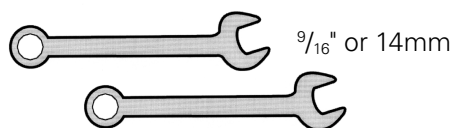


MODEL C FRAMELOCK RETROFIT - INSTALLATION & OPERATION

TOOLS REQUIRED

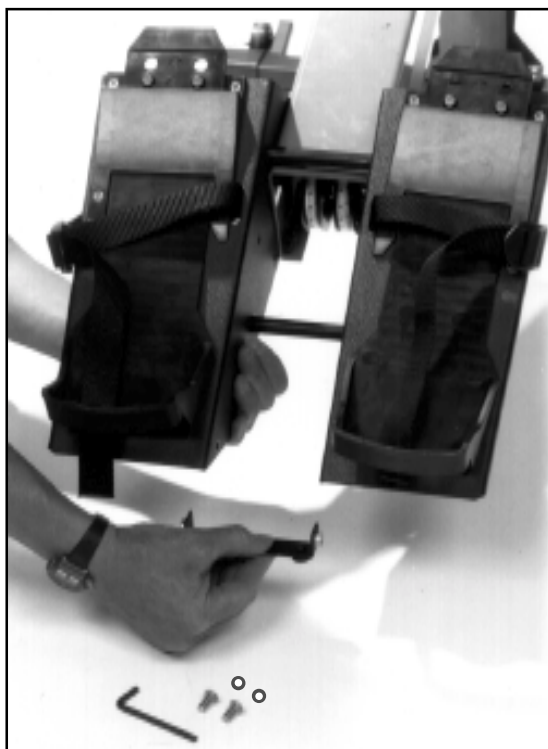


Wrenches will be needed to install new style bottom monorail hanger.

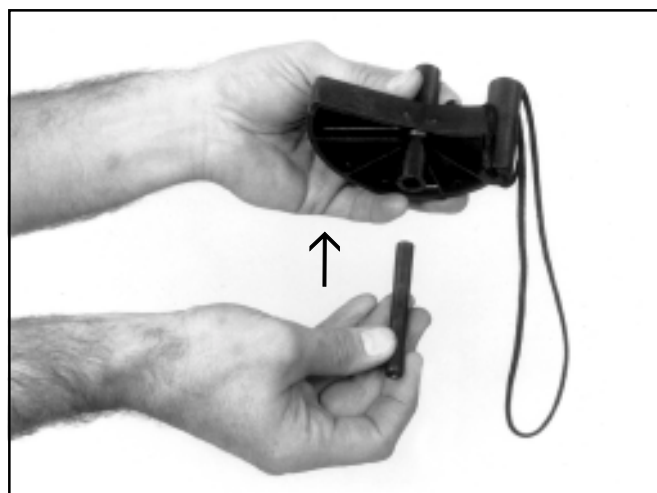
concept 2[®]
ROWING

MORRISVILLE, VT USA

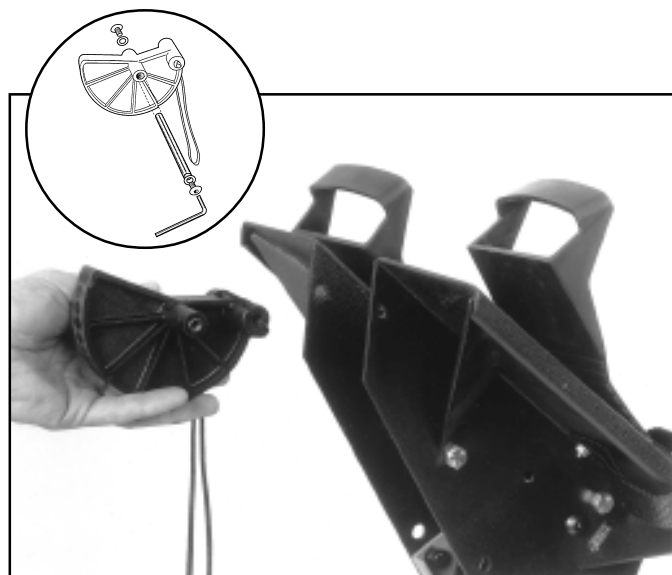
Included in this package:	1 Framelock
	1 Framelock axle
	1 Monorail label
	1 Allen wrench
	1 Monorail hanger
	two (2) 1/4" x 1/2" buttonhead screws
	two (2) 1/4" lock washers



1. Remove tie bar bracket.



2. Insert axle through axle tube in frame lock.



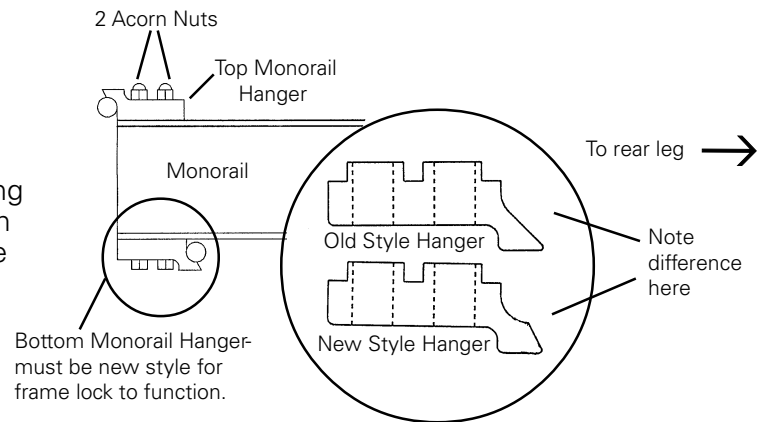
3. Place frame lock between footplates on Indoor Rower. The two footplates may need to be pulled apart slightly for the axle tube to fit. Be sure to line up axle tube to orient frame lock as shown.



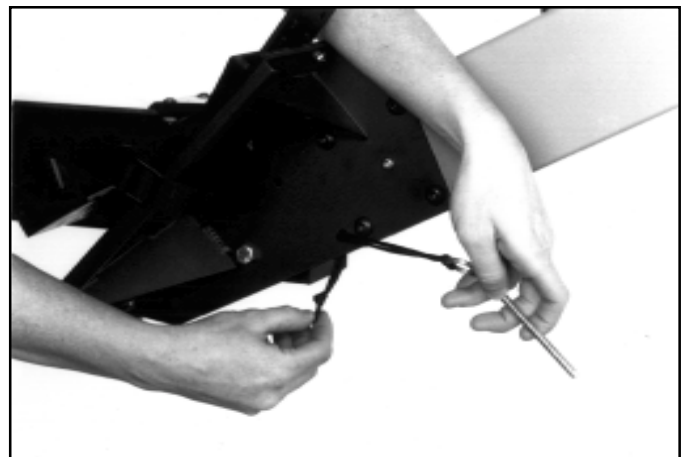
4. Insert a screw and washer into each end of frame lock axle tube, through holes in footplates. Tighten with allen wrench.

5. Check to see if your machine has a new style bottom monorail hanger (see drawing at right). The frame lock will not work correctly if your machine has the old style hanger on the bottom. It is OK if you have the old style hanger on the top. To install the new bottom hanger, use two(2) $\frac{9}{16}$ " wrenches to remove the two acorn nuts and the long bolts holding the hangers in place. Reassemble with the new hanger, noting the proper orientation of the hangers. Tighten nuts firmly.

To install the new bottom hanger, use two(2) $\frac{9}{16}$ " wrenches to remove the two acorn nuts and the long bolts holding the hangers in place. Reassemble with the new hanger, noting the proper orientation of the hangers. Tighten nuts firmly.



6. Adhere label to front of monorail.

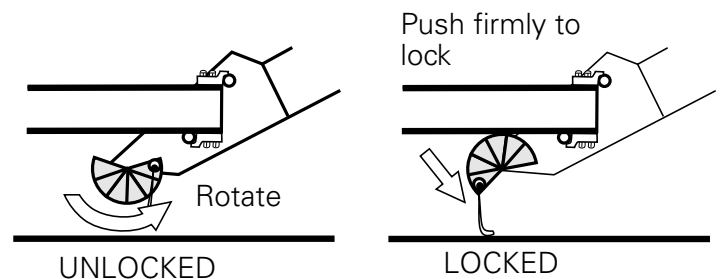


7. Remove safety pin and cord.



8. To lock, rotate and push down firmly.

Step 8. Rotate the framelock around and push it into the locked position.



IMPORTANT SAFETY NOTES:

- Always have the framelock in the locked position when the flywheel and monorail sections are connected. Failure to do so may result in injury if the unit is lifted or moved.
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the framelock.