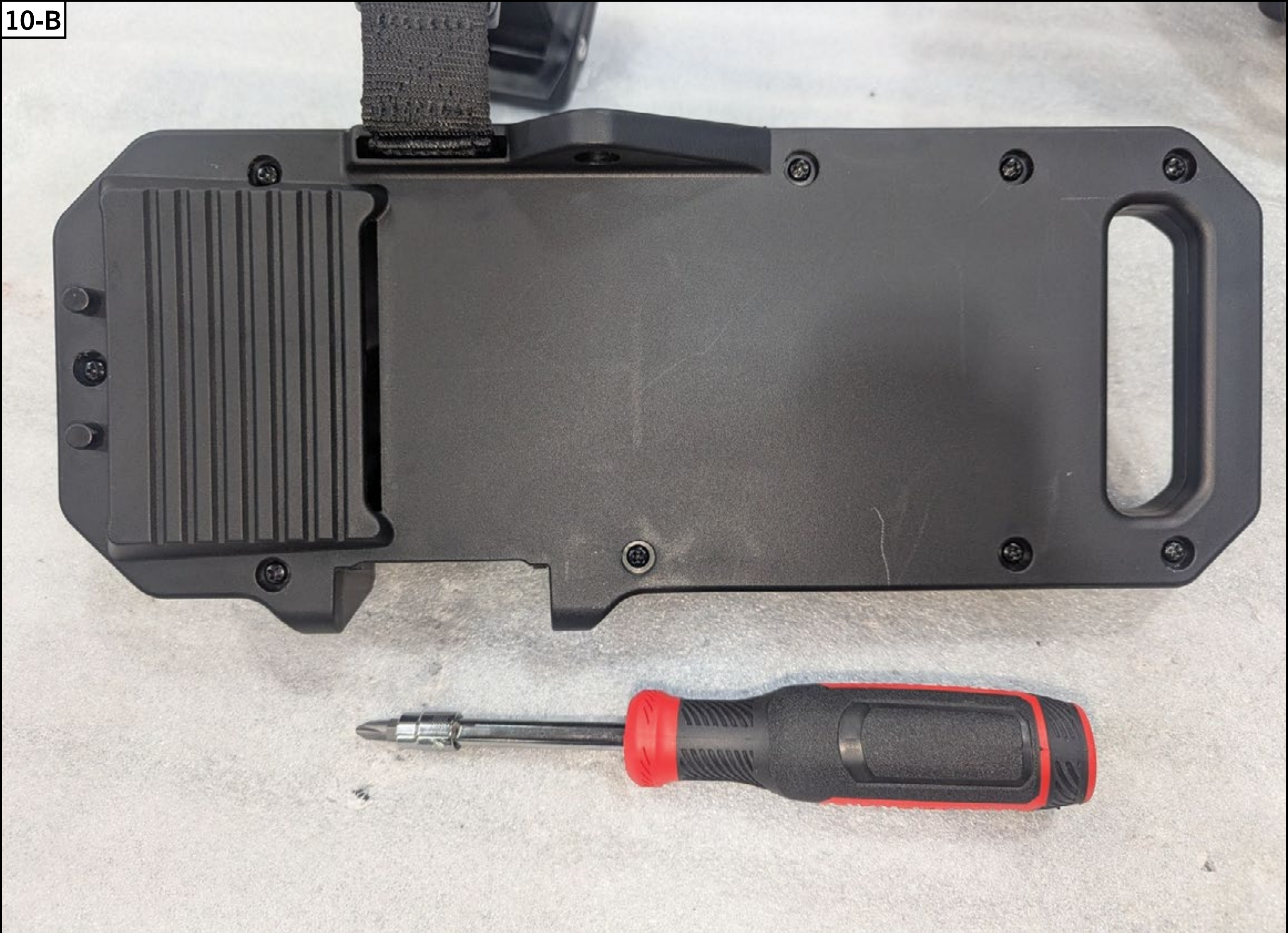


9-B



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.

11-A



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.

12-A

