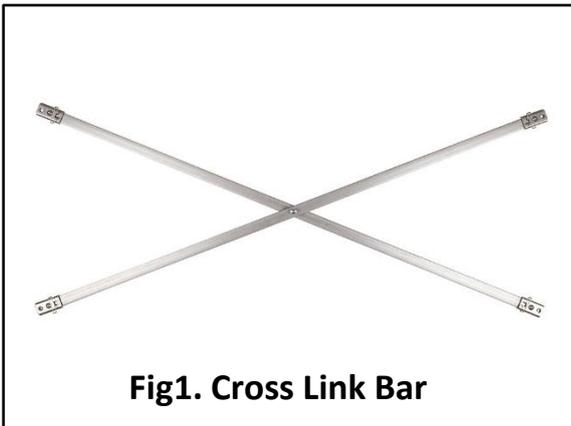


RP3 **ROWING**

DYNAMIC INDOOR ROWER

Instructions for using linking bars

Linking bars can be used to connect either the machine body (effectively the feet), or the handles of RP3 Model S rowing machines together. This enables crew members to feel what each other are doing and synchronise their movements and timing on the drive and recovery of the stroke.



Connecting the feet

To connect the feet, use the cross-link bars (Fig1.) and clip them on to the mounts attached to the body of the machine (see below). Ensure the machines are parallel and the right distance apart to make this easier. They are unclipped by pulling back the metal tab and lifting them off.



IMPORTANT: After connecting the machines together, unlatch them both from their bars and slide them all the way to each end of the bar with no one sat on the machines to ensure they are parallel to avoid damaging your machines when they are used.



Connecting the Handles

To connect the handles, use the handle link bar (Fig2.) and the clips which clip onto the handle-chain connector as pictured below. Then, ensuring the RP3s are the right distance apart, simply slot the handle link over the clips.

