

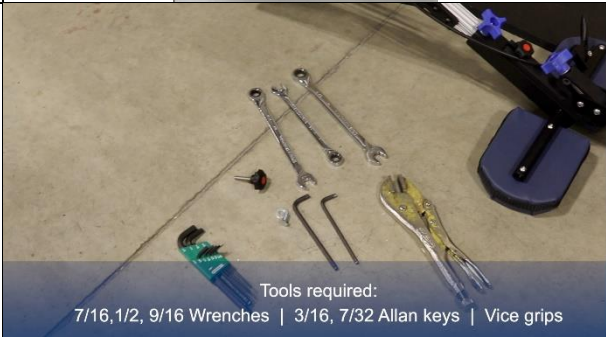
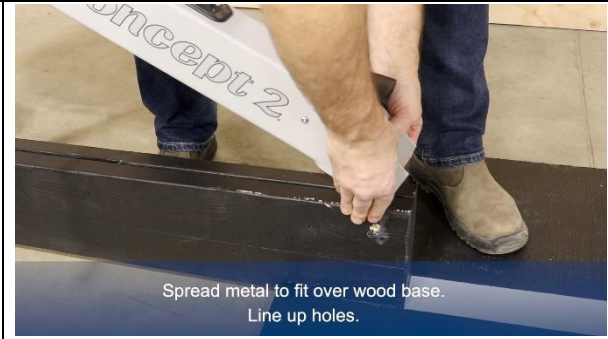

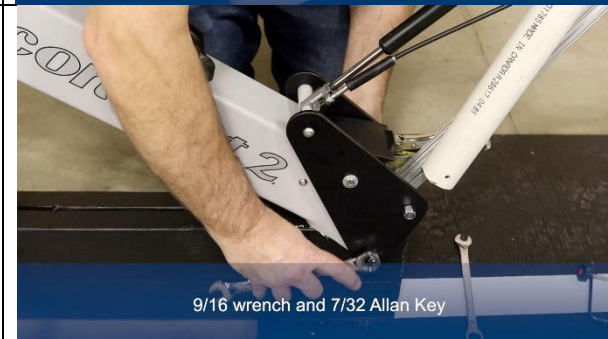
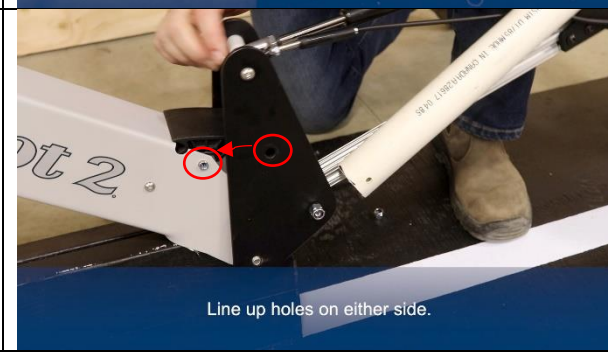


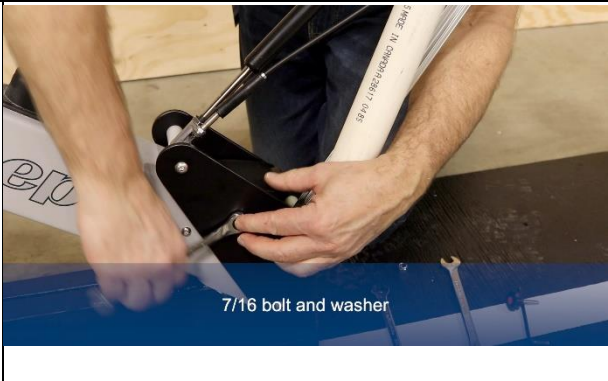


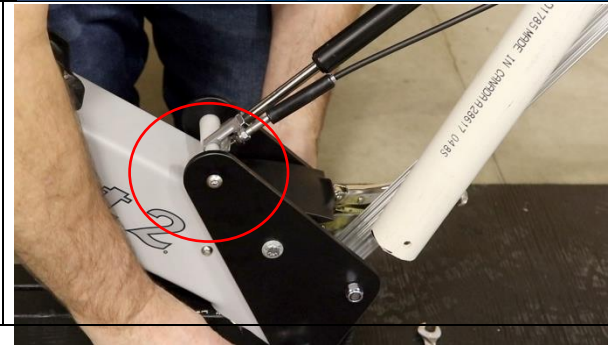
# aROW Assembly




Refer to video for more details :

<https://youtu.be/lx7gZNeOC9U>

<p>1. Identify the pieces for the aROW: The adapter:  The base:</p>		
<p>2. Assemble row erg as per Concept 2 instructions (if required). Note there is no rail or seat, so for Model D (grey ergs), only follow instructions 1 and 2 in the instruction book. For Model E (black ergs), only follow instructions 1-10.</p>		
<p>3. Assemble tools:</p> <ul style="list-style-type: none"><li>• Wrenches: 7/16, 1/2, 9/16</li><li>• Allan keys: 3/32, 3/16, 7/32</li><li>• Vice grips</li></ul>		 <p>Tools required: 7/16, 1/2, 9/16 Wrenches   3/16, 7/32 Allan keys   Vice grips</p>

<p>4. Spread metal fork at end of erg beam to fit over beam on wooden base. Line up hole on fork with holes on wooden beam.</p>	 <p>Spread metal to fit over wood base. Line up holes.</p>
<p>5. Slide adapter plate over beam + erg assembly. Loosen bolts on adapter plate if needed.</p>	 <p>Loose to start.</p>
<p>6. Insert 3/8" bolt. If the bolt seems tight, use 7/32 Allen Key to screw the bolt through the metal fork, through the wood and out through the metal fork on the opposite side. Install the nut on the bolt.</p>	 <p>9/16 wrench and 7/32 Allan Key</p>
<p>7. Line up holes on adapter plate with protruding holes on erg.</p>	 <p>Line up holes on either side.</p>

<p>8.</p>	<p>Insert 7/16 bolt and washer through hole. Tighten.</p>	 <p>7/16 bolt and washer</p>
<p>9.</p>	<p>Use vice grips to clamp bar under erg flap so it does not rotate</p>	 <p>Clamp bar so it does not rotate.</p>
<p>10</p>	<p>Use 9/16 wrench and 7/32 Allen Key to tighten adapter leg to prevent wobbling. Do not overtighten as the adaptor must be able to rotate within the plates.</p>	 <p>Tighten up slightly to prevent wobbling.</p>
<p>11</p>	<p>Use 1/2" wrench and 3/16 Allen Key to tighten bolt on the gas spring. Do not overtighten as the gas spring must be able to rotate within the plates.</p>	

12	Attach red knob. This will be used to store the chest pad when it is not being used.	 <p>Attach chest pad holder.</p>
13	If you have a model D (grey erg), Use the supplied wood screws to anchor erg to wooden cross beam on both sides to secure.	 <p>Screw erg foot to wooden base on both sides.</p>
14	Swap out the handle on the erg at the carabineer (if necessary)	
15	You are now ready to row!	