

# INSTALLING THE LINK ON THE DYNAMIC INDOOR ROWER

## Materials Needed

- Dynamic Link
- Brackets
- (2) 9/16" Wrenches
- 6 lobe driver (included with Dynamic Indoor Rower)

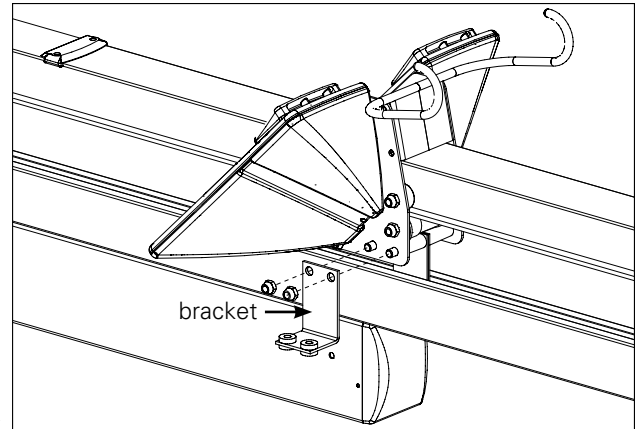
## Procedure Overview

- Install Link brackets on Dynamic Indoor Rowers
- Assemble the Link
- Attach the Link to the Dynamic Indoor Rower

## Procedure

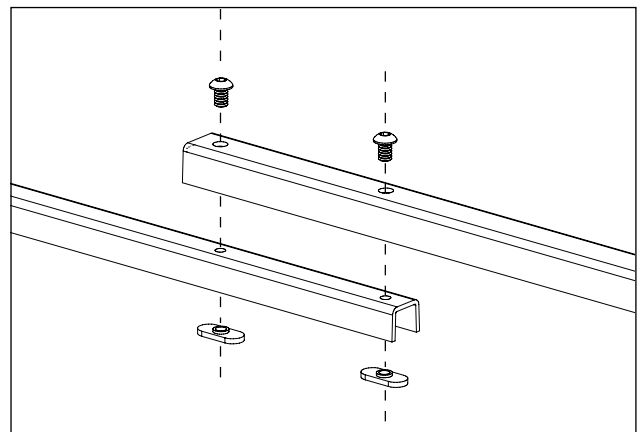
1. On one Dynamic Indoor Rower, remove the two 9/16" nuts from the bolts that are located at the bottom of the foot stretcher plate as shown in image A. Retain these nuts as they will be reinstalled in step 2. These nuts should be located on the right (non-flywheel) side of the Dynamic. If they are on the left side, the bolts they attach to must be reversed. With the nuts off, you can remove the bolts one at a time and insert them from the left (flywheel side). The drive plate will remain in position while you reverse the bolts. **Note:** the Link can only be installed on the right (non-flywheel) side.

Image A



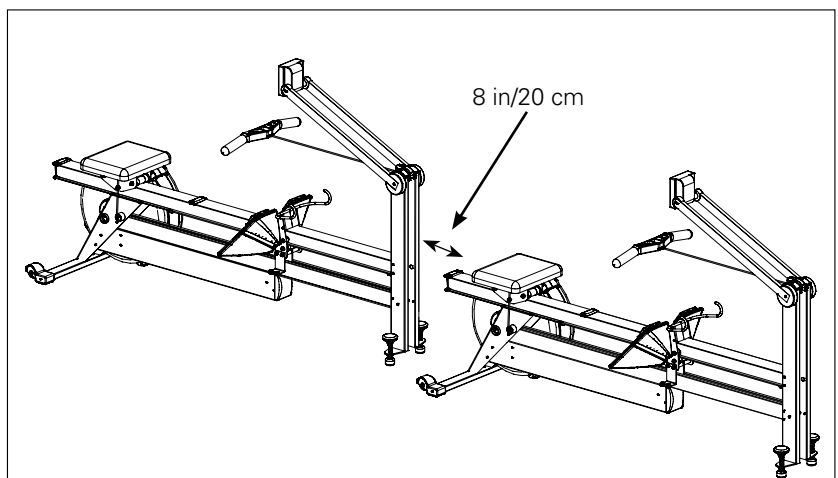
2. Place one of the brackets on the two bolts where shown in image A. Replace the two nuts and tighten firmly.
3. Repeat steps 1 and 2 for the second Dynamic.
4. The Dynamic Link ships in two pieces. Remove the two nuts and screws from the Link and assemble the two halves with the two nuts and screws as shown in image B.

Image B



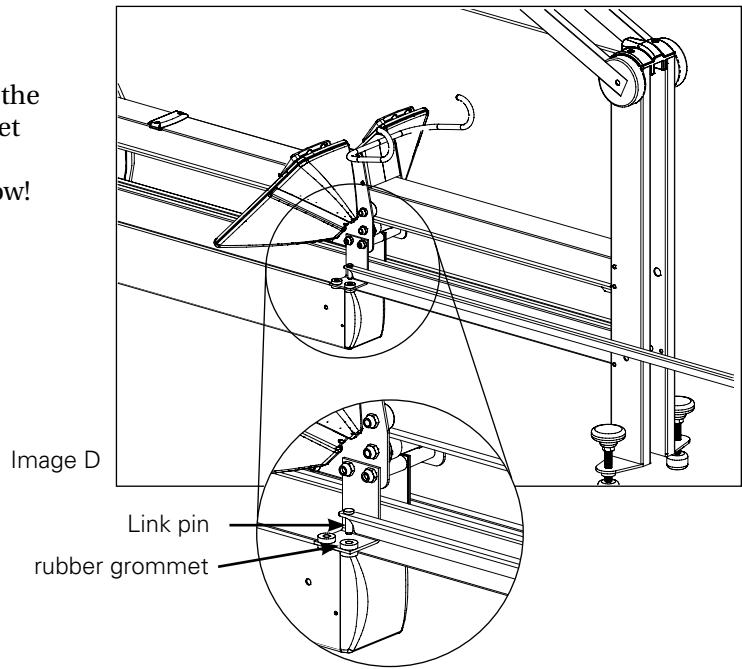
5. Line up the two Dynamics with approximately 8 inches (20 cm) between the front legs of one machine and the end of the monorail of the other machine. See image C. This distance may be adjusted.

Image C



Procedure

6. Insert the Link pin (located on either end of the Link) into the rubber grommet on the bracket on both machines as shown in image D. Your Dynamic Indoor Rowers are ready to row!



7. You may link more than two Dynamics together with an additional Link using the second rubber grommet in the bracket you have attached to the foot carriage.

