

Assembly instructions:

RP3 DYNAMIC INDOOR ROWER

Model T

In the package are:

- 1- Rear leg
- 2- Front leg
- 3- Seat
- 4- Foot stretcher with tubes
- 5- RP3
- 6- Plastic bag with tools and bolts/rings etc.

In the long carton:

- 1- Main bar 2 pieces 40*20 *2300 mm

Assembly :

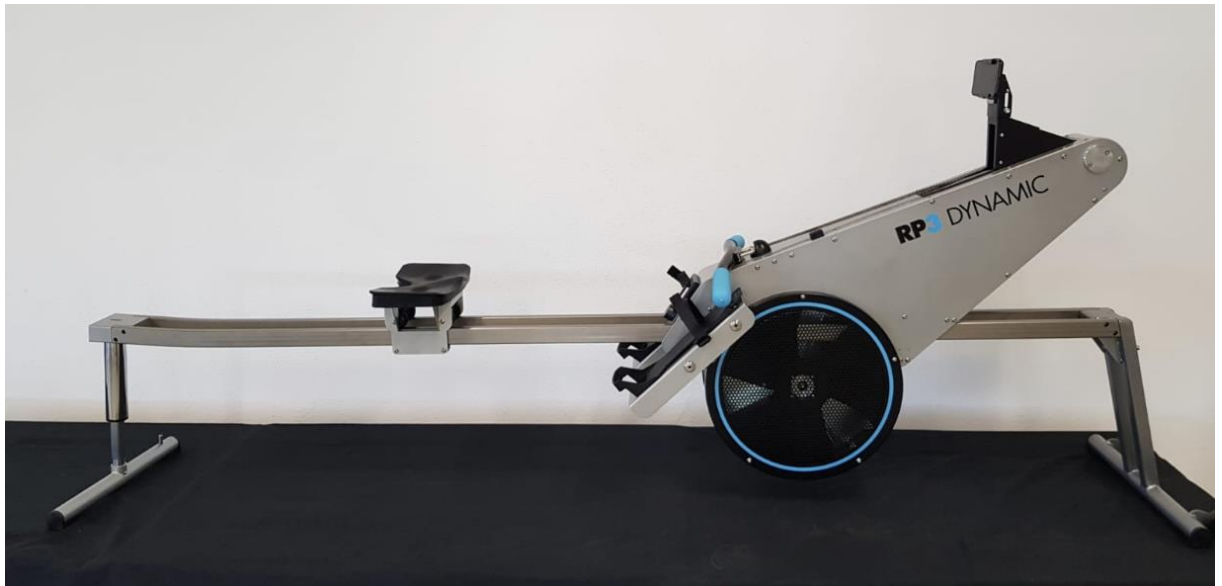
Every machine and main bar have a serial number, is on the carton and on the machine, make sure these are the same before assembly

- 1- First assemble the rear leg, the tube to the cylinder, make sure the holes are inline (picture 1A,B,C,D)
- 2- Assemble the rear leg to the main bars (on the bars is a sticker with 'Rear left' , 'Rear right' and serial Number picture 2A,B,C,D,E)
- 3- Put the Seat on the main bar , make sure it's in the right direction. (Picture 3A,B)
- 4- First remove transport wooden bars (picture 4)
- 5- Place the RP3 on the ground and stick the bars through the machine, please be careful , it; should go easy, no big force needed (Picture 5A,B,C)
- 6- Assemble front leg, two bolts M6 and nuts. (Picture 6A,B)
- 7- Put the foot stretcher to the frame, watch that the loose ends are at the outside (Picture 7A,B,C)
- 8- Level the bar by putting the seat about 30 cm and push the pin on the rear leg to activate the cylinder (picture 8)
- 9- Attach power bank to USB Cable (picture 9 a,b,c)

RP3 Dynamic is ready for use!

Please contact us if you need help.

info@rp3rowing.com



Complete Machine



Picture 1A



picture 1B



Picture 1C



Picture 1D



Picture 2A

Serial number or on carton box

2* Bolts M6 and special nuts



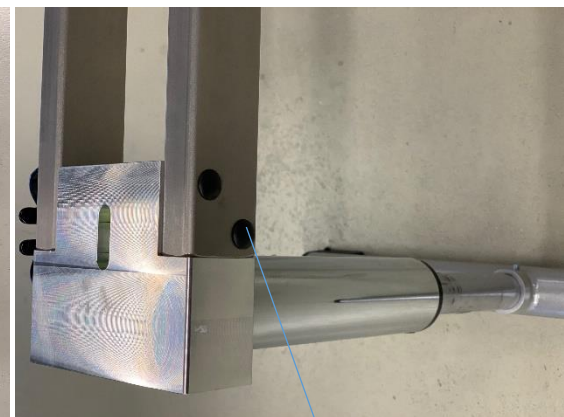
Picture 2B



Picture 2C



Picture 2D



Picture 2E

Plastic coverplugs



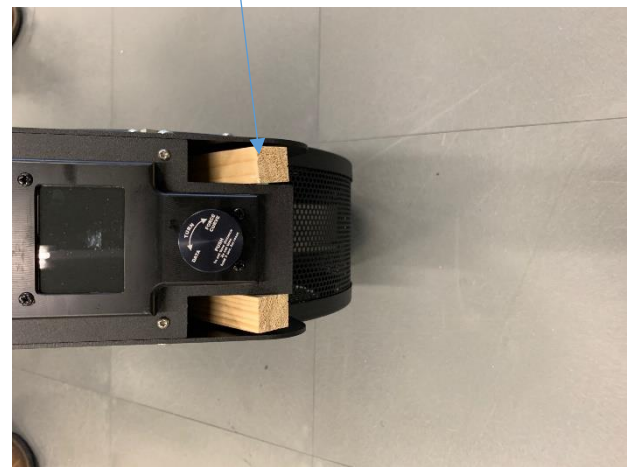
Picture 3A

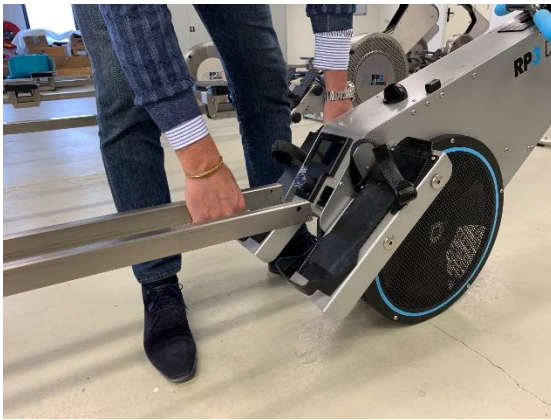


Picture 3B

Picture 4

First remove red screws on both sides and then remove wooden bars

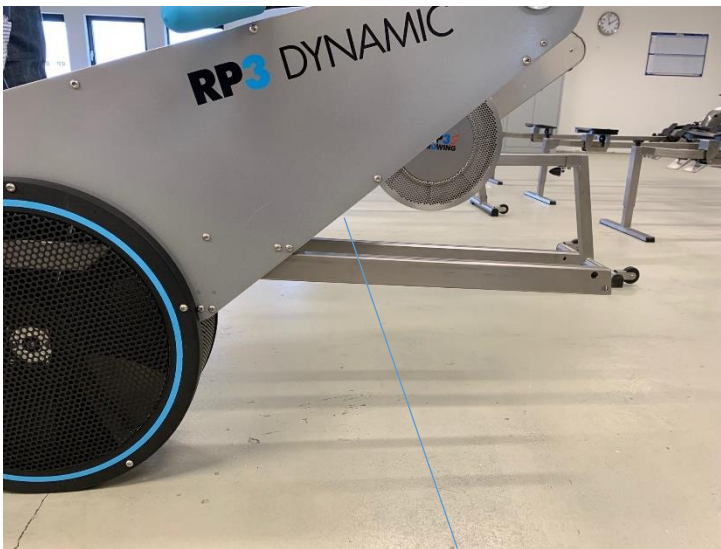




Picture 5A

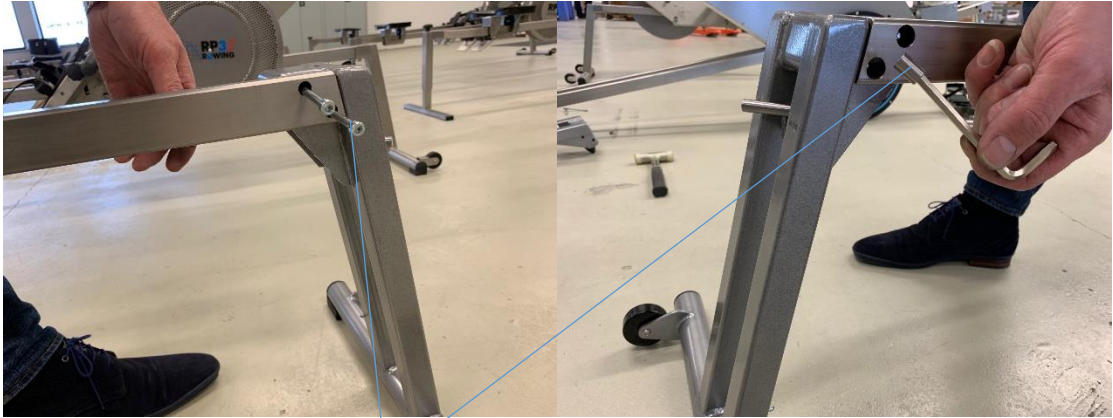


Picture 5B



Picture 5C

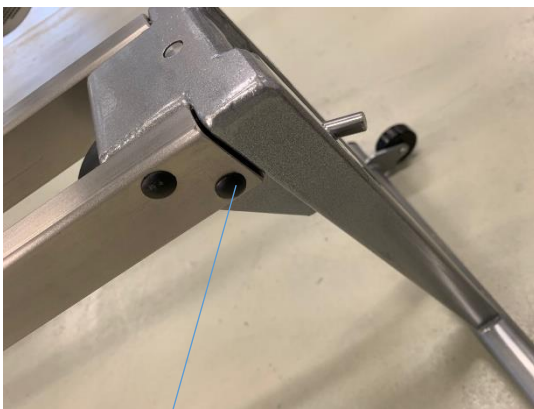
Serial number



Picture 6A

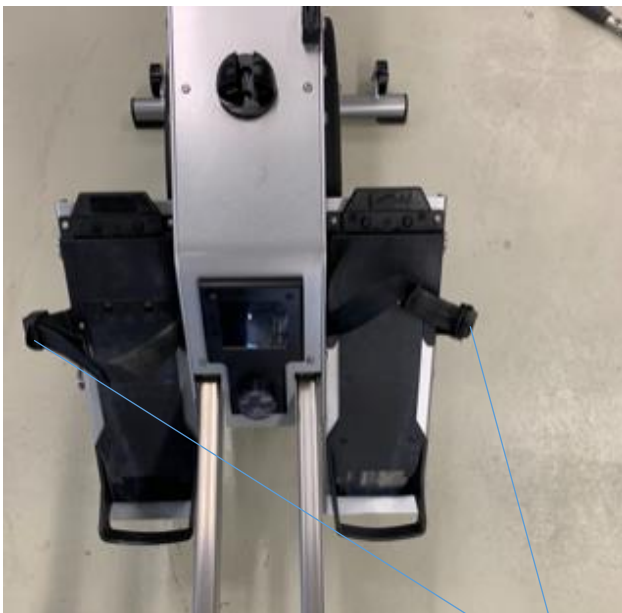
2* Bots M6 and special nuts

Picture 6B



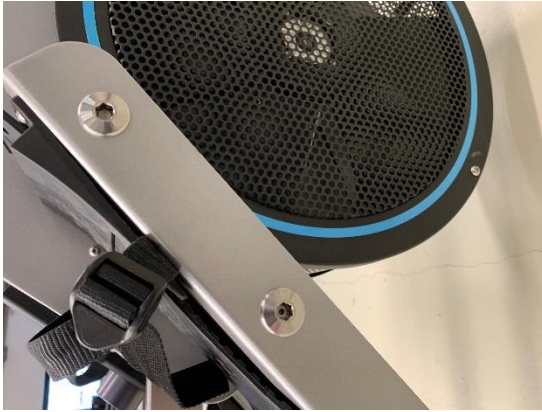
Picture 6C

Plastic coverplugs



Picture 7A

Buckle to the outside



Picture 7B



Picture 7C



Picture 8

Level

Pin to activate cilinder

Picture 9

Use coin to open



Picture 9b

Attach Black USB cable to power bank



Picture 9c

