

ROWperfect INFORMATION

Recommended Maintenance Schedule

Rowing Simulator Maintenance

Before and after each training session:

- Wipe main bar clean with oil soaked cloth to remove dust and sweat and to lubricate contact between rollers and main bar. [Oil: Standard SAE 20 W or 20 W 40 motor oil]

Weekly or every 50 hours of use

- Check clearance between roller bearings of main frame and main bar.
- Check clearance of top roller bearings at the stretcher side, and bottom roller bearings at the flywheel side.
- Clearances should be such that you are not able to make the roller slip over the surface of the main bar. You do this by restraining the roller by pressing a thumb firmly to the surface of the roller, and moving the main frame to and fro over the main bar.
- If a roller can be made to slip, it needs adjusting.

All adjustments should be done in small increments to avoid over-tensioning.

To adjust the bearing tension:

- On the adjustment bolt adjacent to the roller bearing that requires tensioning – untighten the top nut by turning 15 degrees (anti-clockwise seen from above), and then tighten the bottom nut by turning 15 degrees.
- After adjustment, re-test the roller as described above. The main frame should still slide lightly over the main bar.
- NOTE: When the clearance for one roller is adjusted it may affect the other rollers. Re-check all rollers after making an adjustment. You should be able to make other rollers slip when the corresponding bottom nut is loosened by a 15 degree turn. If not, turn the top nut slightly down to adjust, and then re-tighten the bottom nut.

Monthly or every 200 hours of use.

- Check the following bolts and nuts are not loose:
- The four M6 bolts holding the main bearing block (and two of them also hold the cage) to the main frame.
- The two additional M6 bolts holding the cage to the main frame.
- The four capped M5 nuts that hold the stretcher boards.
- The bolts and nuts holding the front and hind leg to the main bar.

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Chain Maintenance

Weekly or every 50 hours of use

- Soak a clean rag or paper towel with approximately 5 ml of SAE 20 or 20 W 40 motor oil.
- Pull the chain gently all the way out, until it stops.
- Wipe the oil soaked rag or paper towel along the full length of the chain repeatedly to lubricate the chain and at the same time remove accumulated dirt and lubricant residue.
- Finally wipe the chain clean of any excess oil with a clean dry rag or dry paper towel.

Monthly or every 200 hours of use.

- Inspect the chain handle connections
- Check the connector piece and the U-bolt that connects the chain to the handle. The connector piece is attached to the chain in the factory. When new, the hole in the connector piece is elongated, and the width of the rim of the connector piece pointing towards the rower is 5.5 mm.
- The chain and the connector pieces should be replaced if the remaining width of the rim of the connector piece has become less than 3 mm. The U-bolt should be replaced if it is nearly half worn.
- Inspect the chain for stiff links
- Stiff links can cause the chain to skip over the sprocket this can lead to injury and causes excessive wear of both chain and sprockets. Stiff links can be caused by lack of lubrication, build-up of dirt, or mechanical abuse of the chain.
- Generally, repeated cleaning and lubrication, as in weekly maintenance, will loosen up the links. If this is not the case and the chain skips over the sprocket, the unit should not be used.