

# RP3 DYNAMIC

## RP3 Model T Assembly Instructions

This guide contains instructions for the assembly of your new RP3 Model T. The Model T is delivered in two boxes, one containing the bar and one containing the flywheel assembly, legs, seat, and tools. The machine should take roughly 30 minutes to fully assemble. The RP3 Model T requires a space of at least 2.5 x 1.2 metres to use safely.

Check out this video for more information on assembly: [RP3 Dynamic || Model T Unboxing - YouTube](#)



## Parts list

### Box 1:

- Seat
- Front leg
- Footplate rods
- Footplates (L+R)
- Flywheel assembly
- Rear leg
- Rear leg foot
- Toolset including:
  - 4 x bolts
  - 4 x nuts
  - Allen keys
  - RP3 spanner
  - Connection cables

### Box 2:

- Main bar

## Assembly Instructions

1. Firstly, assemble the rear leg by attaching the leg cylinder to the foot.



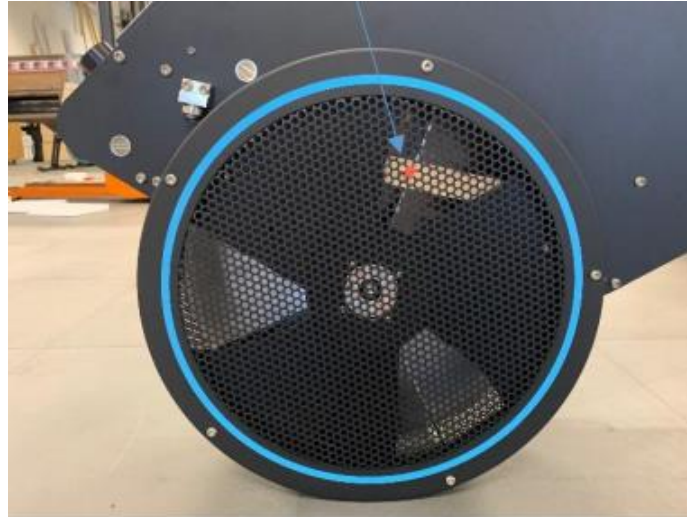
2. Attach the rear leg to the rear end of the bars using 2x bolts and nuts which sit inside the bar. The rear ends of the bars are labelled and have a slight bend about 50cm from the end to keep you in place while rowing. The insides of the rear bars have smaller holes and the nuts only fit in one side. The plastic cover plugs fit over the head of the bolt in the hole in the bar.



3. Slide the seat onto the bars. Note: the seat only slides on from the front of the bars, ensure you have it the right way round.



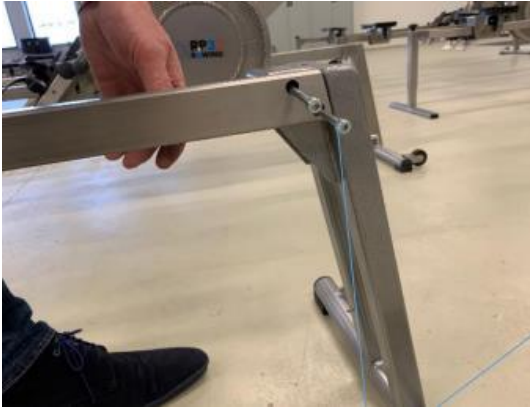
4. Remove the screws that sit in the sides of the flywheel covers that secure the transport wooden blocks and remove the blocks. Use the RP3 spanner provided. There is one on each side.



5. Carefully slide the flywheel assembly fully onto the bars so the bar comes out the back of the machine and the machine can slide freely on the bar. Ensure the bars are carefully aligned and the machine should slide on easily, avoid using too much force. The machine can be rested on the floor to do this.



6. Attach the front leg to the bar using the remaining two bolts and nuts to fully suspend the machine. This can be made easier if you have someone else to hold the bars up for you. Insert the black plastic plugs over the boltheads as before.



7. Attach the footplates to the machine by sliding the two rods through the footplates and the main machine assembly. Secure the rods with the stainless steel end bolts. The footplates are attached with the strap buckle on the outsides.



Buckle to the outside

8. Add your tablet to the monitor mount and connect to the machine via Bluetooth or the cable provided. Check out the usage guide or software guide for more information on connecting to your machine and how to get the most out of the rowing software.
9. Finally, use the pin or button on the rear leg to adjust the height of the leg and level the bar (it works like a desk chair). Your machine is now ready to use.