

# XEBEX Rower Maintenance Manual

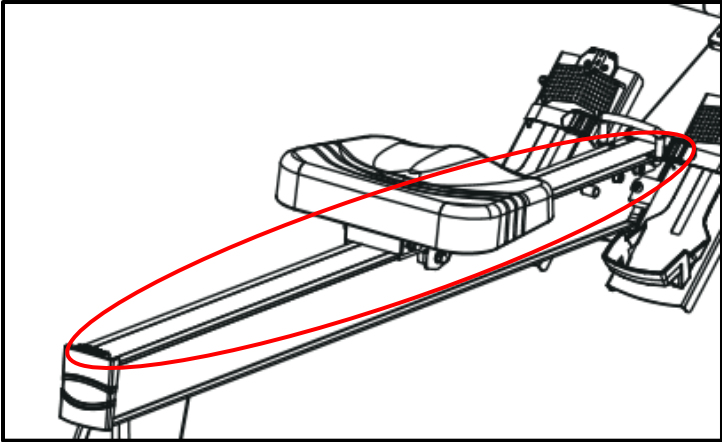
## After Every Use

### 1) Cleaning the monorail

Items Needed: Cloth or towel, avoid abrasive cleaning pads as they may scratch monorail

Water, soap or any glass cleaner or disinfectant wipe

Wipe down the monorail to keep sweat off the rail and to keep clean. Keep any protruding dirt or sand off the rail as they can get caught in the wheels of the seat rollers.

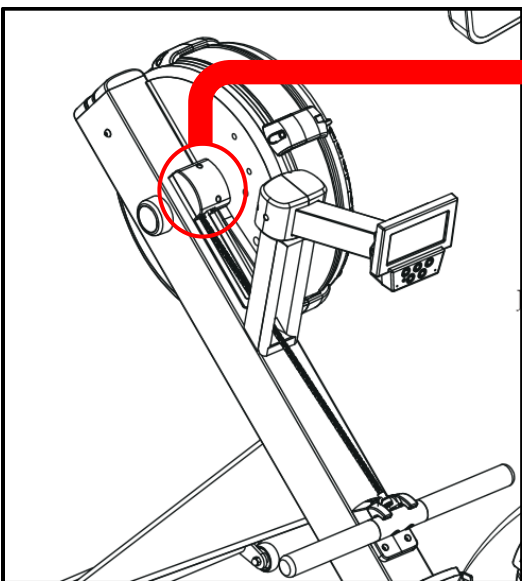


## Every 100 Hours Usage

### 2) Chain Lubrication

Items Needed: 3-in-1 oil, cloth or towel.

Apply 3-in-1 oil to paper towel or non-abrasive cloth. Pull the chain to extend to the max length and rub towel along the way. Do not leave excess oil on the chain. Repeat if necessary.



Please unscrew 2 x A22 Tapping Screw to disassemble A23 Sensor cover from rower, then add lubrication on Chain.



### Every 10 Hours Usage

**Tighten all screws/bolts from assembly and especially the screws on the pedal assembly sets as below.**

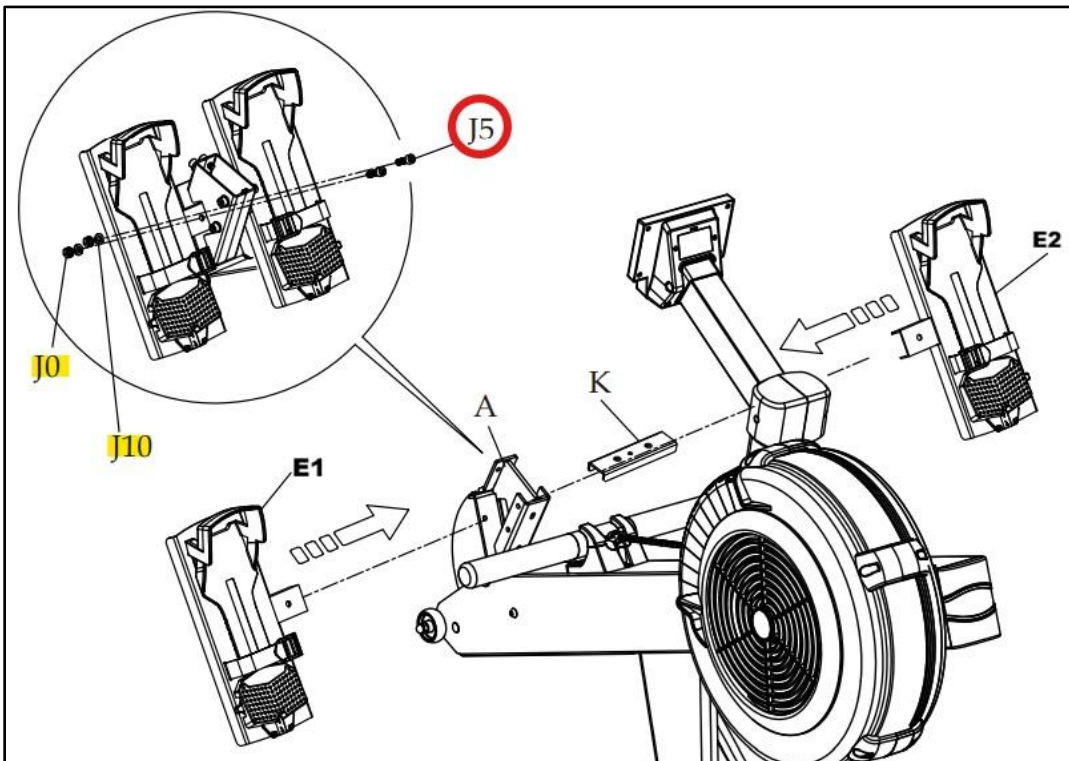
Items Needed: Allen key and wrench



**AR-2 Rower:** serial numbers are **earlier than XK-AR-230719 (excluding XK-AR-230719)** ,please refer to below.

**ARRV-4-BA Rower:** serial numbers **earlier than XK-ARRV-230719 (excluding XK-ARRV-230719)** ,please refer to below.

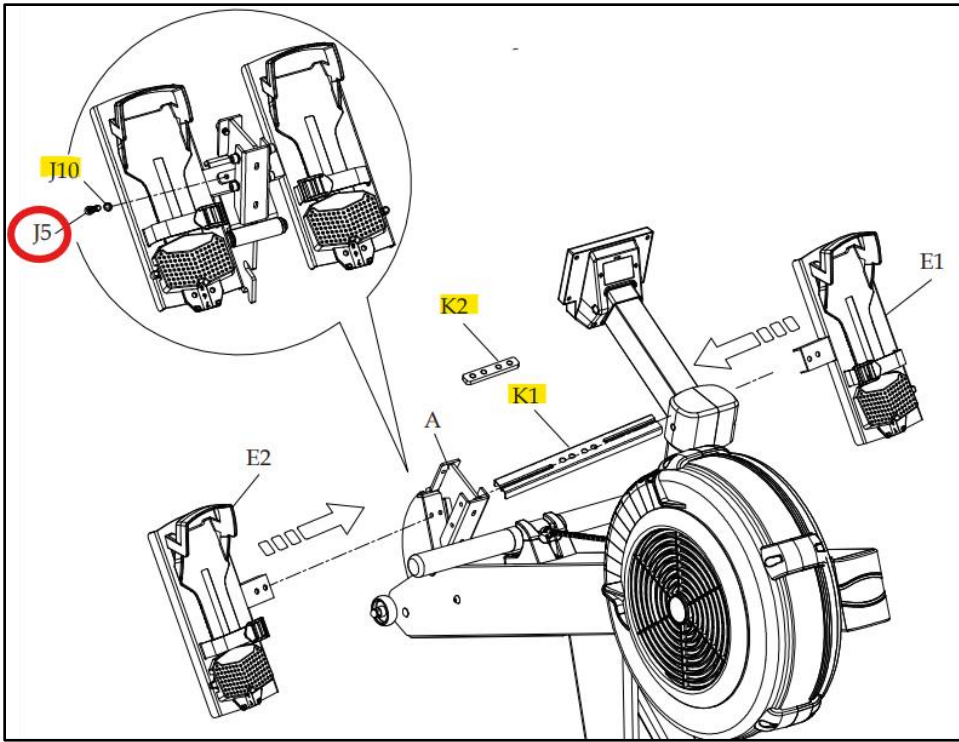
Please make sure **J5** Cap Head Socket Screw go through the right / left pedal rest sets (**E1 and E2**) and **K** Pedal Stable Bracket, then tighten **J5** screws to fix on the back the right and left pedal rest sets with using **J0** Nylon Insert Lock Nut and **J10** Spring Washer to lock it firmly in place.



**AR-2 Rower:** serial numbers are **XK-AR-230719 or greater** , please refer to following

**ARRV-4-BA Rower:** serial numbers are **XK-ARRV-230719 or greater** , please refer to following

Please check and make sure **J5** Cap Head Socket Screw go through the right / left pedal rest sets (**E1 and E2**) and **K1** Pedal Stable Bracket, then tighten **J5** screws to fix on **K2** Screw Thread Base with using **J10** spring washer firmly.



### **Every 300 Hours Usage**

#### **3) Inspect Chain- Handle Connection for wear**

Check the handle connection. If the connection point looks worn or elongated, please contact GETRXD for replacement parts.

