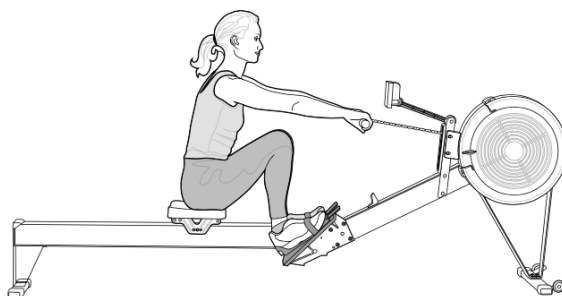
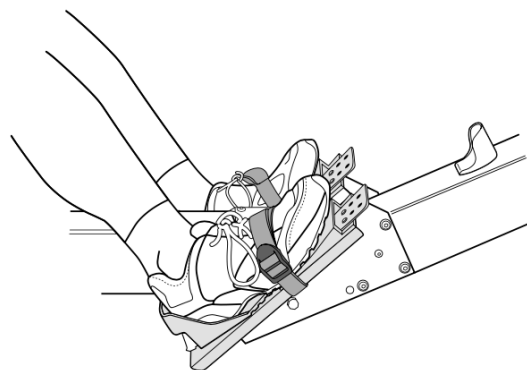
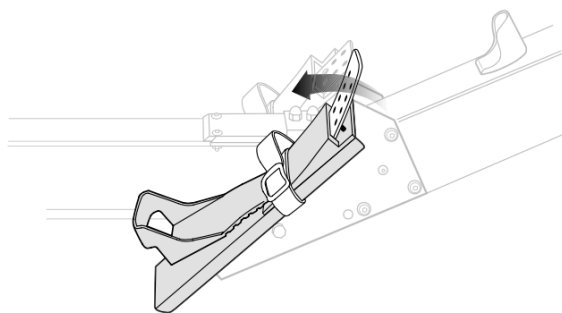


## ADJUSTING THE ROWER FOR COMFORT

### Setting the Flexfoot



To set the Flexfoot, pull the toe piece toward you to release the flexfoot from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down onto the pegs.

Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.

Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

- Lowering the Flexfoot heel permits more seat travel.
- Raising the Flexfoot heel cuts down on leg flexion.