



ROWING

DYNAMIC INDOOR ROWER

UNPACKING AND ASSEMBLY

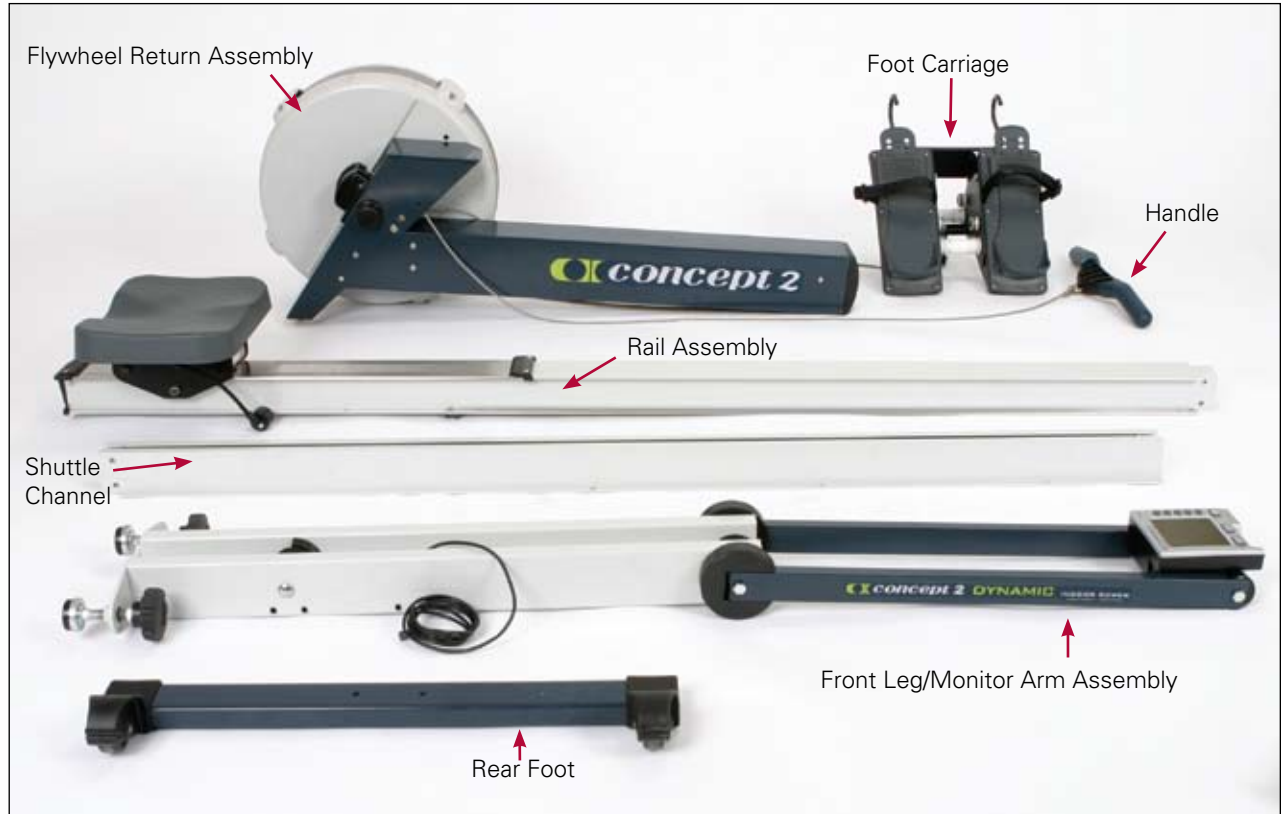


concept 2 DYNAMIC

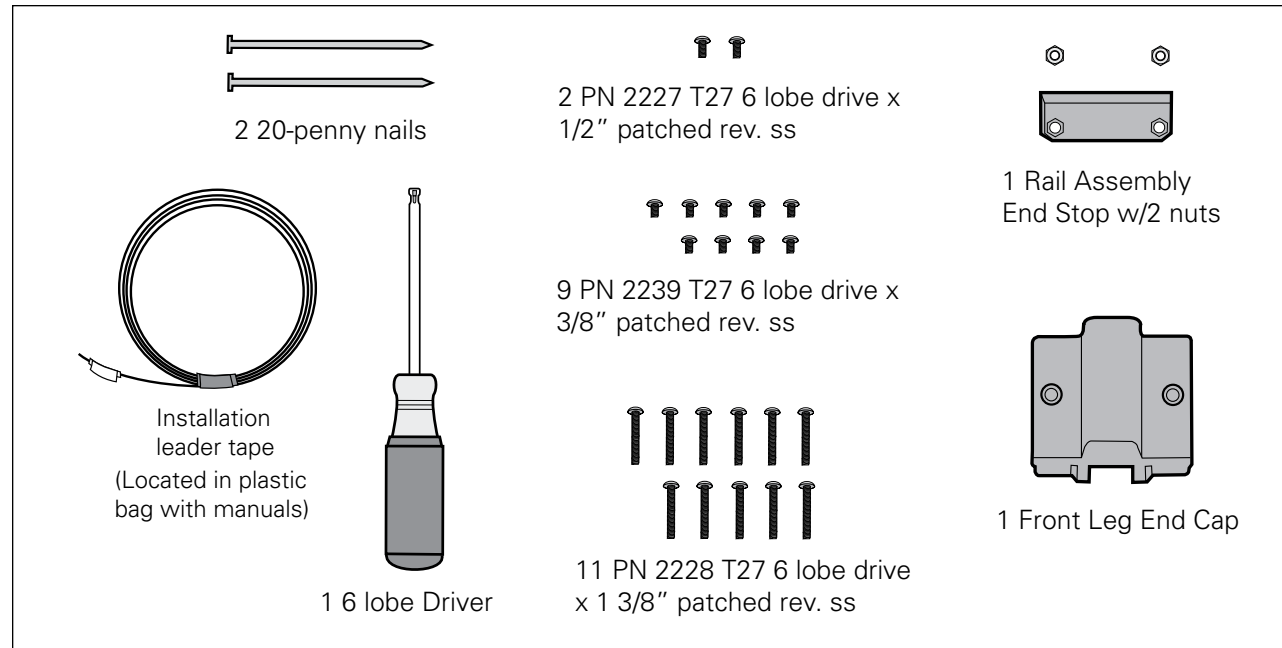
CONCEPT2 DYNAMIC INDOOR ROWER

Assembly Instructions

Step 1. Open the two boxes and remove all the parts. **Lay out the parts as shown below and read through the assembly instructions before beginning assembly.**





Parts for Assembly



Assembly Instructions

Step 2: Attach Rear Foot to Flywheel Box Assembly




(2) 3/8" (.95 cm)  
PN 2239

Be sure that caster wheels point back, as shown in the photo of the assembled Dynamic Indoor Rower on page 8. Install the two screws and tighten snugly. See photo A.

photo A



Step 3: Install Shuttle Channel

(3) 3/8" (.95 cm)   
PN 2239

Position the foot carriage and handle away from the flywheel and on either side of the flywheel return assembly with about equal lengths of the drive cord leading to each part. See photo B.

Note: The drive cord is a single cord that is attached to the handle on one end and the foot carriage on the other end.

photo B

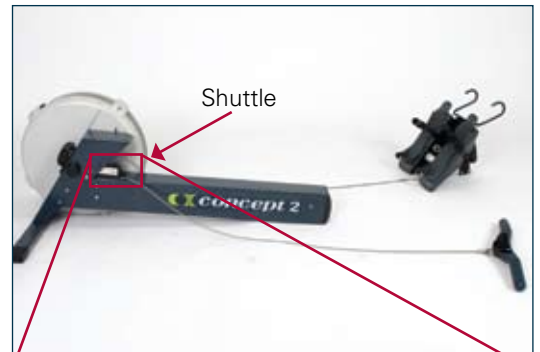
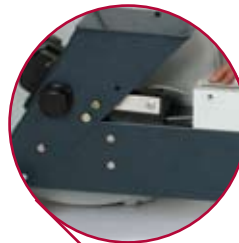


photo C



Important: Pull shuttle down by pulling on drive cord so that the shuttle lies flat on the return mechanism box. The drive cord should be routed around the pulley as shown. See photo C.



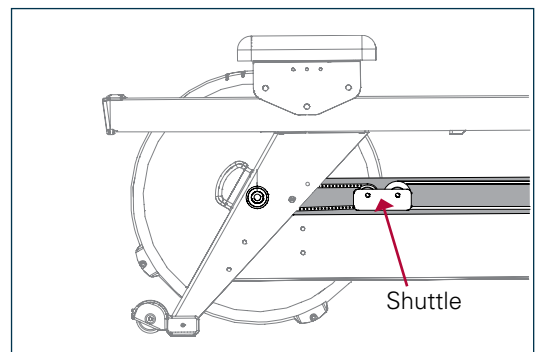
Position the shuttle channel with the slot facing up, and the flange to the flywheel side. The end with four holes in it should be away from the flywheel. Place the outstretched drive cord through the slot into the shuttle channel so that the foot carriage and the handle are on either side of the shuttle channel as shown. See photo D.

photo D



Slide the shuttle channel into the rear leg with the shuttle positioned inside the shuttle channel. See illustration E. Be sure the drive cord going to the handle and foot carriage are not twisted around each other.

photo E



Assembly continued





Start all three 3/8" screws through the flange of the shuttle channel into the corresponding threaded holes in the return mechanism box. Do not fully tighten the screws until all three screws are in place. See photo F.

photo F



Step 4: Attach Rail Assembly to Flywheel Assembly

Note: It will be helpful to have a second person assist with this step.

(4) 3/8" (.95 cm)    
PN 2239

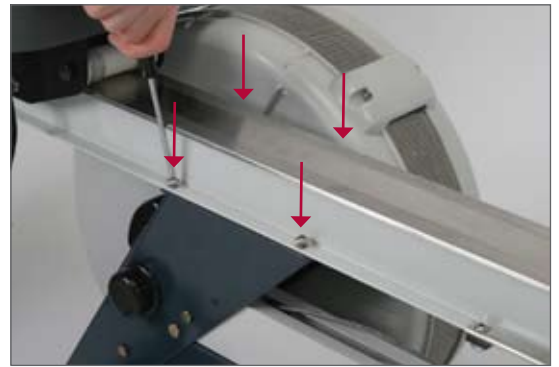
Place the rail assembly as shown in photo G. Lift the front end of the rail assembly up so that the bottom lies flat against the top of the rear leg.

photo G




Start all four screws into the threaded holes. Do not fully tighten the screws until all four screws are in place. See photo H.

photo H



Step 5: Attach Seat Bungee

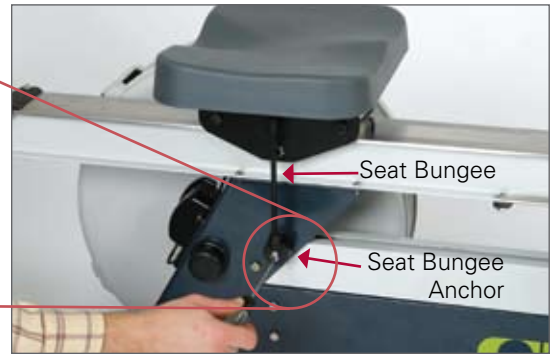
(1) 1 3/8" (3.49 cm) 
PN 2228

Insert the screw through the round seat bungee anchor and into the rear leg. See photo I.

Hint: You will need to put tension on the seat bungee to align the screw with the threaded hole.



photo I



Step 6: Slide Foot Carriage onto Rail Assembly

Slide the foot carriage onto rail assembly as shown in photo J, making sure the drive cord attachment to the foot carriage extends through the slot and into the shuttle channel.



photo J



Assembly continued

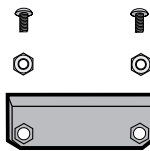
Pull the handle all the way out (away from the flywheel) so that the drive cord is stretched out straight in the shuttle channel. This action will cause the foot carriage to move toward the flywheel. See photo K. Again, be sure the drive cord going to the handle and foot stretcher are not twisted around each other.

Hint: Look into the open end of the shuttle channel to ensure the drive cord is routed properly. The drive cord attached to the handle should lay on the "floor" of the shuttle channel.

Step 7: Install Rail Assembly End Stop

(2) 1/2" (1.27 cm) PN 2227

(1) x Rail Assembly end stop w/2 nuts

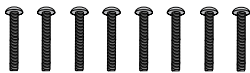


Install the rail assembly end stop on the underside of the rail assembly. Be sure nuts are oriented down toward the floor. See photo L.

Step 8: Attach Front Leg/Monitor Arm Assembly

(8) 1 3/8" (3.49 cm)

PN 2228



Note: You may need a second person to assist you with aligning the holes.

Position the front leg/monitor arm assembly at end of the shuttle channel and rail assembly. Lift the shuttle channel and rail assembly up with one hand and slide them between the two front legs taking care that the handle is extended fully and the drive cord is routed through the underside of the pulley. **Take care not to pinch the drive cord between the pulley guides and the end of the shuttle channel.** See photo M.

Hint: Insert one 20-penny nail through the top fastener hole into the rail assembly and one 20-penny nail through the top fastener hole into the shuttle channel to temporarily align all fastener holes. Note that these nails will be replaced with the screws. See photo N.

Once you have the parts aligned, insert screws but do not fully tighten until all eight screws are in place. Note that you may need to jostle the rail assembly and shuttle channel to get the screws started. See photo O.

photo K



photo L

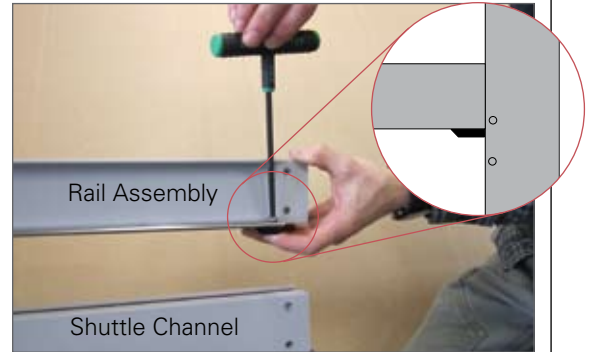


photo M

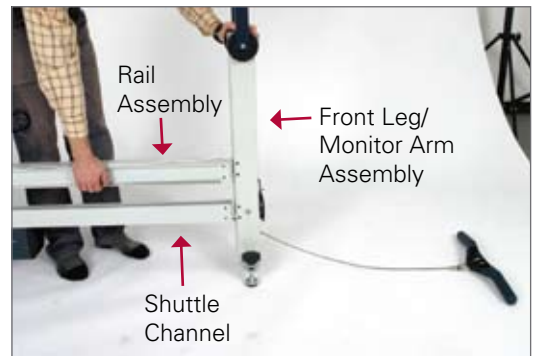


photo N

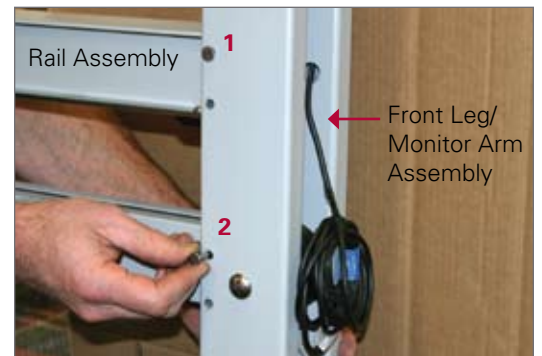


photo O



Assembly continued

Step 9: Install the Generator Cable

Uncoil the black installation leader tape by removing the blue tape. DO NOT remove the white tape on the end.

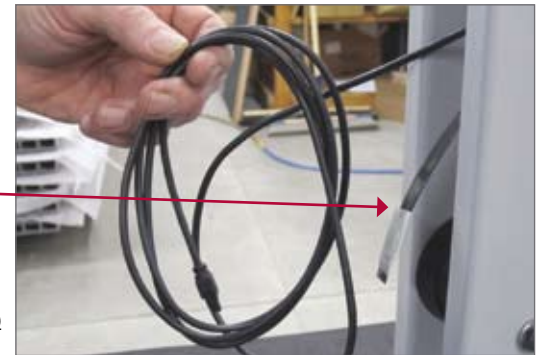
At the back end of the shuttle channel near the flywheel, feed the white-taped end of the black installation leader tape through the hole in the underside of the rail assembly. See photo P.

photo P



Feed it all the way through the rail assembly until it comes out the other end. See photo Q.

photo Q



Partially unwrap the white tape and wrap it around the generator cable plug, covering the plug. See photo R.

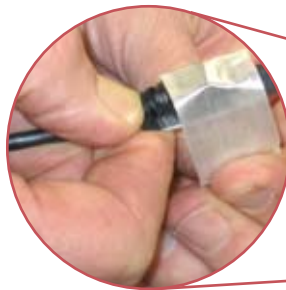
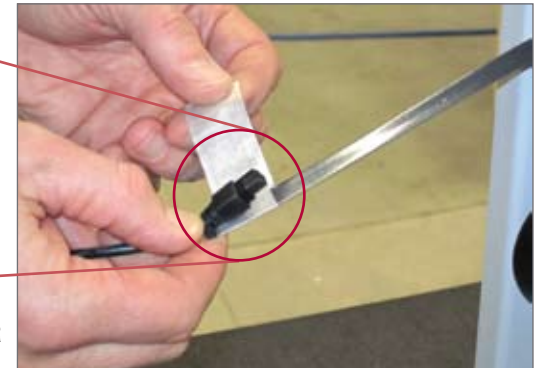


photo R



Pull the black installation leader tape (with the generator cable attached) back through the rail assembly until it comes out the hole in the underside of the rail assembly. See photo S.

photo S



Detach the installation leader tape from the generator cable and plug the generator cable into the black generator on the flywheel. See photo T.

Be careful to position so the retainer clip is as shown in the drawing.

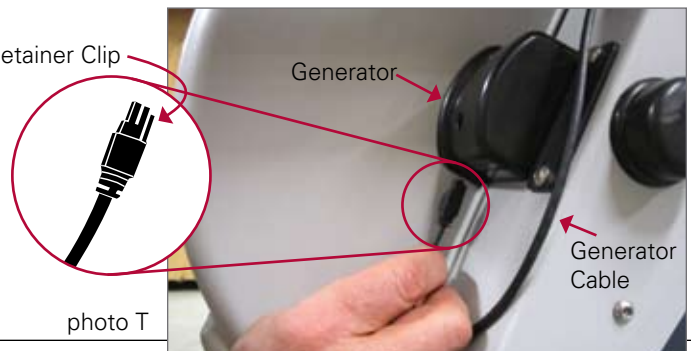
Note: When unplugging the generator cable from generator, a small tool may be required to depress the retainer clip.

Retainer Clip

Generator


Generator Cable

photo T



Assembly continued

Step 10: Install Handle Drive Cord and Front Leg End Cap

(2) 1 3/8" (3.49 cm) 
PN 2228

Run the handle with drive cord around the top pulley.
See photo U.



photo U

Pull the handle toward the foot carriage until it can be placed in the foot carriage handle hook. See photo V.



photo V

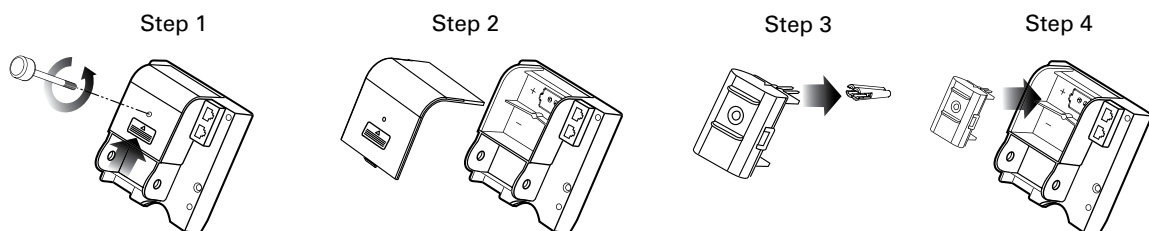
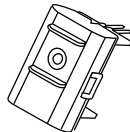
Insert the front leg end cap over open end of front leg, where monitor arm joins the leg. Insert screws all the way until the screw head meets the end cap. Even though the screws will continue to spin, they are as tight as they need to be. See photo W.



photo W

Step 11: FOR PM4 ONLY - Install Rechargeable Battery Pack in the Performance Monitor (PM4)

(1) Rechargeable Battery Pack



Additional Notes

Setting the Level of the Dynamic Indoor Rower

The Dynamic Indoor Rower should be approximately level for the moving components to work properly. Use the front foot leveling screws to fine tune the level as follows:

Have a friend watch you row:

- If the seat tends to stretch the bungee more to the front of the machine than the rear while rowing, raise the front of the Dynamic Indoor Rower by turning both front foot leveling screws clockwise several turns.
- If the seat tends to stretch the bungee more to the rear of the machine than the front while rowing, lower the front of the Dynamic Indoor Rower by turning both front foot leveling screws counter-clockwise several turns.

Handle Return Tension

The design of the Dynamic Indoor Rower has allowed us to reduce the handle return tension significantly compared to our Model D and E. Handle return tension, inherent in erg rowing, is not something we experience in the boat. We therefore view the lower tension that can be achieved with this design as a positive feature. The tension is set low when we ship the Dynamic Indoor Rower and we suggest rowing with it like this for a while before choosing to tightening the bungee if you really want it to feel "more like an erg." See page 16 of the User Manual for directions.

