

Indoor Rower Preventative Maintenance Action Checklist

- 1. Check battery level
- 2. Update software
- 3. Clean monorail
- 4. Inspect foot stretcher
- 5. Clean foot stretcher
- 6. Inspect handle
- 7. Clean handle
- 8. Inspect seat
- 9. Oil chain
- 10. Inspect flywheel cover
- 11. Clean inside of flywheel cover
- 12. Tighten fasteners
- 13. Set drag factor