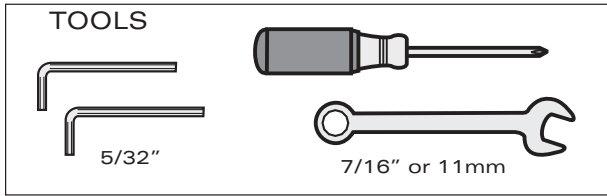
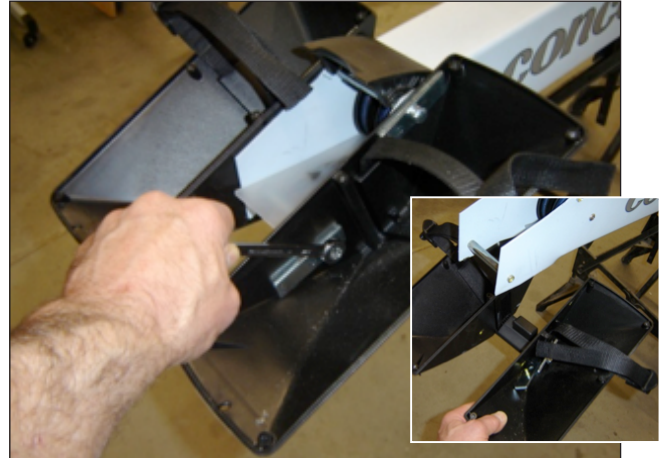


# REPLACING THE MOUSE ON THE INDOOR ROWER

0409



1. Remove the footplate covers by taking out the 12 philips head screws.



2 & 3. Remove the footplate bellies by taking out the 4 7/16" hex screws and plates.



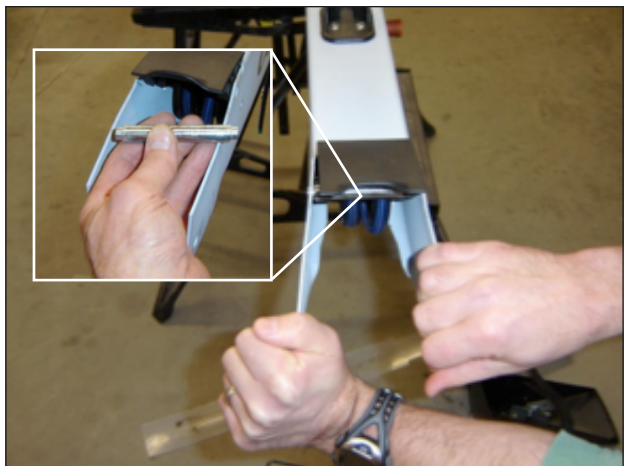
4. Detach the two shock cord SCAMS to relieve bungee tension.



5. Remove the two shock cord axle button head fasteners.



6. Spread the frame to remove the lower hanger axle.



7. Spread the frame to remove the upper hanger axle. Use equal pressure on both sides.

## REPLACING THE MOUSE ON THE INDOOR ROWER



8. Pull out the mouse, shock cord pulleys and axle.



9. Remove axle from pulleys and mouse.  
Remove mouse.

Reassemble with new mouse following disassembly procedure in reverse.