

REPLACING RUBBER BAND

1. Remove tension handle



2. Remove front-side plastic covers (removing cross-bolts)





3. Put Ergometer in upright position



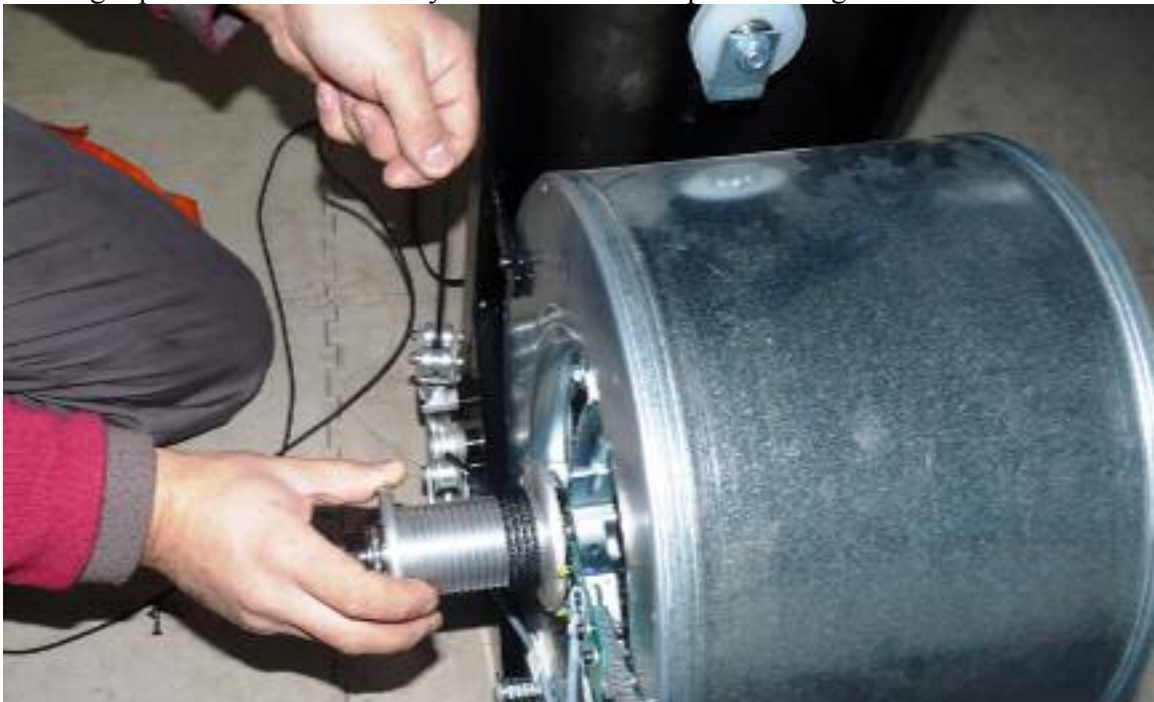
4. Untie knot and remove rubber band from coil (left side), and notice route where rubber band is going throu wheels (you will need to put new rubber band back to same position as it was)



5. Porper position of rope on coil before replacing rubber band



Holding rope with one hand slowly rotate coil while rope is starting to fold on coil lines





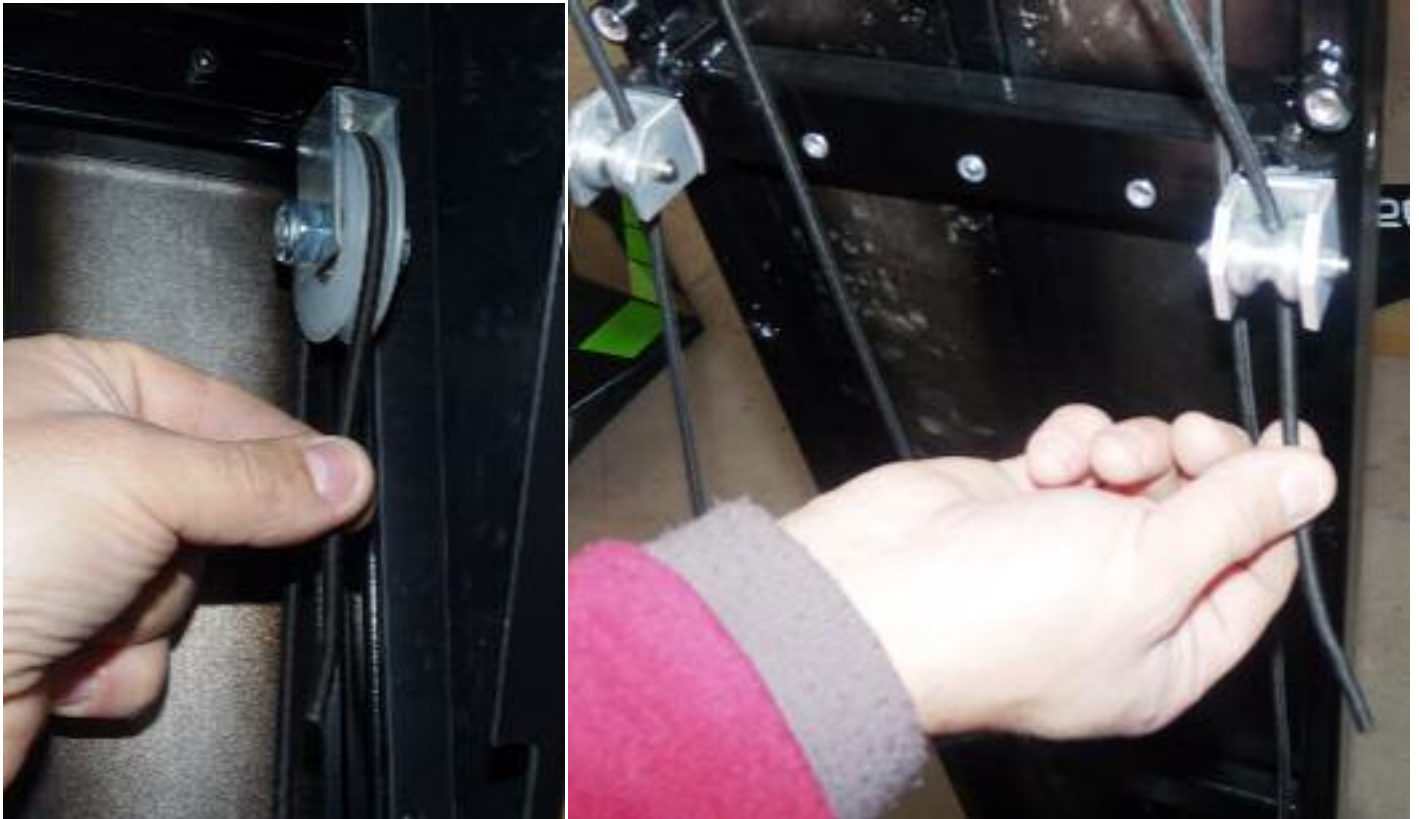
Fold rope until rubber-end comes to rope-holder. This is properly folded rope on coil.
NOTICE: You need to secure coil from returning and unfolding the rope.

6. Pull new rubber band with tied knot thru hole in coil



7. Pull rubber band thru wheels in same way as it was old one

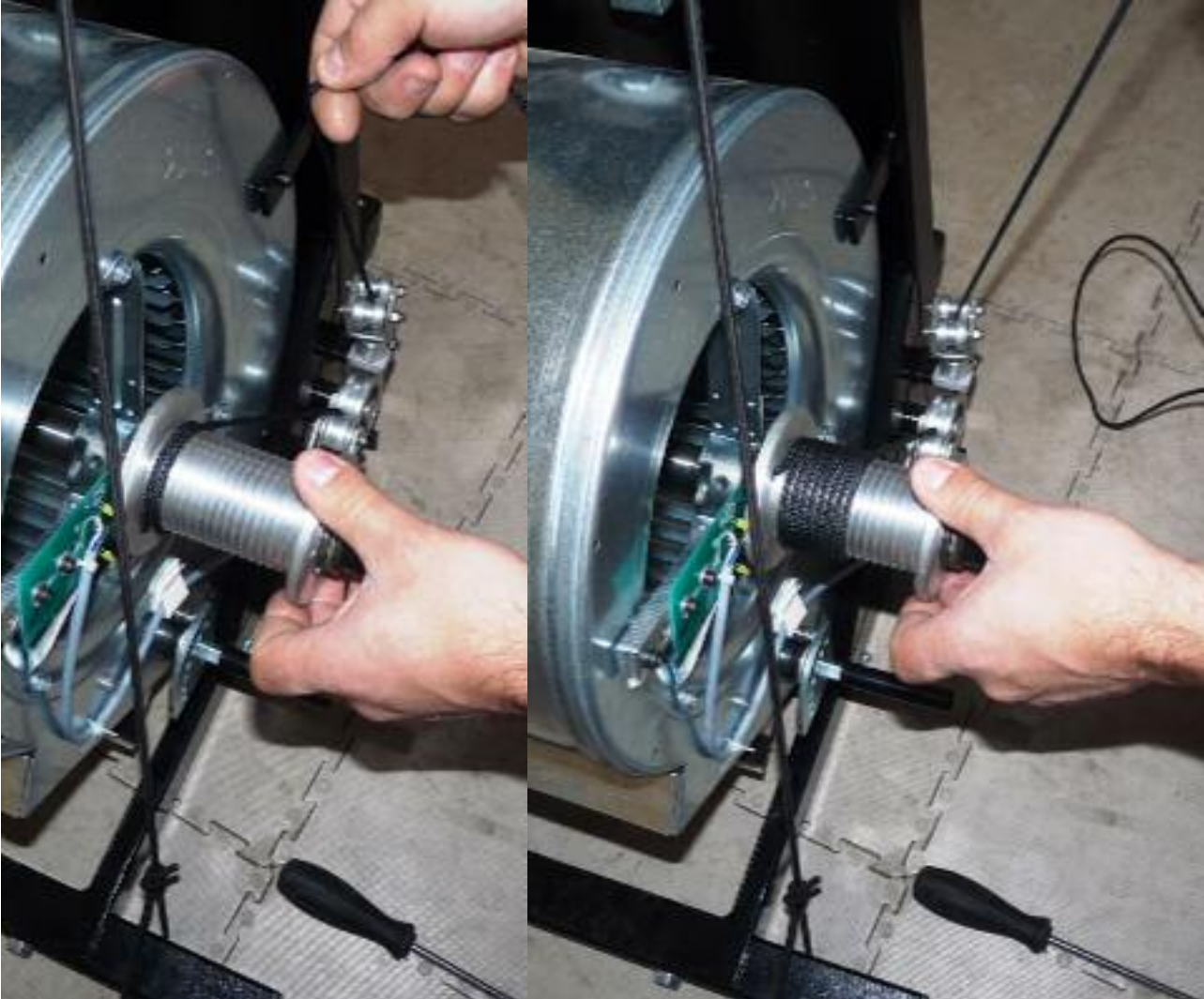




8. Secure rubber band from going back



9. Fold rope on other side coil (right side) in same way as you did on first



NOTICE: Secure coil from returning and unfolding the rope.

10. Pull untied end of rubber band thru hole in coil and tie a knot



11. On coils, rubber needs to be folded one circle



Same on other side coil



12. When rope is pulled rubber band needs to fold on coil with at least one line of empty space between rubber band and rope.



NOTICE: Sometimes rubber band can jump from one line to another (this is a reason why theres two lines of space between rubber and rope). This is not a problem as long as one line is between rubber band and rope.

Before returning plastic covers back you need to try few strokes and to see if every part of rubber band and rope is going properly.