



## S4 M1 Assembly Manual

### INTRODUCTION

The WaterRower M1 comes partially assembled in two boxes for protection during transit and for economy of shipment.

Assembling the WaterRower should take about half an hour. The tools you will need have been provided.

We have all experienced the frustrations caused by incomprehensible Assembly Instructions. For this reason we have gone to added effort to make our Instructions as clear and concise as possible. Do not be intimidated by the detail:- it is simply intended to make the assembly process as comfortable as possible for you.

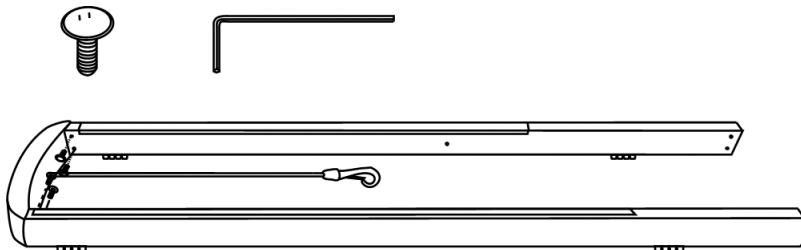
### STEP ONE

Remove the M1 Rails from their box(es) and lay them on the floor. Remove the M1 Rear End Pad Assembly (with Bungee Connected) from the Tank/Component Box. Carefully slide the two M1 Rear End Pad Bracket ends into the M1 Rails. The Metal Legs protruding from the M1 End Cap fit inside the tubular section of the Rails



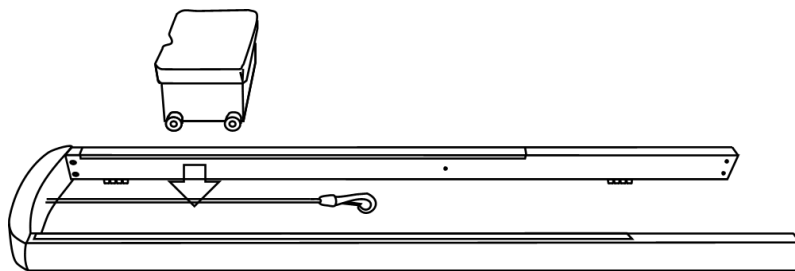
### STEP TWO

Use the Allen Key supplied, four Button Head Cap Screws and Four Washers to fasten the M1 Rear End Pad Assembly to the M1 Rails as shown



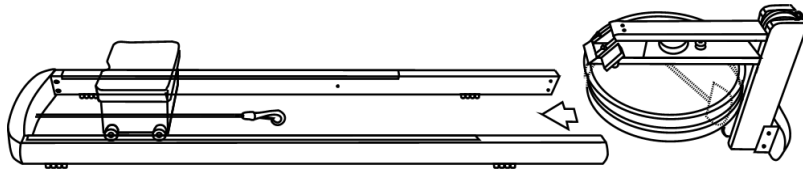
### STEP THREE

Remove the Seat Assembly from the Tank/Component Box and place it on/between the Rails with the indent facing towards the Rear End Pad. The larger vertically mounted Wheels (the Load Wheels) should sit on the Plastic Extrusions on top of the Rail. The smaller horizontal Wheels below the Seat (the Guide Wheels) should sit between the Rails. It may be necessary to separate the Rails slightly to allow the Guide Wheels to fit down between the Rails.



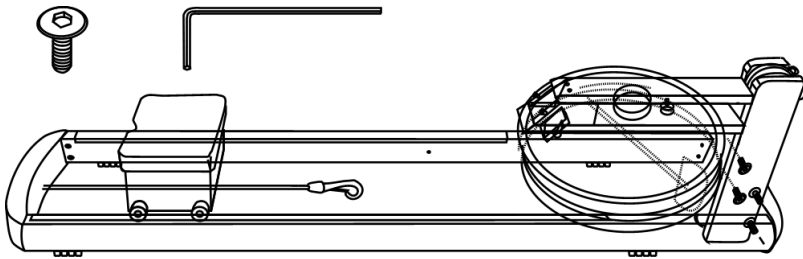
#### STEP FOUR

Remove the M1 Tank Assembly from the Tank/Component Box. Carefully slide the M1 Tank Assembly onto the M1 Rails as shown. The Metal Legs protruding from the M1 End Cap fit inside the tubular section of the Rails, as they did with the M1 Rear End Pad Assembly.



#### STEP FIVE

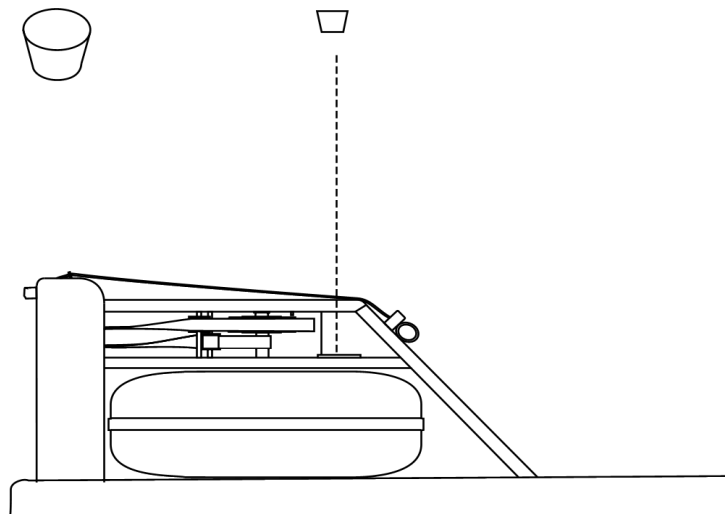
Use the Allen Key supplied, four Button Head Cap Screws and Four Washers to fasten the M1 Rear End Pad Assembly to the M1 Rails as shown, as they did with the M1 Rear End Pad Assembly.



#### STEP SIX

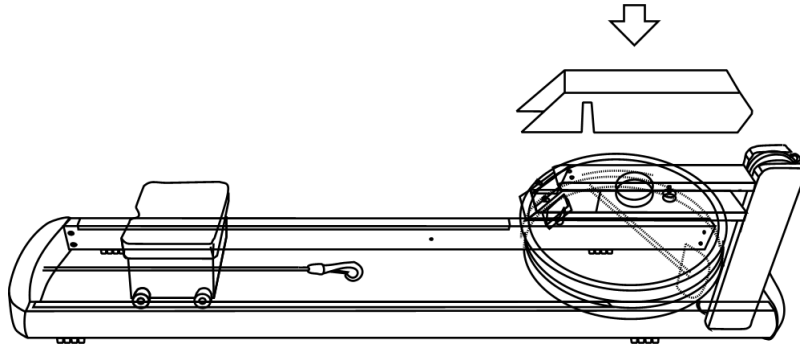
Remove the Syphon Pump from the Tank/Component Box. Use the Syphon Pump (or any other convenient method) to add water to the WaterRower tank. We recommend 18 Litres, as shown by the Level Gauge on the side/bottom of the Tank. Do not overfill. Adding more water to the WaterRower Tank does not necessarily make it harder.

Insert the Stopper (it may be necessary to moisten the Stopper to assist replacement).



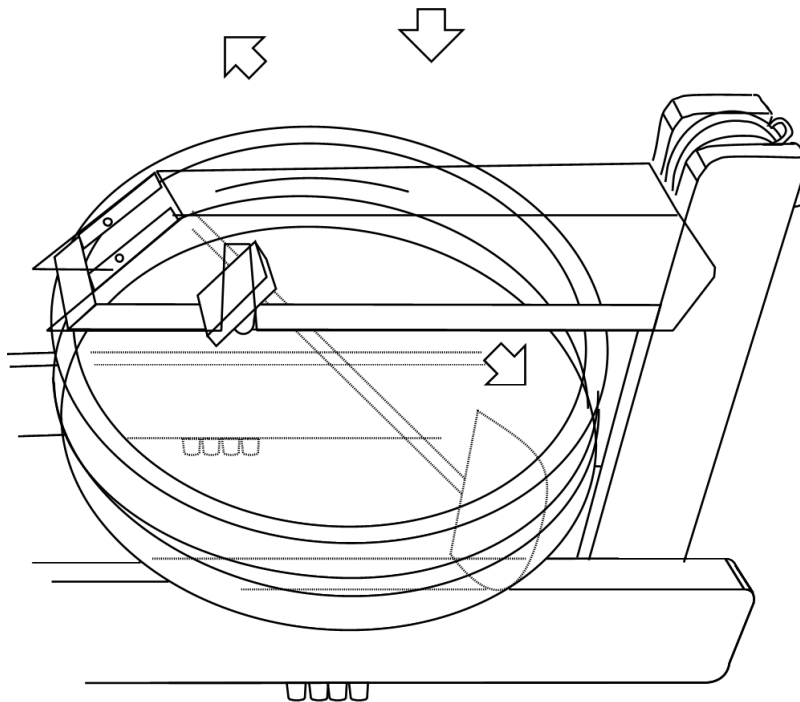
### STEP SEVEN

Remove the M1 Tank Assembly Cover from the Tank/Component Box. Gently place it over the Tank Assembly Clutch and Recoil, as shown.



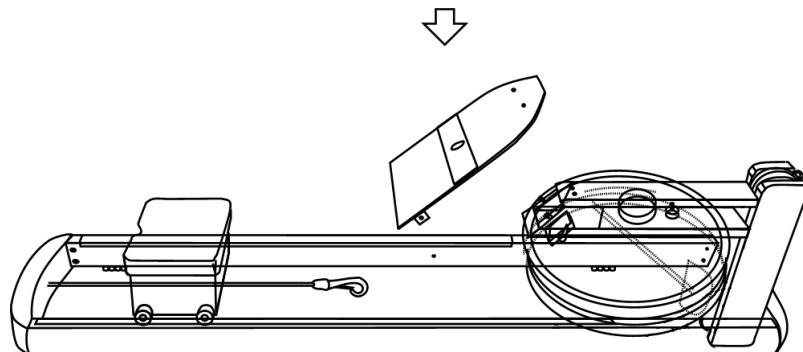
### STEP EIGHT

Gently prise the lower/bottom edge of the M1 Tank Assembly Cover apart and ease it over the Clutch Assembly and Monitor Spigot Tube.



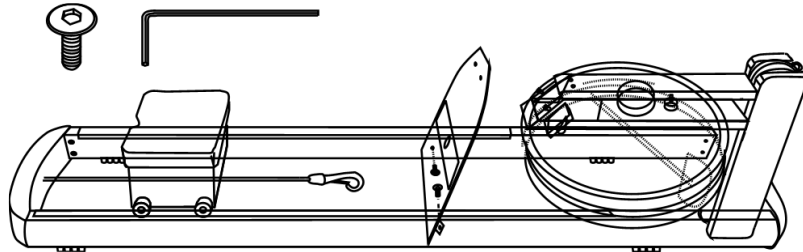
### STEP NINE

Remove the M1 Footboard Assembly from the Tank/Component Box. Carefully slide the M1 Footboard Assembly between the M1 Rails, as shown.



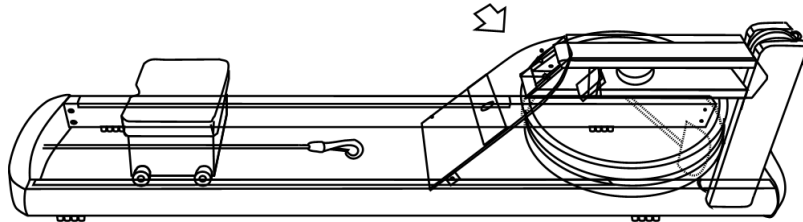
## STEP TEN

Use the Allen Key supplied, two Button Head Cap Screws, two Footboard Spacers and two Washers to fasten the M1 Footboard Assembly to the M1 Rails, as shown. The Spacers should already be mounted to the Footboard. It is important that the Spacers are positioned between Rails and the Footboard.



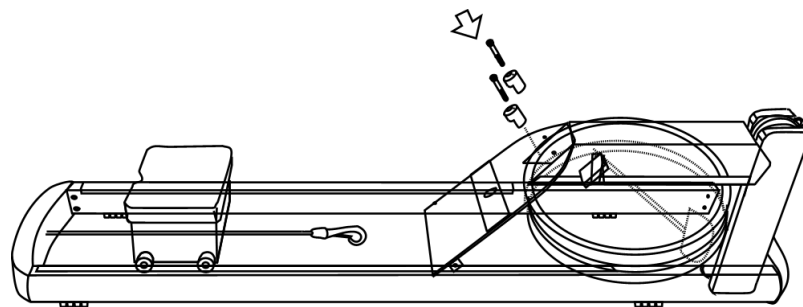
## STEP ELEVEN

Gently revolve the M1 Footboard Assembly toward the M1 Tank Assembly so that the two Handle Rest holes on the M1 Footboard Assembly pass over the two inserts on the M1 Tank Assembly, as shown.



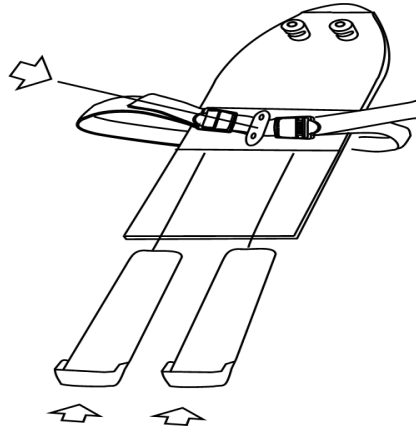
## STEP TWELVE

Use the Allen Key supplied, two Handle Rest Cap Screws and two Handle Rests, fasten the top of the M1 Footboard Assembly to the M1 Tank Assembly, as shown.



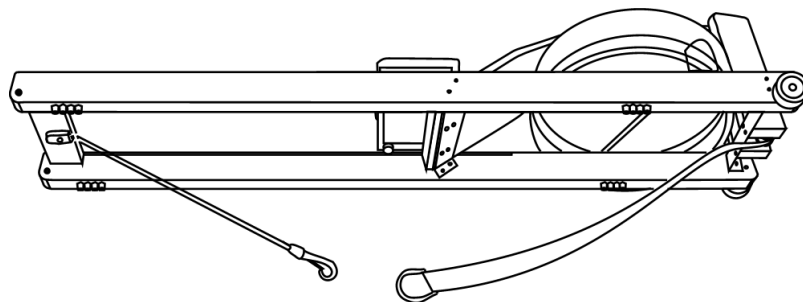
### STEP THIRTEEN

Remove the two Foot Pads from the Tank/Component Box. Press the centre (Elliptical) Foot Pad Release Button in the center of the M1 Footboard Assembly and slide the Foot Pads underneath the Footpad Cover Plate. When you release the Foot Pad Release Button you will hear the Foot Pad Locking Mechanism engage the Foot Pads. Adjust as necessary.



### STEP FOURTEEN

Release the Recoil Belt which is fastened to the End Pad Assembly. Ensure that the Recoil Belt is passing over all Guide Pulleys. Either stand the WaterRower upright or alternatively tip it on its side. Connect the Bungee to the Recoil Strap by hooking the Bungee Hook through the Recoil Belt D-ring.



### STEP FIFTEEN

Make sure your recoil belt is properly tensioned. Your recoil is too tight if the bungee is resisting you at the back of your stroke (furthest from the tank). it is too loose if there is slack during the recovery phase (coming forward toward the tank).

To Adjust:

1. Rest the handle as far forward as possible.
2. Unclip recoil belt from bungee cord.
3. Wrap (to tighten) or unwrap (to loosen) the recoil belt around the recoil bushing (where the belt winds up) by one revolution.
4. Thread recoil belt back along its path.
5. Clip recoil belt to bungee.
6. For fine adjustments, use recoil belt buckle.

Congratulations, your WaterRower is now ready for use.