

WaterRower GX

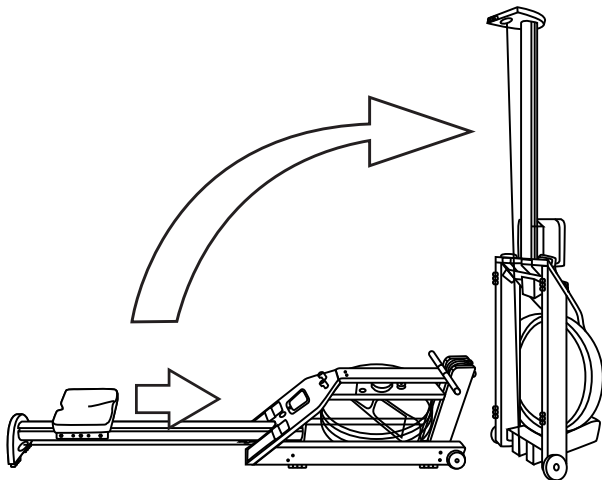
INDOGROW® SHOCKWAVE

WATERROWER GX PREVENTATIVE MAINTENANCE & TROUBLESHOOTING GUIDE

Congratulations on becoming a WaterRower Owner. This guide will help make sure your WaterRower GX unit is kept in good condition and functioning at all times.

STORAGE

The WaterRower can be stored upright. To do so, lift the end of the monorail and move the WaterRower on the front wheels to the area of storage.



Please note, when standing your unit upright, slide the seat forward towards the footboard, prior to lifting the mono-rail.

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MAINTENANCE SCHEDULE

DAILY MAINTENANCE
or after each workout

Cleaning

Wipe down handle, seat and frame of monorail after every row.

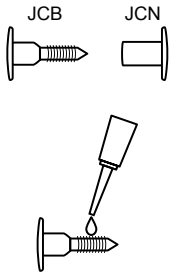
WEEKLY
Inspect the Indo-row® Machine

Dust Build Up

Dust tank and belts regularly.

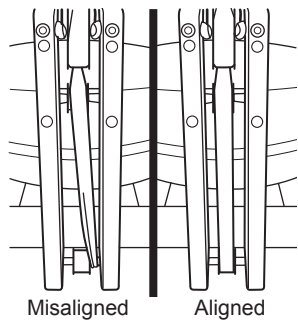
Clean the inside groove of the monorail where the wheels run.

To do this, run a damp cloth with your finger up and down the inside of the groove. This will clean out the oxide (fine powder), dirt, dust, etc. which builds up with use.



Loose Bolts

The WaterRower machines take a little time to settle in to their environment; changes in temperature and humidity causes the wood to expand and contract and as a result, the bolts may loosen over time and with use. Included in the Maintenance Kit (received with bulk orders) is medium strength Loctite; you can use this to secure the tightness of the bolts, if you find bolts are loosening too often.

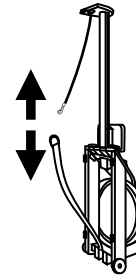


Alignment of Belts

On a weekly basis, check the alignment of the recoil belt; it can, sometimes, come misaligned on the front pulleys (see picture).

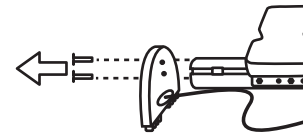
If the recoil belt is off a pulley, the recoil of the handle will be sluggish and not feel smooth. It can also lead to fraying of the belt. Check the recoil belt is aligned and runs over each pulley correctly and smoothly as seen in the second picture.

EVERY 3 MONTHS

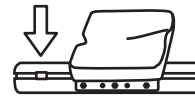


Clean Seat Wheels

Stand the unit up and unclip the bungee cord from the recoil strap.



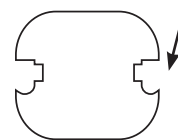
Using the 5mm Allen key, remove the 2 vertically positioned bolts holding the rear leg onto the monorail.



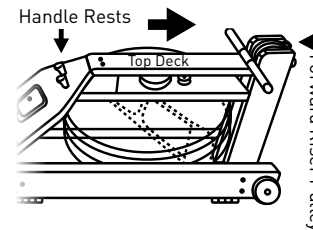
Slide out the rubber rail stoppers and remove the seat from the rail.



Groove of monorail



Clean each wheel with a cloth. While the seat is removed, using a damp cloth or small roller brush, clean out the groove on the monorail.

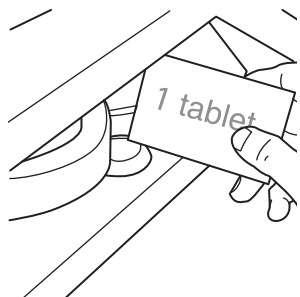


Check the Tension of the Recoil

To test the strength of the recoil, lift the handle out of the handle rests and release the handle so it slides along the top deck, towards the forward riser pulley. The handle should slide smoothly and quickly all the way to the front.

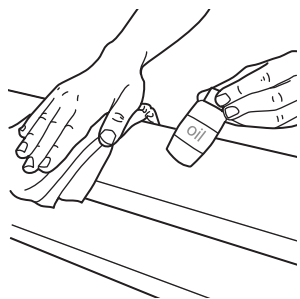
If the recoil is sluggish or slow, please refer to **page 13** to troubleshoot.

EVERY 6 MONTHS



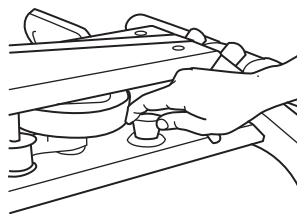
Water Condition

Purification tablets should be included in your Owner's Pack or the WaterRower GX Maintenance Kit. We recommend adding 1 tablet to the water every 6 months. If the water turns cloudy and does not clear when adding the tablet, it may be best to change out the water. Please use the hand siphon pump and refer to our service website at www.waterrowerservice.com on how to remove and add the water.



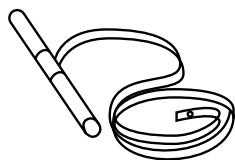
Oil Wood

As with any furniture, wood needs to be oiled to keep its luster and shine. With changes in temperature and humidity, the wood can dry out. We recommend using Danish Oil to maintain the wood.



Tank Stopper

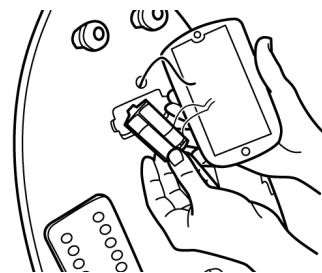
The tank stopper can fall out, on occasion, and you will need to reinsert it into position. You may need to moisten the tank stopper to help with putting it back into position.



Handle Strap

Every 6 months, review the stitching and wear on the handle strap. If you notice excessive wear, replace the handle. Fraying can be caused by incorrect use. Please see instructions on our service site for replacing the handle.

EVERY 1 TO 2 YEARS



Replace the Batteries

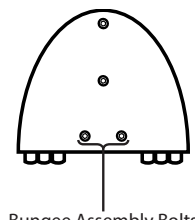
If the monitor readings begin to fade or are incorrect, we recommend changing the batteries. 2 AA batteries are located behind the monitor. Using a Phillips screwdriver, unscrew the 2 screws, one on top and one on bottom of the monitor, and gently lift to access the battery pack located behind the monitor. (Please note: the monitor is connected to a sensor wire and pulling too hard may cause damage). Replace the batteries and reattach the screws to the footboard.

Check the batteries are positioned correctly in the battery pack and the connection between the monitor and sensor has not come apart.

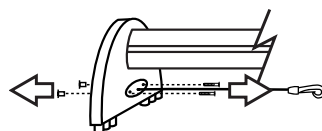
Replace the Bungee

Over time, and with use, the bungee cord can lose its elasticity, which will affect the recoil of the machine. If this happens, it should to be replaced.

To do this, remove the two horizontally positioned bolts with the 5mm allen key from the bungee pod. You may need to put pressure on the JCNs on the outside of the rear leg to remove the bolts completely.



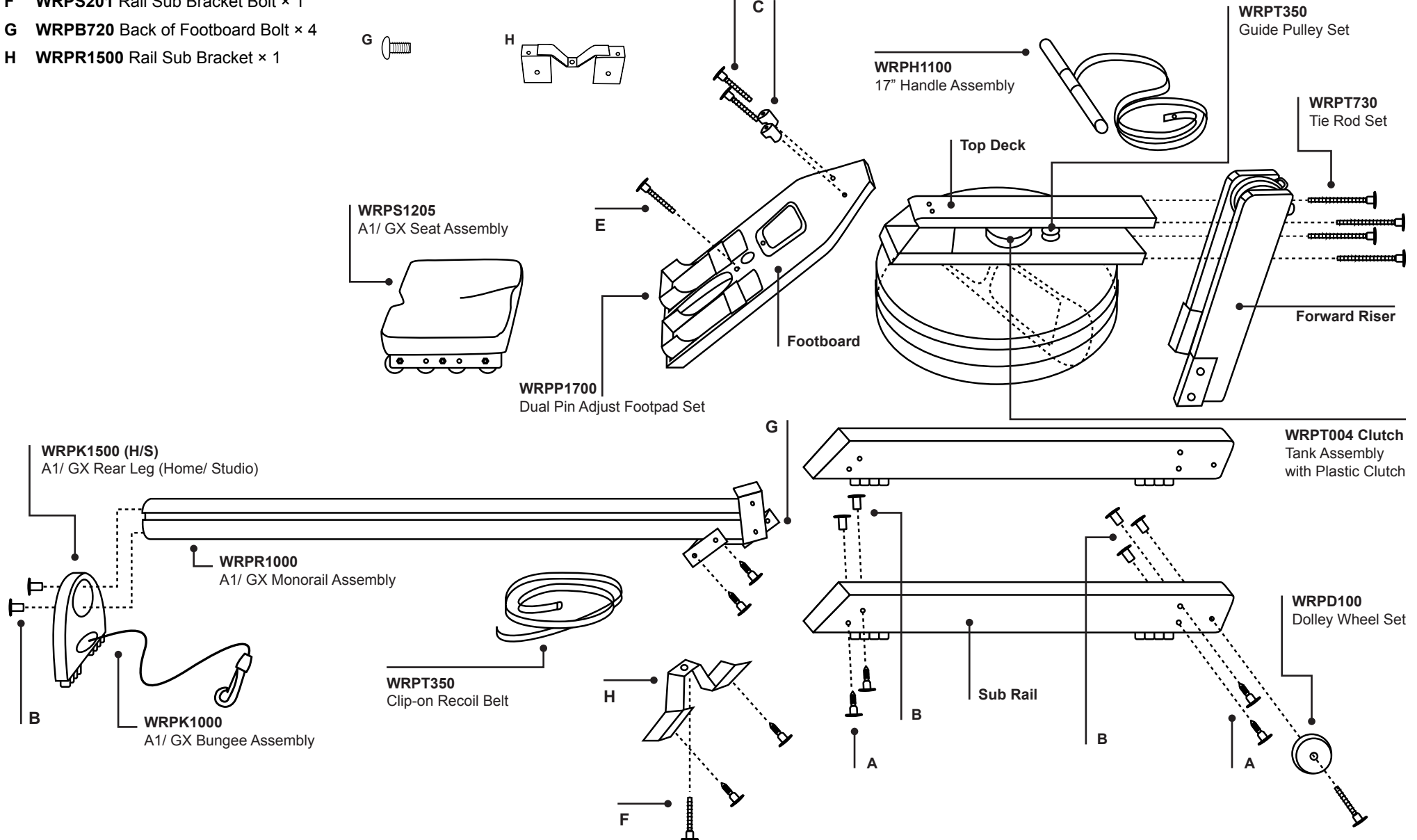
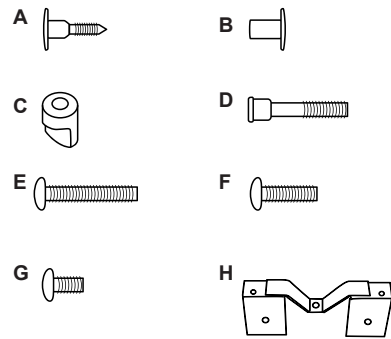
Bungee Assembly Bolts



Remove the old bungee assembly and position the new one into place on the rear leg. Replace the JCNs (on the outside of the leg) and the bolts (on the inside) and tighten. Again, you may need to put pressure on the JCNs in order to completely tighten the bolts.

WATERROWER GX EXPLODED VIEW

- A** **WRBB700** JCB 23mm × 8
- B** **WRPB711** JCN × 8
- C** **WRPP430** Handle Rest × 2
- D** **WRPP455** Handle Rest Bolt × 2
- E** **WRPP1140** Clamp Bar Bolt × 1
- F** **WRPS201** Rail Sub Bracket Bolt × 1
- G** **WRPB720** Back of Footboard Bolt × 4
- H** **WRPR1500** Rail Sub Bracket × 1



WRPT350
Guide Pulley Set

WRPH1100
17" Handle Assembly

WRPT730
Tie Rod Set

Top Deck

Forward Riser

Footboard

WRPS1205
A1/ GX Seat Assembly

WRPP1700
Dual Pin Adjust Footpad Set

WRPK1500 (H/S)
A1/ GX Rear Leg (Home/ Studio)

WRPR1000
A1/ GX Monorail Assembly

WRPK1000
A1/ GX Bungee Assembly

WRPT350
Clip-on Recoil Belt

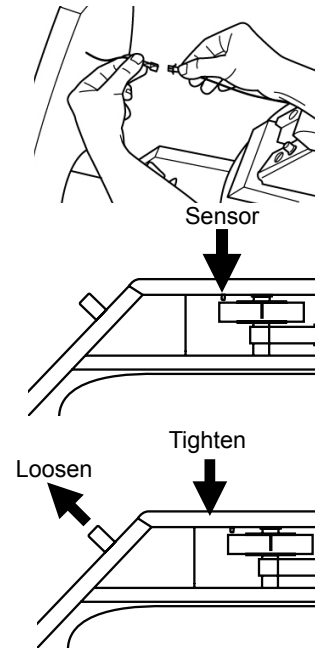
WRPT004 Clutch
Tank Assembly
with Plastic Clutch

WRPD100
Dolley Wheel Set

Sub Rail

TROUBLESHOOTING

MONITOR



The Monitor Turns On but Does Not Start.

Refer to Step 3 in the Assembly Manual to make sure the sensor cable has been attached to the monitor cable.

Check the position of the sensor underneath the top deck; the sensor sits in a groove and hangs down above the sensor disk. The sensor should hang approximately 3mm above the magnets in the sensor disk.

If the sensor is a little too far away, try to tighten down the top deck bolts.

Alternatively, check that the wiring on both the monitor and sensor cable is intact. Make sure the wires have not been caught behind the footboard during the assembly process.

If the monitor does not turn on, it could mean the batteries are faulty and need to be replaced. To replace the batteries refer to **page 7**.

If the monitor does not turn on after replacing the batteries or there is a break in the wires, contact you nearest WaterRower office or email **support@waterrower.com** for replacement parts.

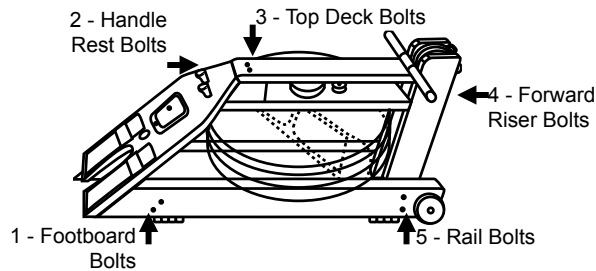
If the monitor screen is frozen, statistics stay the same or if the monitor does not turn off, remove the batteries for 10 seconds and replace the batteries.

If the problem persists, contact your nearest WaterRower office or email: **support@waterrower.com**.

PADDLE

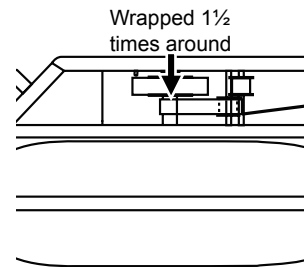
Tank Paddle is Rubbing.

With the 5mm Allen key, loosen all the bolts (in the order of: 1, 2, 3, 4, and 5) on the tank assembly. Take a few gentle pulls to see if rubbing continues. If rubbing has stopped, gently retighten the bolts in the same order.



If this does not solve the problem, determine where the paddle is rubbing in the tank: right side/left side, top/bottom or front/back of the tank. Please refer to the Troubleshooting section on our Service website www.waterrowerservice.com, or contact your nearest WaterRower office. You can email: support@waterrower.com.

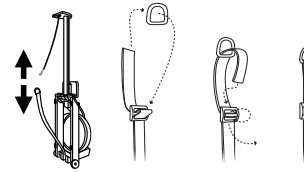
RECOIL



Sluggish Recoil.

Firstly, check the belt alignment and make sure all straps are positioned correctly on the pulleys.

Secondly, when the handle is in its full forward position, check the recoil belt it is wound 1 1/2 times around the shaft of the paddle underneath the clutch.



Thirdly, shorten the recoil strap by readjusting the strap in the buckle. Be careful not to make the recoil belt too short.

Replace the bungee cord if necessary. Please contact support@waterrower.com or call your nearest WaterRower office to order a new bungee.

SEAT

If the seat does not slide smoothly with first use, sit and slide the seat up and down for 5-10 minutes for the wheels to settle in. If after 10 minutes the seat still does not slide smoothly, check the monorail is clean and free from obstruction. If the problem persists, please contact your nearest WaterRower office or email support@waterrower.com.

If the seat feels rough, clean the monorail and the seat wheels.

WATER DISCOLORATION

If the water begins to turn cloudy, add in one purification tablet.

If after two weeks the water has not cleared, drain the water from the tank, fill the tank with fresh water and add in a purification tablet.

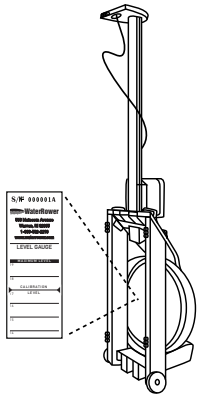
NOISE

Rower makes noise while rowing.

When taking the first few pulls on your rower, the only sound you should hear is the swishing of the water. If there are any other sounds, please determine where the sound is coming from and contact your nearest WaterRower office (details on back page).

To help a customer service representative expedite your call, please have your serial number available; the serial number of your rower can be found on a sticker underneath your tank.

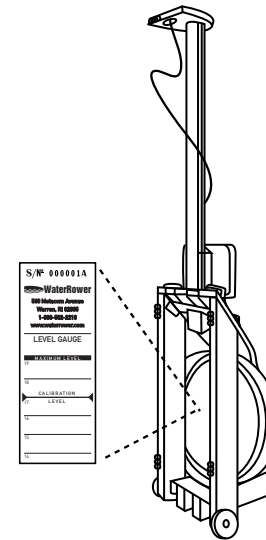
TANK



Tank is leaking water

First check the level of water is not filled above the maximum level. Please refer to the level gauge sticker underneath the tank.

If the tank is filled to the correct level, determine where the water is coming out of the tank and contact your nearest WaterRower office or email support@waterrower.com



For easy reference, write your serial number below:

S/N: _____



United Kingdom

19 Acton Park Estate
The Vale, London W3 7QE
Tel: +44 (0)20 8749 9090
info@waterrower.co.uk
www.waterrower.co.uk

United States

560 Metacom Avenue
Warren, RI 02885
Tel: +1 (401) 247 7742
info@waterrower.com
www.waterrower.com

Australia

Unit 8 / 46-50 Wellington Road
South Granville, NSW 2142
Tel: +61 (0)2 9681 4221
info@waterrower.com.au
www.waterrower.com.au