

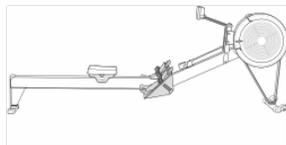
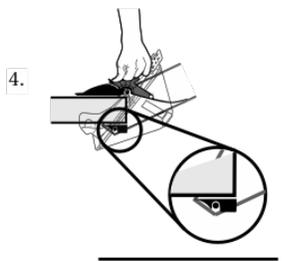
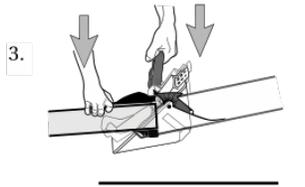
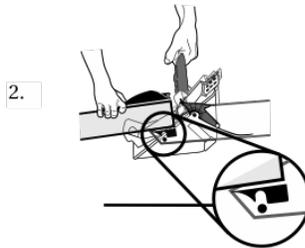
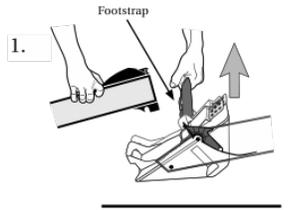
CMI – Erg Assembly and Use

Any questions email info@rowcmi.org and Eric Penanhoat penanhoat@yahoo.com .

1. Connect the rail

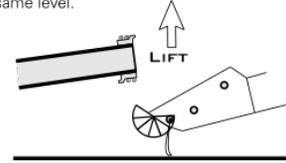
Model C	Model D
 A Concept2 Model C rowing ergometer, featuring a long, silver-colored metal rail and a black flywheel housing.	 A Concept2 Model D rowing ergometer, featuring a shorter, black metal rail and a black flywheel housing.
<p>http://media.concept2.com/video/rower/CD1_FrameLockConnection.mp4</p>	<p>http://media.concept2.com/video/rower/D2E_FrameLock.mp4</p>

C

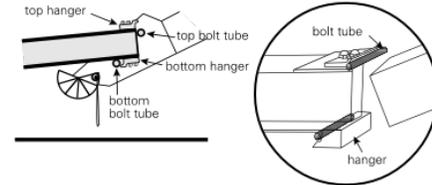


Place the flywheel and monorail sections of the Indoor Rower end to end.

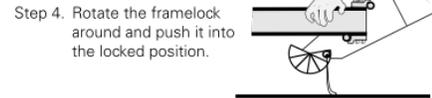
Step 1. Using one of the footstraps as a handle, lift the footboard end of the flywheel section until it rolls on the caster wheels. Lift the end of the monorail to the same level.



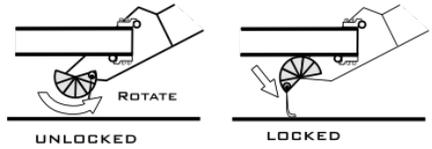
Step 2. Bring the flywheel and monorail sections together between the footplates. The top hanger should be over the top bolt tube and the bottom hanger should hook over the bottom bolt tube.



Step 3. Lower both pieces until they connect securely and push down into place.



PUSH FIRMLY TO LOCK



2. Maintenance

https://youtu.be/ikAujlq12_k

Daily

Wipe the monorail with a cloth or non-abrasive scouring pad after use. You can use soap and water or any glass cleaner. Do not use mineral acids, bleach, or coarse abrasives.

When the erg is not in use do not leave the handle in the hook and the chain under tension.

Every 50 Hours of Use, Weekly for Institutional Users

Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil, or 20W motor oil. Apply oil to a paper towel, and rub the paper towel along entire length of chain. Wipe off the excess. Repeat if needed.

Do not clean the chain with any kind of cleaner or solvent, e.g. WD-40®.

3. Use the Monitor

Instructions on how to use the monitor can be found on the Concept2 website

Monitor PM3	Monitor PM5
https://www.concept2.com/service/monitors/pm3/how-to-use	https://www.concept2.com/service/monitors/pm5/how-to-use

4. Damper setting

The damper setting should be set to attain a drag factor, as described below. On most ergs the damper setting would typically be between 3 and 5. Brand new ergs or some older ones with new components might require a lower setting to reach the desired drag factor which value can be set between 105 and 120 as a good starting point.

To view drag factor on the PM:

On the Main Menu, select **More Options**.

Select **Display Drag Factor**.

Begin rowing, skiing or riding. The PM will display the drag factor after a few seconds.

Learn more: <https://www.concept2.com/indoor-rowers/training/tips-and-general-info/damper-setting-101>