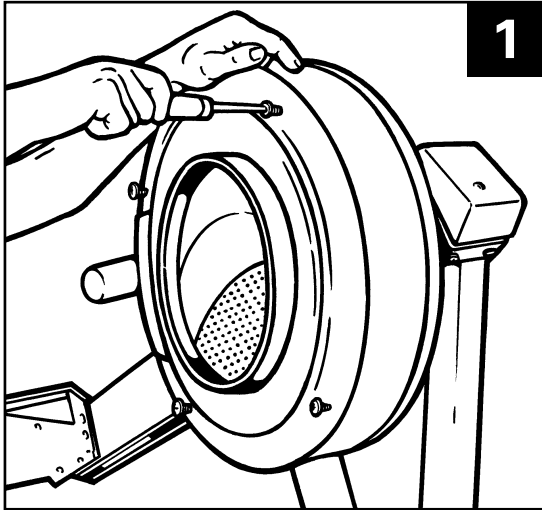


Flywheel Removal

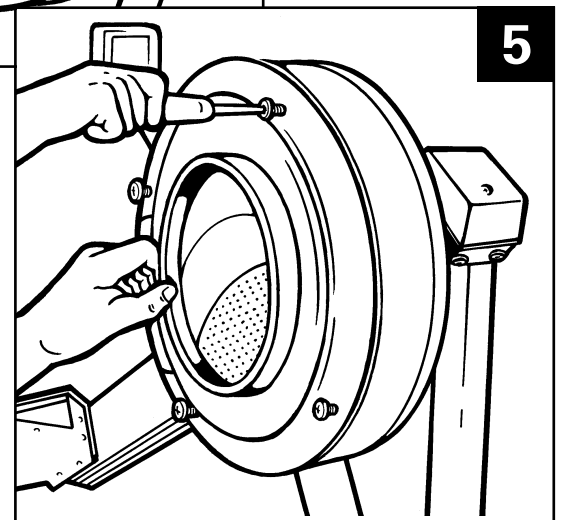
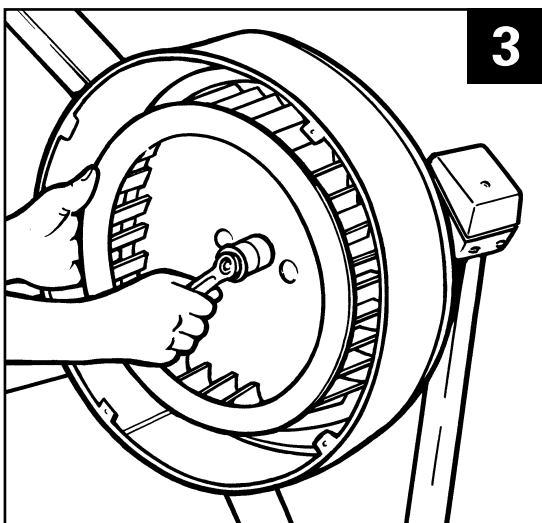
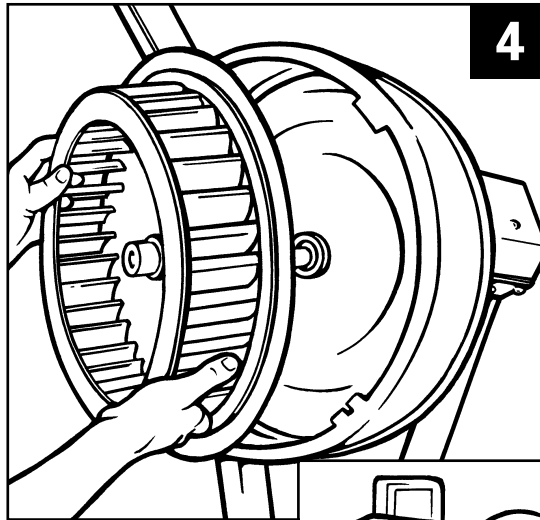
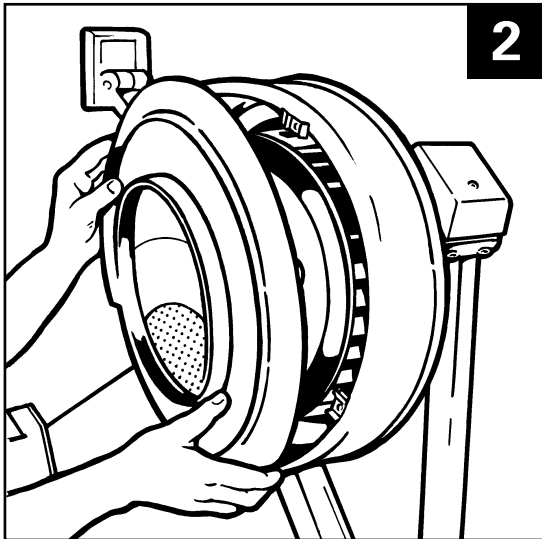


Tools Required:

Phillips head screwdriver

9/16" (14mm) spanner

1. Remove damper panel assembly by removing four Phillips screws.
2. Remove cover by hand.
3. Hold flywheel and turn centre nut anticlockwise using 9/16" (14mm) spanner.
4. Remove by hand.
5. Reverse procedure to refit. To replace the damper panel: while holding the damper panel close to the outlet perf (but not on) locate the four screws into the 'U' hole nuts, then push on the panel and tighten fully.



Note: the Indoor Rower is built to Imperial measurements, however you may have to use the closest Metric tool available in the UK (shown in brackets)