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Sportrower
Installation Instructions

For Additional Assistance
Call: 516-986-3359

Download Instructions
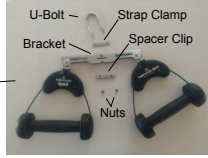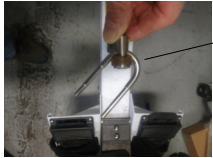at www.trakfitnessllc.com

Concept 2 Rowing Machines

STEP 1: Remove nuts from U-Bolt and remove U-Bolt from Sportrower Bracket

STEP 2: Remove nuts from U-Bolt on existing Concept 2 handle and remove existing handle.
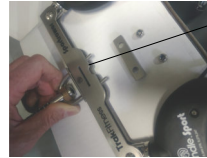
STEP 3: Remove existing U-Bolt from chain bracket on Concept 2 rowing machine.
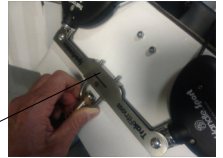
STEP 4: Insert U-Bolt from Sportrower handle thru chain bracket on Concept 2 rowing machine.
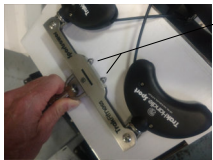
STEP 4: Slide Strap Clamp onto Sportrower U-Bolt. Concave side of clamp must face the threaded ends of the U-Bolt.

STEP 5: Slide Sportrower Bracket onto Sportrower U-Bolt.

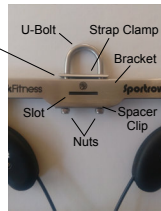STEP 6: Slide Spacer Clip onto Sportrower U-Bolt.

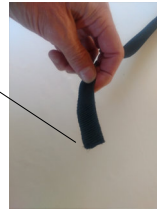STEP 7: Install Nuts on Sportrower U-Bolt and tighten completely with 8mm wrench.
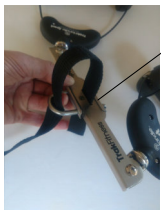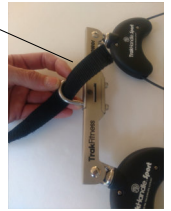
Rowing Machines with Nylon Straps

STEP 1: Loosen Nuts on Sportrower U-Bolt to create space between Strap Clamp and Bracket.

STEP 2: Remove existing handle from nylon strap on rowing machine. If necessary, cut nylon strap with scissors as close as possible to existing handle.

STEP 3: Insert end of nylon strap thru U-Bolt on Sportrower.

STEP 4: Insert end of nylon strap thru Slots on Sportrower Bracket. Do not twist nylon strap.

STEP 5: Insert end of nylon strap between Strap Clamp and Bracket. The end of nylon strap should extend past Strap Clamp by 1/4 to 1/2 inch.

STEP 6: Install nuts onto U-Bolt and tighten completely with 8mm wrench. Nylon strap must be securely fastened by Strap Clip.
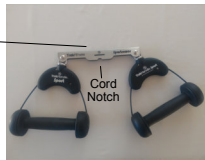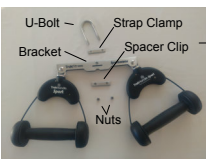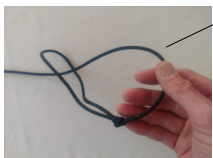
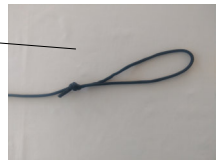STEP 7: Pull nylon strap firmly against Sportrower.

Rowing Machines with Braded Cord

STEP 1: Remove nuts from U-Bolt and remove U-Bolt, Strap Clamp and Spacer Clip from Bracket.

STEP 2: Remove existing handle from cord on rowing machine.

STEP 3: Create a slip knot on cord by pulling the chord through end loop.

STEP 4: Pass slip knot over one handle on Sportrower and onto Bracket.

STEP 5: Position slip knot over over Cord Notch.

STEP 6: Pull cord until slip knot tightens into Cord Notch.