

# DYNAMIC INDOOR ROWER HANDLE DRIVE CORD REPLACEMENT

Materials Needed	Procedure Overview
<ul style="list-style-type: none"><li>• 7/16" wrench (11mm)</li><li>• Replacement Handle Drive Cord</li></ul>	<ul style="list-style-type: none"><li>• Remove handle drive cord from drive plate hook</li><li>• Remove handle from handle drive cord</li><li>• Install new handle drive cord</li><li>• Reinstall handle</li></ul>

## Procedure

### Step 1: Remove Handle Drive Cord from Drive Plate Hook

Remove the shuttle channel cover and set aside. It will be reinstalled in step 3. Slide the foot carriage to the front leg assembly and remove the handle from the handle hook.

Slide the foot carriage back toward the rear of the machine. Reach inside the slot in the shuttle channel, place two fingers under the drive cord and lift up slightly to create slack. See photo A.

Keeping the drive cord lifted, slowly slide the foot carriage to the front leg assembly again and use the slack to unhook the cord from the drive plate hook. See photo B.

Allow the shuttle to retract until it comes to a stop inside the rear leg. See image C. Push the looped end of the handle drive cord down through the shuttle (between the two pulleys) and then remove the handle drive cord from the shuttle channel by pulling it out from the front of the machine.

### Step 2: Remove Handle from Handle Drive Cord

Using a 7/16" wrench, unscrew the two nuts that hold the handle u-bolt in place. You may need to push the u-bolt further into the handle to access the nuts. See photo D. With the two nuts removed, pull the u-bolt out of the handle and remove the handle from the handle drive cord barrel. Discard old handle drive cord.



photo A



photo B

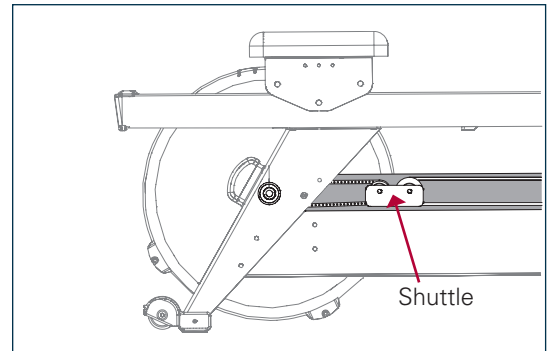


image C

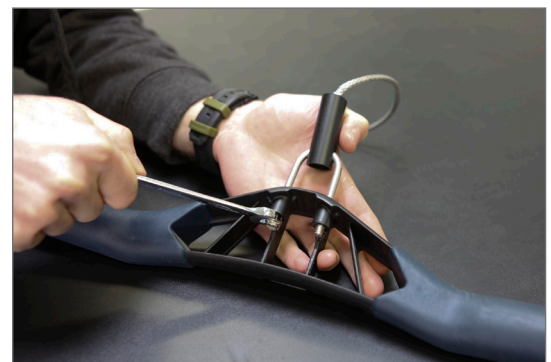


photo D

## Procedure

### Step 3: Install Replacement Handle Drive Cord

Push the looped end of the handle drive cord up through the slot in the bottom of the shuttle channel so that it is directly behind the lower pulley. See photo E. Pull all of the handle drive cord out of the top of the shuttle channel and set it on the floor.

At the opposite end of the machine where the shuttle channel meets the rear leg, reach into the slot in the shuttle channel and grasp the shuttle. Pull the shuttle up through the slot in the shuttle channel so that it is exposed. See photo F.

Push the looped end of the handle drive cord up through the shuttle (between the two pulleys) and over the handle drive cord pulley. See photo G.

Pull the handle drive cord toward the front leg assembly so that all the slack is taken up around the drive cord pulley. See photo H.

Slide the foot carriage all the way to the end of the rail near the front leg assembly. Hook the looped end of the handle drive cord over the exposed tip of the drive plate hook. See photo I.

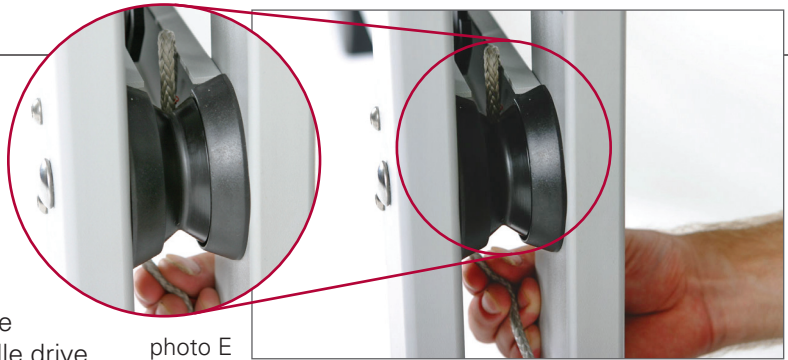


photo E



photo F



photo G



photo H



photo I

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Tuck the handle drive cord down into the slot in the shuttle channel so that the knot of the looped end is inside the shuttle channel and behind the drive plate hook. Pull back on the handle drive cord to ensure that the loop is fully seated at the base of the drive plate hook. Check the knot to ensure it is not rubbing against the top of the shuttle channel. If it is rubbing, remove the loop from the drive plate hook and rotate it so that the tail of the knot is pointing down and away from the top of the shuttle channel. See photo J.



photo J

Reinstall the shuttle channel cover. See photo K.



photo K

Run the drive cord barrel around the top pulley of the front leg assembly. See photo L.

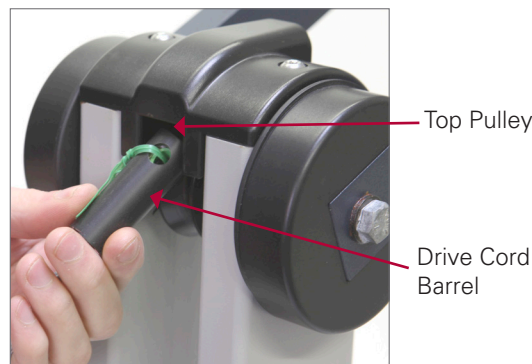


photo L

### Step 4: Reinstall Handle on Replacement Handle Drive Cord

To reinstall the handle on the replacement drive cord, pass the u-bolt through the holes in the black barrel and through the green wear sleeve inside the cord loop. See photo M. Reattach the u-bolt to the handle by reinstalling the two nuts.

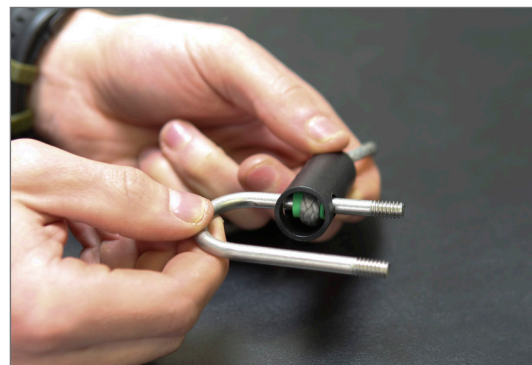


photo M

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



photo N