

PM3 Monitor Disassembly/Reassembly Instructions

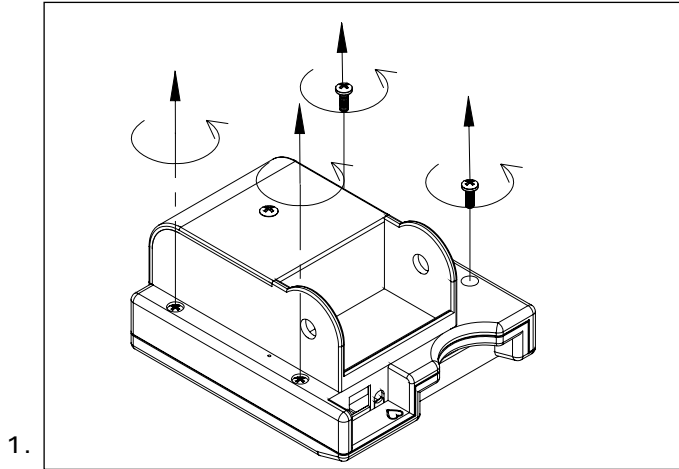
0612

TOOLS REQUIRED: #0 or #1 Phillips head screwdriver
9/16" wrench

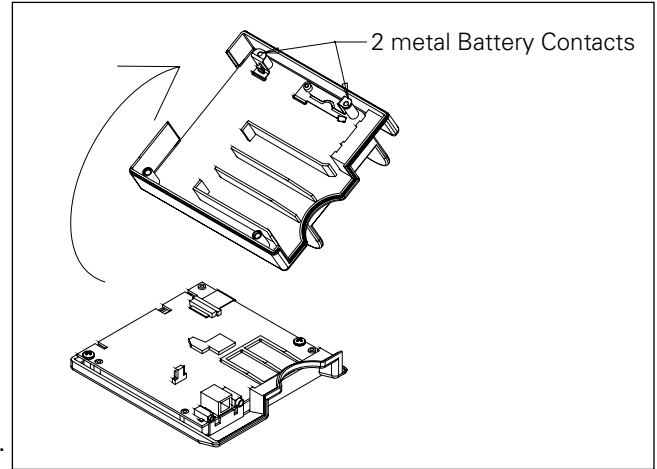
NOTE: Handle all components very carefully.



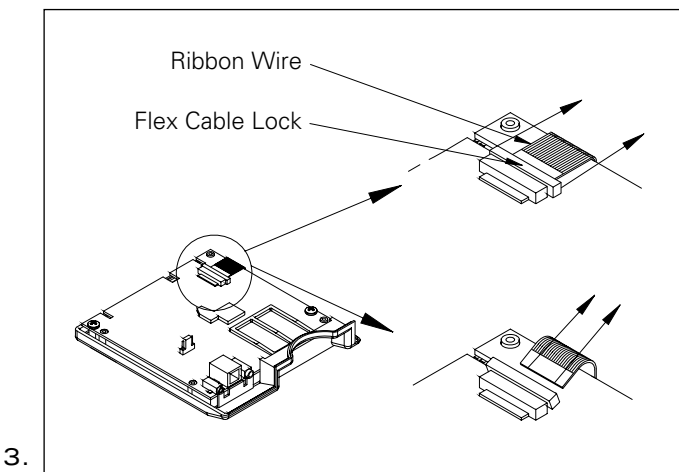
MORRISVILLE, VERMONT USA



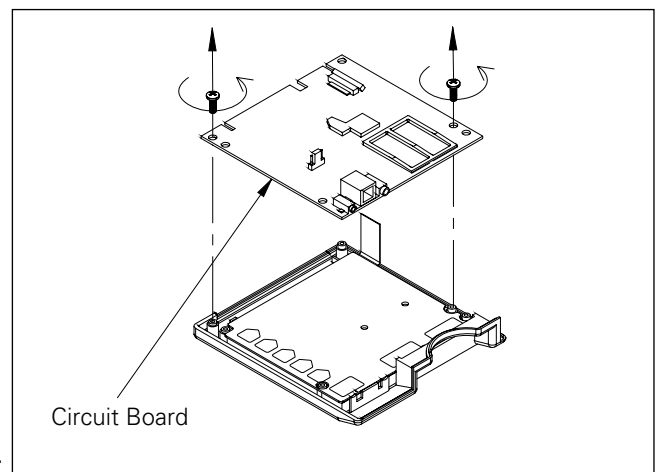
Unplug all wires and remove the PM3 from the indoor rower. Loosen the four PM3 case screws. Do not remove the two left screws



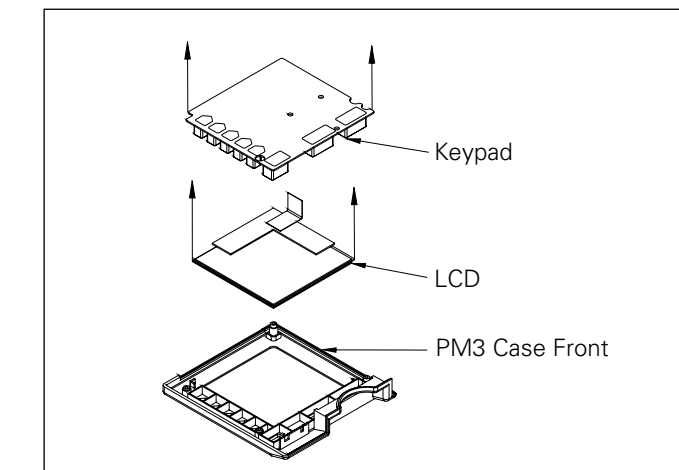
Remove case back. Note the position of the two metal battery contacts.



Detach flex cable from socket:
1. Pull to the right and lift up on the flex cable lock.
2. Pull flex cable out.



Remove the two Phillips head circuit board screws and remove the circuit board.



Remove rubber keypad and LCD from the PM3 case front.

6. Reassemble in reverse order of disassembly.

IMPORTANT TIPS:

- Carefully position the LCD and keypad in the PM3 case front.
- Use the two holes marked with arrows for the two circuit board screws. Tighten the two screws evenly and firmly.
- Be sure the flex cable is fully inserted in the socket before pushing down and to the left to close the flex cable lock.
- Be sure the metal battery contacts are positioned correctly and that the two assembly screws go through them.
- The four case screws should be tightened firmly (4-6 in. lbs), but not stripped out.
- You will be prompted by the PM3 to reset the language, date, and time. Note that internal workout memory will be lost.
- If you have replaced the LCD, you may want to adjust the LCD contrast setting located at MAIN MENU > MORE > UTILITIES > SET CONTRAST.