

UNPACKING
AND ASSEMBLY



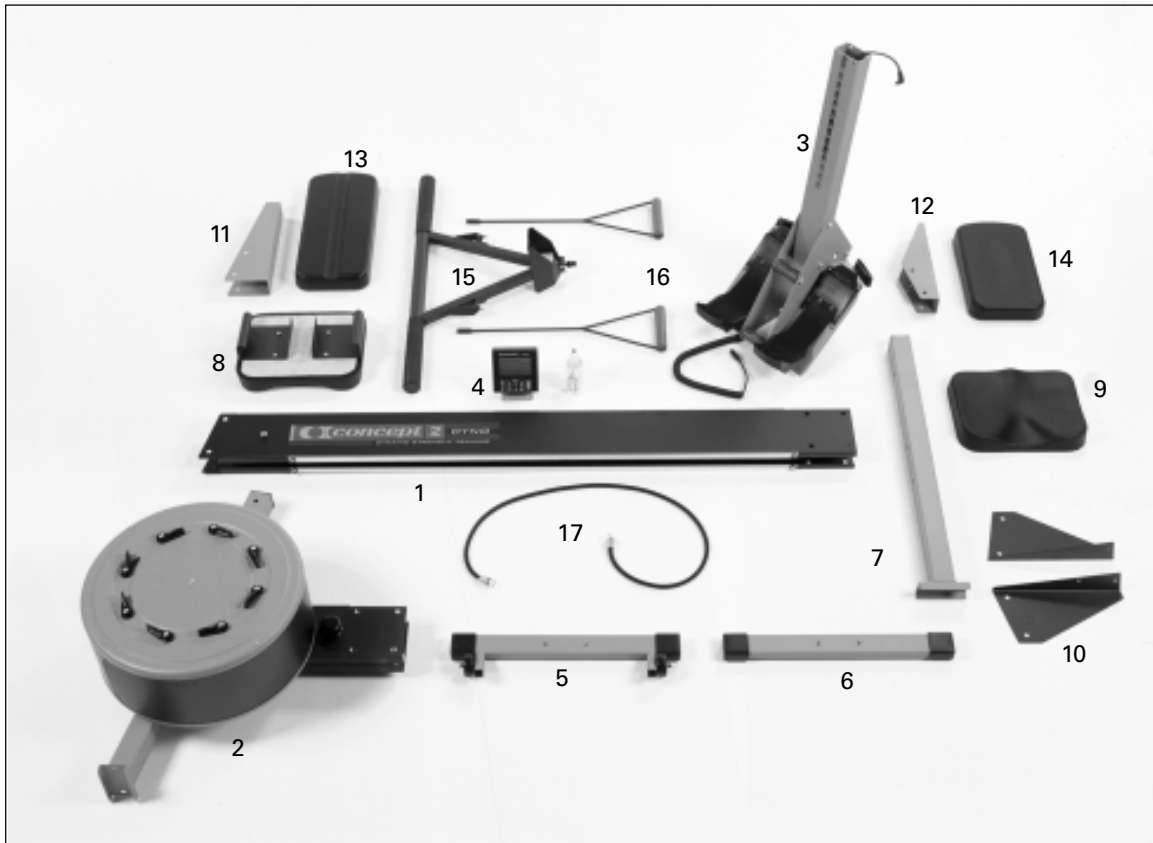
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DYNO ASSEMBLY INSTRUCTIONS

1. Open the three boxes and remove all the parts. Lay out the parts as shown below before beginning assembly. Call Concept2 if any parts are missing.

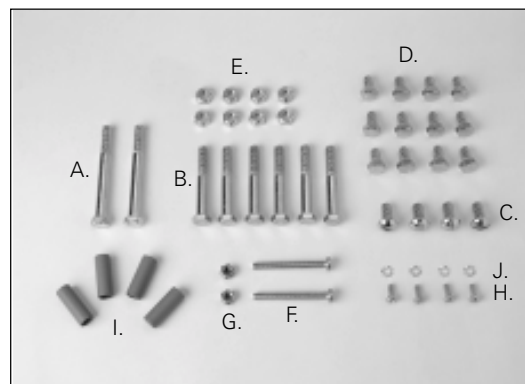
Parts List

- | | |
|----------------------------------|---|
| 1 Monorail Assembly PN5100 | 9 Pull Side Seat PN5401 |
| 2 Flywheel Assembly | 10 Pull Side Seat Brackets (left PN5101 and right PN5102) |
| 3 Carriage Assembly | 11 Push Side Seat Back Bracket PN5106 |
| 4 Force Monitor Assembly | 12 Pull Side Seat Back Bracket PN5103 |
| 5 Push Side Foot Assembly PN5130 | 13 Push Side Seat Back PN5403 |
| 6 Pull Side Foot PN5131 | 14 Pull Side Seat Back PN5402 |
| 7 Pull Side Leg PN5122 | 15 Handlebar Assembly PN5118 |
| 8 Push Side Seat Assembly | 16 (2) Pull handles PN5720 |
| | 17 Bungee Cord |



Fastener List

- A. (2) Bolt - 3/8 by 3 1/2"
- B. (6) Bolt - 3/8 by 2 5/8"
- C. (4) Screw - 3/8 by 7/8"
- D. (12) Bolt - 3/8 by 5/8"
- E. (8) Nut - 3/8" lock nut
- F. (2) Screw - 1/4 by 2 1/2"
- G. (2) Nut - 1/4"
- H. (4) Phillips head screw #10 by 1/2"
- I. (4) Connector plate spacers
- J. (4) #10 lock washers



Tools required

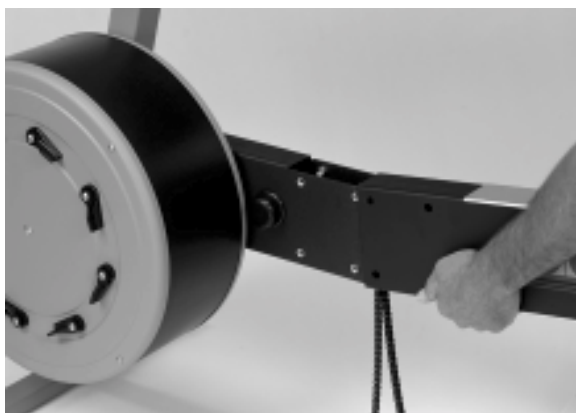
- Phillips screwdriver
- Flat blade screwdriver
- (2) 9/16" box end wrench (included)
- 1/2" box end wrench (included)
- rubber mallet (not shown) may be helpful



2. Attach the Push Side Foot Assembly to the Flywheel Assembly using two of the 3/8" by 5/8" bolts. Note the orientation of the caster wheels. Tighten bolts.



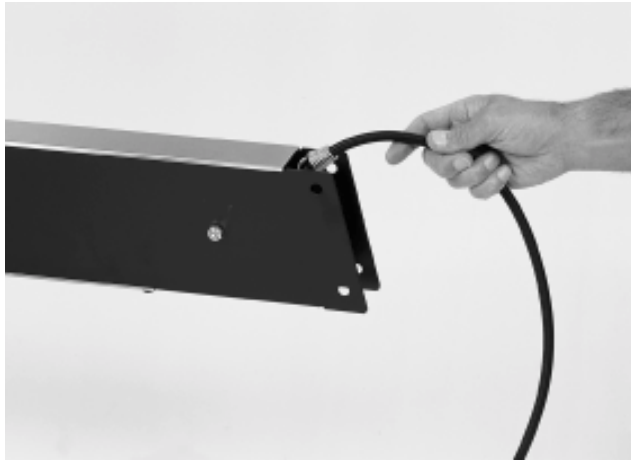
3. Carefully remove the plastic bag that is covering the chain coming out of the front of the Flywheel Assembly. Allow the chain to partially unroll to the floor. Remove the twist-tie that has been put through the chain near the sprocket. Check that the chain is on the small sprocket. See below.



- 4a. Slide the square end of the Monorail onto monorail extension of the Flywheel Assembly. The Concept2 logo should appear right side up. Prop up the monorail to keep it horizontal. NOTE: Route the chain over the top of the plastic monorail end stop before fully assembling.



- 4b. Put in the two lower 3/8" by 5/8" bolts on each side of the Monorail as shown. Do not tighten bolts yet. (Do not put in the top pair of bolts yet.) If you have trouble starting the bolts, support the Monorail from below to help align the holes.



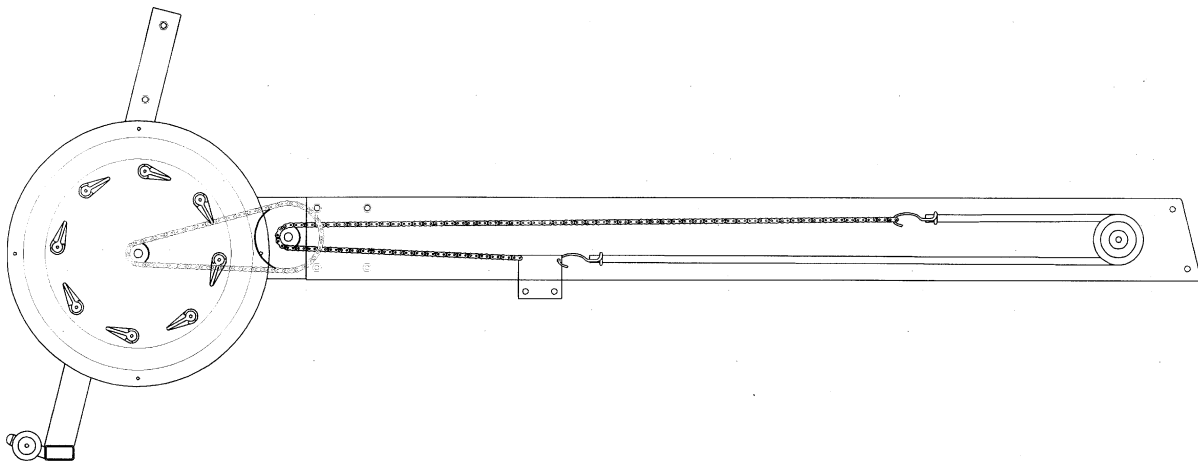
5. Route the Bungee Cord around the bungee cord pulley at the angled end of the monorail.



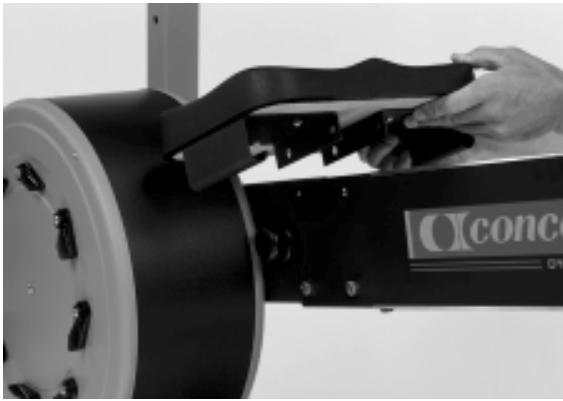
6. Take the end of the Bungee Cord that is coming off the top of the pulley and attach it to the loose end of the chain that is coming off the top of the sprocket.



7a. Take the other end of the Bungee Cord, coming off the bottom of the pulley, and attach it to the Chain Connector Plate as shown. There should be some tension on the chain and shock cord.



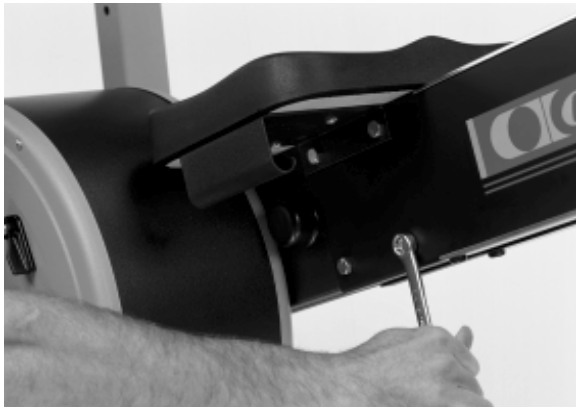
7b. Check the routing of your cord and chain and compare it to this drawing. The Connector Plate should move back and forth smoothly and the Flywheel should be turning when the plate is moved away from the Flywheel.



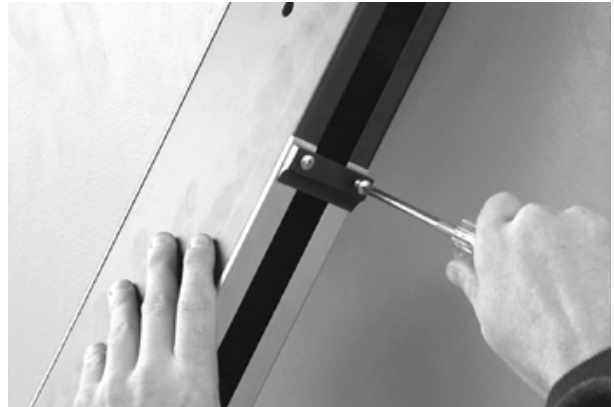
8a. Attach the Push Side Seat Assembly to the Flywheel/Monorail Assembly using four of the 3/8" by 5/8" bolts and the top holes you didn't use in Step 4b. Note orientation of the seat assembly. If the holes don't align, lift the monorail slightly.



Hint: You may also have to loosen the screws that attach the seat to the Seat Brackets. If you do this, be sure to tighten them back up.



8b. Firmly tighten all eight of the bolts at the connection between the Monorail and the Flywheel Assembly. Also tighten the two bolts holding the flywheel upright to the horizontal extension of the Monorail.



9a. Prop the monorail up on something to keep it horizontal for the next few steps. Remove the End Stop on the bottom of the Monorail at the end furthest from the flywheel. This part will be reinstalled later.



9b. Roll the Carriage Assembly onto the Monorail as shown. The fit should be snug and smooth. Reinstall the End Stop in the same holes with the rounded side facing the rollers.



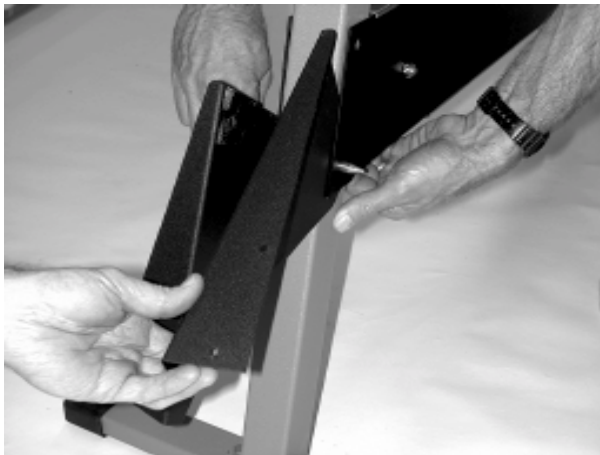
10. Attach the Pull Side Foot to the Pull Side Leg with two of the 3/8" by 5/8" bolts.

Attach the assembled Pull Side Leg and the Pull Side Seat Brackets to the Monorail using two 3/8" by 2 5/8" bolts and two 3/8" nuts. This is the trickiest step in the assembly because you have to align six holes and get one bolt through them all.

Hint: Position the seat brackets one at a time, as shown in the photo at right and below left. Use one of the long bolts provided as an alignment tool. Insert it from the other side to line up the holes in the Monorail and Leg, while you insert and align the Bracket. Insert the proper bolt from your side, removing the aligning bolt from the back as you go.



11a. Install the first bolt through the lower holes in the Monorail and Leg, and the lower hole of the Pull Side Seat Bracket. Note that the seat brackets go between the sides of the Monorail and the Leg, which may be a snug fit.



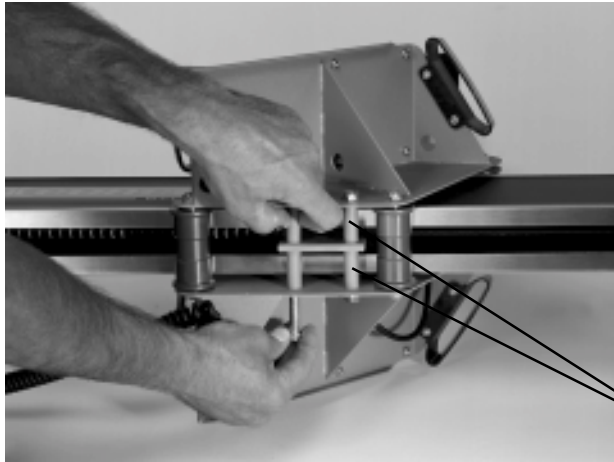
11b. Install the second bolt by repeating the process. Do not tighten yet.



12a. Attach the Pull Side Seat to the Pull Side Seat Brackets using the four #10 x 1/2" Phillips head screws and the four #10 lock washers. Tighten these screws firmly.



12b. Now firmly tighten the two bolts from step 11b.



13a. Roll the Carriage Assembly on the Monorail so that its holes line up with the holes in the Chain Connector Plate. You will need to press the plate up into the slot to get it between the bottom rollers of the Carriage.

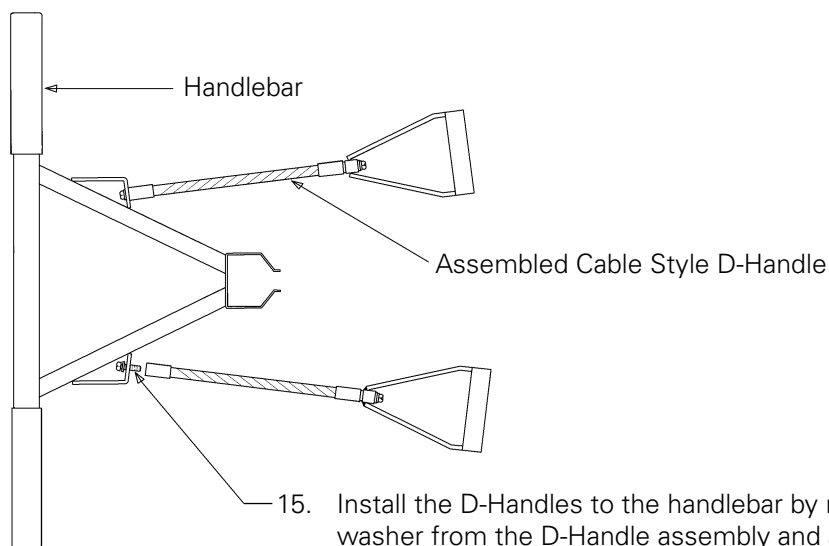
13b. Attach the Carriage to the Chain Connector Plate as shown using the four Connector Plate Spacers and two 3/8" by 3 1/2" bolts and two 3/8" nuts. It may be necessary to lightly tap the spacers into place or to loosen the fasteners holding the two bottom rollers. Tighten firmly.

Connector Plate Spacers

14a. Remove the wooden block holding the round Plastic Clamp Pad in place on the Handlebar Assembly. Note the position of the two flat plastic clamp liners. If these are loose, be sure to keep them in position as you proceed. Loosen the knob and remove the wooden piece.



14b. Slide the Handlebar Assembly on the mast as shown, assuring that the Plastic Clamp Pad is in place. Tighten the Handlebar Knob lightly.



15. Install the D-Handles to the handlebar by removing the bolt and washer from the D-Handle assembly and attaching the assembly to the Handlebar as shown. Repeat this for both handles. Tighten firmly with a 1/2" wrench.



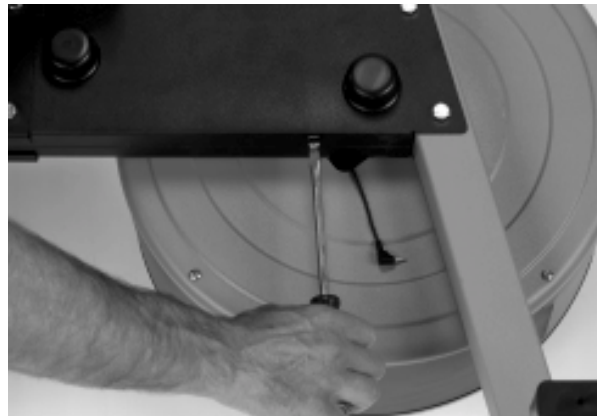
16a. Route the Monitor Cable through the center hole in the Monitor Assembly.



16b. Attach the Monitor Assembly to the top of the Mast using the two 1/4" by 2 1/2" screws and two 1/4" nuts. It doesn't matter which way you insert the bolts.



16c. Plug the wire into the Monitor.



17a. Remove the Strain Relief Fitting on the bottom of the monorail extension of the Flywheel Assembly.



17b. Route the free end of the coiled cable through the fitting. Re-attach the Fitting to the Flywheel Assembly and connect the two plugs.



18. Assemble the Seat Backs to the Seat Back Brackets. Use two 3/8" by 7/8" screws for each Seat Back. Note that the more rounded end of the Seat Back is the top. The height of the seat back can be adjusted by the choice of mounting holes used. We suggest starting with the middle setting on the pull side, and the highest setting (lowest holes) on the push side. Reposition the seat backs according to the user's height if necessary.



Pull side



Push side

19. Attach the Seat Backs to the Front and Rear Legs as shown. Note that the larger Seat Back goes on the Push side, the smaller goes on the Pull side. Use two $\frac{3}{8}$ " by $2\frac{5}{8}$ " bolts and $\frac{3}{8}$ " nuts for each Seat Back.

20. Refer to this photo to make sure you have assembled your Dyno correctly. Please read the User's Manual before you get started. Check all fasteners.





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