

RP3 DYNAMIC

RP3 Model S Assembly Instructions

This guide contains instructions for the assembly of your new RP3 Model S. The Model S 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 S requires a space of at least 2.5 x 1.2 metres to use safely.



Parts list

Box 1:

- Upper layer:
 - Seat
 - Front leg
 - Footplate rods
 - One footplate with black plastic foot holder
- Lower layer
 - Flywheel assembly
 - One footplate with black plastic foot holder
 - Rear leg
- Toolset
 - 4 x bolts
 - 4 x split washers
 - 1 x Rubber bumper
 - 3 x Allen keys
 - 1 x RP3 spanner
 - Connection cables

Box 2:

- Main bar

Assembly Instructions

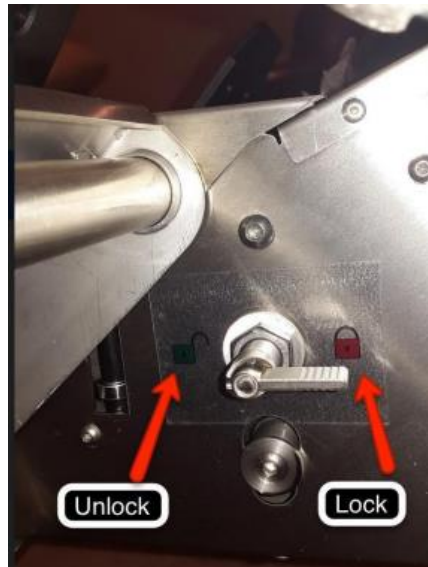
1. Firstly, unpack all parts from both boxes and lay them out.
2. Attach the rear leg to the rear end of the bar using 2xbolts and split washers provided in the toolset. The rear leg has a black knob on the top to adjust the leg height and the rear of the bar is labelled and has a slight bend roughly 50cm from the end to keep you in place while rowing.



3. Slide the seat onto the bar. Note: the seat only slides on from the front of the bar.



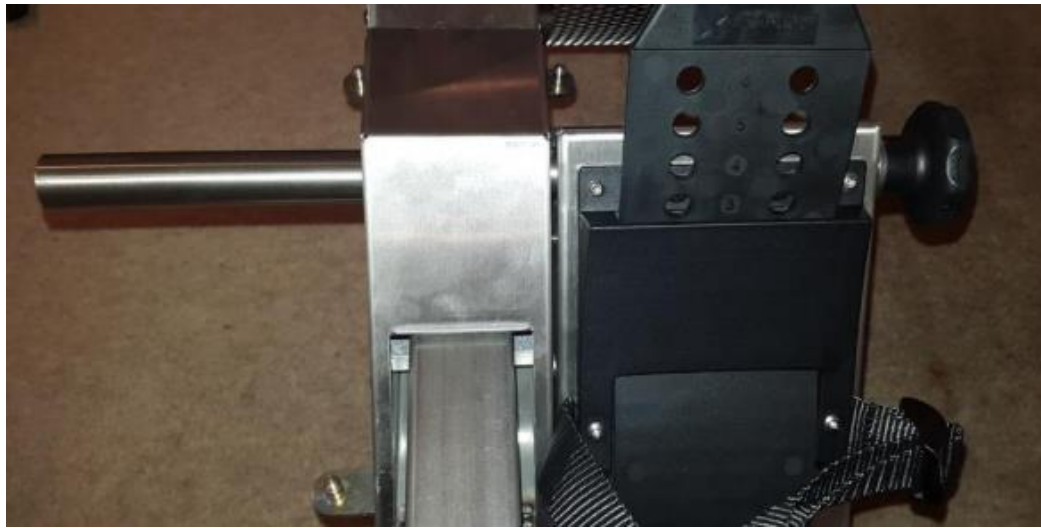
- Carefully align the front of the bar with the bearings inside the flywheel assembly at the footplate end and slide the bar into the machine. Ensure that the locking pin is in the green, unlocked position before doing this.



- Slide the flywheel assembly fully onto the bar so the bar comes out the back of the machine and the machine can slide freely on the bar. This is most easily done with an extra person to hold the bar. Alternatively, the empty cardboard box can be used as a support.
- Attach the front leg to the bar using the remaining two bolts and split washers to fully suspend the machine. Screw in the rubber bumper after fully tightening the bolts.



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. (Older models used black hand screws).



8. Remove the flywheel locking bolt (red bolt) to free the handle.



9. 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.
10. Finally, use the black knob on the rear leg to adjust the height of the leg and level the bar. Your machine is now ready to use.